



Amateur and Professional Athletes

In 2009-2010

Filip Rudenstam, Swedish cyclist European Junior Champion

Hannes Hempel, Austrian fastest Ironman

Daniel Böcker, Swedish 4 time champion in rower

Evender Holyfield, Multiple World champion in box (also a Nikken distributor)

Olaf Tufte, Norwegian, champion in rower: 2004+2008 Olympic Gold, 2001+2003 World champion, 2000 Silver Olympic Medal

and many others....

Revised 2008

* This denotes a change from the last update

Archery:

Frank Pearson World Class

Frank Carr 1998 World Champion; 7 US National Titles

Athletic Trainers:

Pierre Gaudet Trainer for Canadian Olympic & Professional Athletes (Masters Degree in Exercise Physiology)

Chris Barry Head Athletic Trainer for Men's Olympic Ski Team

Gary Horsman John Hopkins University

Gary Hansen ABA-Physical Trainer

Willie Austin Fitness Dir.@ Athletic Club

Keith Jones Houston Rockets (Head Trainer)

Steve Antonopoulos Head Athletic Trainer for Denver Broncos

Dean Lotz Memphis State

Bill Burnisten New Jersey

Rita Sue Bolton boltons@post.queensu.ca 613-549-4075 from Kingston, Ontario, Canada

Auto Racing:

Geoffrey Bodine NASCAR # 60 Power Team Chevy

Ballet:

Karen Kain National Ballet of Canada

Ballroom Dancers:

Mark Brock 12 time Pro Am Champion

Lise Barrera Former Professional

Mario Drobny Former 3 time European Champ
Michael Chapman Theatrical World Ballroom Dance Champ

Baseball:

- * Casey Parsons Chicago White Sox (retired)
- Craig Wallenbrock Oakland Athletics
- * Dave Justice Cleveland Indians
- Hideki Irabu N.Y. Yankees
- John Morris St. Louis Cardinals, Kansas City Royals, California Angels (Retired)
- * Sandy Alomar Jr. Chicago White Sox
- Chris Jones San Diego Padres
- Sammy Sosa Chicago Cubs
- * Tony Fernandez Toronto Blue Jays (retired)
- Johnnie Bench Cincinnati Reds (retired)
- Tony Womack Arizona Diamondbacks
- Toronto Blue Jays
- St Louis Cardinals
- Chicago Cubs
- Fordham University Team Members
- Mark Parent San Diego Padres
- * Tony Gwynn San Diego Padres (retired)
- * Cal Ripken Baltimore Orioles (retired)
- Dennis Rasmussen Pro baseball Retired
- Bucky Dent Coach Texas Rangers
- Ozzie Smith St. Louis Cardinals (retired)
- Jim Palmer Baltimore Orioles (retired)
- Ellis Burks Cleveland Indians
- * Charles Nagy Cleveland Indians (retired)
- * David Sagee Baltimore Orioles
- * Joe Torre New York Yankees
- Edgar Martinez Seattle Mariners'
- Bob Friend Pittsburgh Pirates Pitcher (retired)
- U of Florida Members of the Team
- Wright State University Members of the Team
- Cincinnati Reds

Basketball:

Michael Jordan NBA Chicago Bulls

- Nick Anderson NBA Orlando Magic
- Reggie Miller NBA Indiana Pacer
- Lars Hansen Former Seattle Super Sonics NBA Champion
- Bruce Enns Head Coach UBC (40years)
- Barbara Bono Switzerland Woman's B-Ball (1975)
- Shaquille O'Neil NBA LA Lakers
- * Patrick Ewing NBA-Orlando Magic (retired)
- Detroit Pistons
- * Andrea Costand Italy Pro Women's B-Ball
- * Adam Keefe Golden State Warriors
- Hank Vinci US National Championships for 60 +
- Michael Kennedy Pro Basketball (retired)
- Gus Gerard NBA Detroit Pistons (retired)
- * Jalen Rose NBA Chicago Bulls
- Martin Kean Cdn National Team / Pro Ball - Italy
- Norman Nolan Pro Basketball – Israel
- Andrea Costand Italy Pro Women's B-Ball
- Andrew Kennedy Pro Basketball - Israel
- * Charles Smith San Antonio Spurs
- Abdul Fox Pro Basketball - Italy
- * Lisa Leslie US Olympic Team + WNBA La Sparks

* Ike Austin NBA Memphis Grizzlies (retired)
 Rick Fox NBA Los Angeles Lakers
 Allen Iverson NBA Philadelphia 76ers
 Glen Hubbard European Pro Ball - France
 Bryan Russell Utah Jazz
 William Njoku Cdn National Team (retired)
 Ben Avila NBL Cairns Taipans (Australia)

Bobsled:

Sheridon Baptiste Canada National / Olympic Team Member, National Speed/ Push Coach
 Val Lawrence All Natural Sectional Champion

Bodybuilding:

Desmond O'Brien World Class

Rich Holland CAN AM Natural Bodybuilding Champion
 Val Lawrence All Natural Sectional Champion
 Lloyd Clark NABBA Overall Masters' National Champ
 Dana Wilcox US Body Building Champ

*** Kevin Levrone Arnold Schwarzenegger Classic Champion**

*** Kathy DiMartino Ms. Universe Heavyweight Pro-Natural Bodybuilder**

Bowling:

Linda Kelly USA Team Seoul Olympics (Exhibition)
 Thomas Becker Extreme Bowler; Guinness W. Record Holder

Boxing:

Muhammed Ali

Evander Holyfield World Heavyweight Champion

Larry Holmes Former World Heavyweight Champion

Country & Western:

Robert Royston Champion West Coast

Cricket:

Roy Ramraj 1994 Canadian Master Cricket Team

Curling:

Paul Savage World Curling Champion Olympic Silver

*** Colleen Johns World Curling Champion, Cdn Champion 4x**

Cycling:

Curt Harnett Olympic Silver, CDN

Barbara & Larry Zimich UCI Master World Champs, Road Cycling Gold Medalists

Alan Gornall Commonwealth Games Gold Medalist & Coach

Denise Burton-Cole Bronze Medalist World Champion (Britain)

*** Kenny Fuller Olympian, National & World Champion**

Decathlete:

Jim Bathinay

Milt Campbell Olympic Gold, USA

Equestrians:

Melisa (Evans) Kosubek Leading Lady Rider for Ontario in 3 Day Events

Vivianne Macdonald National & International Competitor

Diana Macdonald National & International Competitor

Karina & Anthony Cerna Thoroughbred race horses Friday Harbor, WA--156 94 4900, (360)378-0904, Fax: (360) 378-0934,

Ian Miller CDN Olympic Gold Medalist

Deborah Bowerman-Davis Advanced in 3 day Eventing

Beth Underhill Olympic Equestrian Champion

- Cathy Wieschhoff International 3-Day Eventing
- * HRH Martha Louise Norwegian National Team - show jumping
- * Marianne Ulriksson Norwegian National Team - show jumping
- * Louis Sabino Goncalves Portugese National Team - show jumping champion
- * Eric & Pasquale Lombard Belgian National Team - show jumping
- * Jaques Bonet French National Team - show jumping
- * April Wright Prelim Event Rider; Horse Trainer
- * Darrah Alexander 3 day Eventing; training & US Olympic Team

Football:

- Bob Kuchenberg NFL Miami Dolphins (Retired)
- Jim Kiick NFL Miami Dolphins (Retired)
- Jim Whitesel NFL Seattle Seahawks (Coach)
- * Bill Rowmanawski NFL Oakland Raiders
- * Steve Atwater NFL Denver Broncos (retired)
- Jack Maitland NFL (retired)
- Don Knottingham NFL
- Reggie McElroy NFL (retired)
- Henry Ellard NFL Washington Redskin, Hall of Fame
- Leslie Sheppard NFL Washington Redskins
- Jim Von Horns NFL 3 Superbowls 84-91
- Paul Krause NFL Minesota Vikings (retired) Hall of Famer
- Mike Schad NFL + CFL (Retired)
- Jeff Hamill NFL-CFL (retired)
- Mike Mentor NFL Carolina Panthers
- Tom Beasley NFL Pittsburg Steelers (retired)
- Geoff Hamlin CFL + Ottawa H.S. Coach
- Brad Elberg CFL Toronto Agros
- Micheal O'Shea CFL Toronto Agros
- Brendan Rogers CFL Toronto Argos
- Bob Bronk CFL Toronto Agros (retired)
- Eugene Clarke CFL Toronto Agros (retired)
- Milt Campbell NFL + CFL (retired)
- * Glen Cadrez Kansas City Chiefs
- * Dave Diaz-Infante Denver Broncos (retired)
- Rod Smith Denver Broncos
- * Bubby Brister Denver Broncos (retired)
- Ed McCaffrey Denver Broncos
- * Tyrone Braxton Denver Broncos (retired)
- Steve Antonopoulos Head Athletic Trainer for Denver Broncos
- Dr. Nelson Vetanze Team Chiropractor for Denver Broncos
- Dan Marino NFL Miami Dolphins - Retired
- * John Elway NFL Denver Broncos (retired)
- Anthony Newman NFL New Orleans Saints
- Reggie Slack CFL Saskatchewan Roughriders
- Rita Sue Bolton Assistant Coach Queen's University
- Phil Roberts Assistant Coach Carleton University
- Cam Baird Assistant Coach Carleton University
- Rich Holland Assistant Coach Wilfred Laurier Univesity
- Clark Eddy Wilfred Laurier (ex-coach)
- Jay Prepchuk Head Coach UBC Thunderbirds
- Jimmy Harris CFL BC Lions (retired)
- Dallas Cowboys NFL Majority of players
- Chicago Bears NFL Majority of players
- Denver Broncos NFL Majority of players
- Miami Dolphins NFL Majority of players

Seattle Seahawks NFL Majority of Players
 Atlanta Falcons NFL Majority of Players
 Rich Gannon NFL Oakland Raiders
 Vito Greco CFL Toronto Argos
 Lew Bush Kansas City Chiefs
 U of Florida @ Miami Members of the Team
 Ralph Wilson NFL Owner - Buffalo Bills
 Hayden Fry Head Coach U of Iowa (79-99)

Golf: NOTE: 90 % of the Professional Golfers are using magnets

Jack Nicklaus PGA
 Mickey Gallagher PGA
 Arnold Palmer PGA
 Greg Norman PGA
 John Houston PGA
 Casey Martin PGA
 Lee Elder PGA
 Peter Jacobson PGA
 Scott Hoch PGA
 Chi Chi Rodriguez Sr. PGA
 Lee Trevino Sr. PGA
 Jim Colbert Sr. PGA
 Bob Murphy Sr. PGA
 Tom Weiskopf Sr. PGA
 Alice Ritzman LPGA
 Beth Daniel LPGA
 Donna Andrews LPGA
 Michelle Bell LPGA
 Sandra Eriksson LPGA
 Tim McCarthy PGA
 Dick Zokol PGA

Tiger Woods PGA

Paul Azinger PGA
 Jesper Parnevik PGA
 Fred Couples PGA
 Harvey LaMontagne Sr. PGA Champ
 Nancy Lopez LPGA
 * Tom Kalinowski Pro Golfer

Golf Academy:

Doug Weary Former Director Arnold Palmer Golf Academy
 David Ledbedder Coach for Golf Pros
 Judie Allen LPGA Teaching Pro
 Joyce Anne Jackson LPGA Teaching Pro
 Bob Ackerman PGA Master Professional
 Martha Yeary LPGA Instructor
 Rocky Rafkin PGA Teaching Professional
 Danielle Nadon CPGA Teaching Professional
 * Matt Robinson CPGA Teaching Professional
 * Graham Gunn CPGA Club Professional; Canadian Club Professionals National Champion

Gymnastics:

Holly Abraham F.I.G. Brevet Judge Sport Aerobics Cert. National Coach
 Jennifer Exaltacion Artistic Cdn Champ; Olympic Athlete

Hockey:

* Ben Storey NHL
 * Shean Donovan NHL
 Mike DiGiuseppe (*Ice Hockey*) Mike.DiGiuseppe@ciinc.com

Bobby Hull Chicago Blackhawks
 Brian Maxwell Coach L.A. Kings
 Chris Broadhurst Trainer Toronto Maple Leafs
 Dave Semenko Assist. Coach Edmonton Oilers
 Gary Brown Player & Coach
 Wayne Gretzky N.Y. Rangers
 Lance Pitlick Ottawa Senators
 Bob Bodak Calgary Flames + Hartford Whalers
 Steve Dubinsky Chicago Blackhawks + Calgary Flames
 Trent Yawney Chicago Blackhawks
 Derrick Smith Retired Philadelphia Flyers, Minnesota No North Stars, Kalamzoo Stars
 Jim McKenny Toronto Maple Leafs
 Detroit Redwings NHL
 Andreas Johanssen Ottawa Senators
 Jeff & Russ Courtnall NHL
 Ben Storey NHL Colorado Avalanche
 Tie Domi Toronto Maple Leafs
 Jim Harrison Toronto Maple Leafs
 Ottawa '67 Jr. A Memorial Cup '99 (players, owner, trainer)
 John Rigas NHL Owner - Buffalo Sabres
 Scott Stevens NHL N.J. Devils
 Shean Donovan NHL Colorado Avalanche
 Ralph Wilson NHL Owner - Buffalo Sabres
 Darren Turcotte Nashville Predators
 Ed Shack NHL Stanley Cup Champion (Retired)
 Cliff Fletcher NHL Coach/GM
 Kory Mullin NHL Birmingham Bulls
 Lanny MacDonald NHL player (retired) / Calgary Flames Management

Horse Chiropractor:

Donald Crenshaw CA

Horse Farmer:

Tanya Sahota, Langley, BC V2Z2X1, 604-532-055-30-1400

Horse Racing:

Awesome Again Winner Breeder's Cup (1998)
 Chief Bearheart Winner Breeders Cup (1997)
 Seattle Slew
 Burning Sensation Eastern Canadian Champion (1999)

Horse Stable Owners

Donald & Leanne McKae AB, Cdn
 Vivianne Macdonald Owner & Breeder of National & International Calibre Arabians
 BJP Quarterhorses Breeders of Champion Race & Show Horses
 Gail Mosher Cdn Horse Breeder, Farrier
 John Bevins Gaited Horse Owner - Waynesboro Stables

Horse Racing: - Horses:

Awesome Again Winner Breeder's Cup (1998)
 Chief Bearheart Winner Breeders Cup (1997)
 Seattle Slew
 Burning Sensation Eastern Cdn Champion (1999)

Horse Chiropractor:

Donald Crenshaw CA

Horse Stable Owners

Donald & Leanne McLean Coronation, AB, Cdn

Vivianne Macdonald Owner & Breeder of National & International Calibre Arabians
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 Gail Mosher CDN Horse Breeder, Farrier
 John Bevins Gaited Horse Owner - Waynesboro Stables

Horse Trainer

Rodney Tulloch AB, CDN
 Joe & Lynn Mullins
 Diana Macdonald National & International Calibre Arabians
 David Pincus & Serena Morgan BHSI, Sheepcote Equestrian Services, UK

Horse/Hounds/Human Massage Therapist:

Paula Fitzpatrick, ID#154 92 0700, (619)659-3970, (619)659-9414, paulaf@cts.com

Lacrosse:

Chris Griscoll Pro; Winner of the Mann Cup
 Joanne Stanga Head Coach, Canadian U-19 Women's Field Lacrosse Team
 John Fusco Brooklin Redmen - 4 Mann Cups, 2 Minto Cups

Lawn Green Bowling:

* Nick Cole Spanish Nat'l Singles Champ

Marital Arts:

Kate Donaho US Olympic Judo Team 1992
 Carlos Newton Ultimate Fighting Champ # 1 in CDN, # 6 in World
 Henry De Lima 6th Degree Black Belt/Personal Trainer
 Ted Marton Cdn (4) + North American Karate Champ
 * Phil Porter Judo - 6th Dan & Coach
 Dennis Estes 5th Degree Black Belt - Danzan Ryu JuJitsu
 Keith Chen 2nd Degree Black Belt
 Don Drumm Tung Soo Do, 6th Degree Black Belt
 Katrina Collins Karate Instructor kjsm12@zdnetwork.com
 Michael Barker ITF Tae Kwon Do - 4th Degree Black Belt, Cdn Champ
 Mark Smith 6th Degree Black Belt / Tae Kwon Do Master
 Allen Sapp 6th Degree Judo Black Belt, Martial Arts Hall of Fame
 Karen Sapp 5th Degree Judo Black Belt, Martial Arts Hall of Fame
 * Sam Kuoha Grandmaster; 10th o Black Belt Karate; Hall of Fame
 * Jhoon Rhee Grand Master "Father of American Tae Kwon Do"

Powerlifting:

Andrew Stewart World Champ 8 times

Patty Steele Baker Competitor

Sami Chow Competitor

Garriel Keibel World Champ 3 times

Barbara Talmage World Champ 1 time

Christine Jasper Competitor

Hugo Girard Cdn Strongest Man 1999

Nick Theodorou National Powerlifting Champion

Gary Walt Cdn Heavy Weight Olympic Lifter & Record Holder

Mike Walt Gold Medal Ontario Winter Games

Bruce Greig 6 time World Champion Powerlifter @WPC

Don Trevarthen US Team Special Olympics Coach 1999 World Games

Rueben Johnson 2 x Gold Medalist Special Olympics '99 World Games

Andy James 2 x Gold Medalist Special Olympics '99 World Games

Dan Griggs 2 x Gold Medalist Special Olympics '99 World Games

* Burt Squires Olympic Weightlifter; 5th @ LA Olympics

* Nancy Hicks Gold Medalist Canada Games Olympic Weight Lifting

Racquetball:

Dan Sheppick Jr Olympic National Racquetball Champion
 * Bob McAdam International Senior Champion (79 years old)
 * David Jordan World Seniors Champion (67 years old)

Rodeo:

Butch Terrell '97 World Champ Steer Wrestler

Rowing:

Jim Stewart Canadian National Pairs Champion (retired)

Rugby:

Gina Minutillo Canadian Women's Rugby Team
 Sarah Hall Canadian Women's Rugby Team

Sailing:

James O'Callaghan Olympic Coach - Ireland
 * Hoy Chow America's Cup – 2002
 * Hans Fogh Olympic Sailor

Skating:

Elvis Stojko Olympic Champ & World Champ
 Jacqui Hyland Pugh Coach CDN National Level Pairs
 CJ Pugh CDN National Jr. Pairs Champion
 Scott Gregory US Olympian & Coach
 Sue & Rory Bradshaw CDN National Coaches
 Mark Bradshaw CDN National Jr. Dance Champion
 Margaret & Bruce Hyland World & Olympic F. S. Coaches
 Nick Perna International / National F. S. Coach
 Nancy Kerrigan National & World Ranked
 Brian Boitano National & World Ranked
 * Ron Ludington Olympic Bronze; World & Olympic Coach
 * Pam Duane Gregory National & Int'l Coach
 * Karl Kurtz Nat'l & World Coach
 * Don Laws World & Olympic Coach
 * Priscilla Hill Nat'l & World Coach
 * Peter Carruthers Olympic Silver; FS Commentator
 * Christin Newberry British Nat'l Champ; US Coach
 * Gary Irving National & International Coach
 * Guennadiy Karponosov Olympic Gold Medalist & Olympic Coach
 * Scott Hamilton 1984 Olympic Gold Medalist

Skiing:

Kate Pace Lindsay Canadian Olympic Ski Team (retired)
 Mark Absalom Pro
 Tommy Moe Olympic Ski Team Gold Medallist
 Mickey Sullivan Trainer, Pro Ski Instructor, Examiner
 Myrian Bedard Cdn Olympic X-C Ski Gold Medalist
 Melissa Herod Cdn Nat'l Development Free Style Ski Team
 Ashley Herod World Cup Free Style Ski Team
 Mark Maggiora Cdn National Ski Patroller
 Heidi Preuss US Olympic Team (Retired)
 Brant Moles Pro Skier @Nat'l & World Titles in Extreme Skiing
 * Jim Quarles Cdn Ski Marathon Gold Medalist – Veteran; Cdn National Ski Team (1958 - 1964)

Snow Boarding:

Mark Fawcett Canadian Olympic Slalom Team

Soccer:

Doug Miller Rochester Rhinos (Class A)
John Harkes New England Revolution; National Team Member
Colby Jones LA Galaxy; National Team Member
John Maessner DC United; Champion Team

Speed Skating:

Bonnie Blair Championship Speed Skater
Kevin Scott 1000m Long Track former World Record Holder and 2 time Olympian
Christiane Boudrias 500m Short Track former World Record Holder and 2 time Olympian
Sandy Snakenburg 24 hr. Inline Speedskating World Record Holder
* Heather Allan 3 x Gold Medalist Special Olympics World Games

Squash:

Jonathon Power Canadian Champ # 2 in World

John MacDonald Professional Squash Player
Gavin Desilva Pro
Barbara Diggins # 1 in the World
Sharif Khan World & North Am. Champ (70's & 80's)

Sports Announcer:

Jim McKenny Sportscaster, City TV
Mark Hebschere Sportscaster, Headline Sports
Ashley Herod World of Skiing

Swimming:

Members & Coaches of the Canadian Olympic Team
Ann Bodak 4 Canadian Swim Records
Victor Bachelor Olympian
Dara Torres Gold Medalist US Olympic Team

Tennis:

Alan Racko Tennis Pro - Florida
Herb Rapp Pro - Florida, Las Vegas, California
Peter Fleming Men's Doubles Champ - Davis Cup now professional tennis coach
Robert Seguso US Olympic Gold Medallist

Andre Agasi Tennis Pro

Yutaka Nakamura Teaching Professional
Larry Peterson Tennis Pro
Christy Rankin Tennis Pro
Alexandria Stevenson Tennis Pro
Craig Smith Cdn. Jr. Ranked #1
Geoff Pearce Cdn. Jr. Ranked #1
Marko Vuckovic Tennis Scholarship

Venus Williams Olympic Gold Medalist

Serena Williams Olympic Gold Medalist

Lindsey Davenport Tennis Pro

* Manolo Santana Wimbledon Champ; Coach Spanish Nat'l Team

Track & Field:

Donovan Bailey 100 metre Olympic Champion
Mark McCoy Canadian Olympic Gold Medallist
Angela Bailey Sprinting
Rita Sue Bolton Former Coach Queen's University
Carl Lewis Olympic Champion
Trina Radske NCAA Track & Field 3rd Long Jump
Jason Gervais Discus @ World Championships
Brent McFarlane Head Coach Cdn Olympic Team
Pat Galasso Former Cdn Gold Medalist LJ, 4 x110, Sp Medley
Don Paige US Olympic Team, World Record @ 1,000, Ranked # 1 in the World @ 800 (1980)

Rochelle Stevens Olympic Gold Medalist
 Irwin Wong-Sing Ranked 3rd in Cdn Juvenile Hammer Throw
 Doug Brown 3 time Olympian, Head Coach U of Florida
 U of Florida Track & Field Team Members
 Nick Sweeney Irish Olympic Team, Discus Thrower
 Karen Sapp Women's Sunshine State shotput & discus Champ
 * Heather Allan 4 x Gold Medalist Special Olympics Canada Games
 * Eric Boozey Masters Gold Medalist Triple Jump (Britain)
 * Melody Torcolacci Cdn Masters Gold Medalist / Record Holder Shot Put

Triathlete / Ultra Marathons:

Jesse Dylan Triathlete Team Canada Member
 * Von Klohe Ultra Marathons (50 miles)
 Mark Maggiora 1999 Cdn Ironman
 Kris Skiles Triathlete & 3 time Ironman Finisher
Sharone Aharon Ironman World Championship, 3 time finisher
Steve Bozeman World Record 12 double Ironman Triathlons
 US Marine Corp Marathon Hall of Fame
 * Rick Henry Ultimate Distance Runner (Circumnavigating the Globe)

Volleyball:

Steve Delany Professional Beach player
 Kevin Chriswell Semi Pro Player (Europe)
 Peter Greenhill Coach - H.S. to Olympic
 Andrew Buchoon Vball Performance Specialist
 Ish Joseph Volleyball Performance Specialist
 Conard Leinemann Gold Medal '99 Pan Am (Beach)
 Paul Madau Semi-Pro 2 man Beach V-Ball Champion
 Sandy Stewart Big Ten Coach of the Year ('83), U of Iowa
 * Mike Sleene Pro Beach, Ranked top 5
 * Josh Binstock Cdn Nat'l Jr. Indoor Team; Ontario Team Beach Volleyball @ Canada Games

Waterpolo:

Jimmy Harris Olympian (former)

Water Skiing:

Terri Gibbons 5 time Cdn Champion

White Water Rodeo - Canoe:

Lyle Dickieson 3rd in World / National Team Member

Wrestling:

Gerry Beaudry Arm Wrestling Ontario Wrestling Federation
 Ontario Wrestling Federation

Athletic Professional Wellness Consultants

Herb Wrath (*tennis professional*)

One area where Nikken products have become widely accepted are among professional college and Olympic athletes. The Kencotherm wraps utilize space age technology from NASA, by using bioceramic fibers. These fibers are able to create a natural heat in the body. Wraps relieve the minor stresses and strains caused by active sports. A major factor in today's sports performance is flexibility and these wraps are wonderful for that. It's wonderful what it can do for recovery and creating flexibility. Many weekend athletes are trying to compete and they come up with tight muscles – these wraps are the best in recovery in those situations. They are so easy to share – you get great results right away. The Kencotherm wraps are easy to use and get peoples attention with and best of all they work.

Mark & Jennifer Absalom, Shawnee Mountain, PA (*ski instructor for 22 years*)

Nikken has wonderful products for athletes. In skiing, a challenge is cold weather which makes you more rigid and tight. When you wear the flex pads all the time, it helps you to keep loose, supple and ready to go. We work with Auto Sports Plus Science Center, which is a testing facility for 18 different Olympic teams in Canada. We see our products work on world class athletes in Canada. The beauty of the relax pads is they are able to be used while you're participating in sports and gaining the benefits during your activity. Instead of being hurt and having to stay inside plugged into a wall or somewhere where you can't participate in your activity. Nikken is revolutionizing the way we look at wellness. Because the products are so far reaching, there is a fantastic business opportunity that exists with Nikken. You need to take a serious look at this.

Rocky Addison, Brandon Manitoba, Canada (*former heavy weight boxing champion in Canada*)

The most incredible tool I have ever owned is the Magboy. What a powerful tool! Place it on a counter, your desk or whatever. A chiropractor I know uses it for a minute or so on clients and then they are easier to adjust so adjustments last longer. Athletes use it before and after events which gives you a lot of relaxation before competition and gives relaxation after a competition. Use it over joints, wrists, hands, shoulders, the ham strings or anywhere. When athletes use on the hams before they work out, they can usually get another 4"-5" stretch, which is a wonderful benefit. Golfers especially like to use it on their sides, for more flexibility in their swing. If they get a little nervous before a competition, they rub their stomach which will release stress & tension. At night you can rub your chest muscles because these muscles are much bigger than the ones on the back – so therefore when the back muscles tighten up, the chest muscles pull the stress. Rubbing the chest loosens up the back before you go to bed. Use it any place, knees, ankles. Its also very good for seniors who take the magnetic balls and roll one in each hand or roll both together with both hands. I've seen tremendous success for women who could no longer use their hands, be able to get back to knitting, crocheting or whatever. What a benefit – when you can help someone do that. We've had a lot of people benefit from these products. Many will ask "What is this product worth?" It's worth a million dollars for all the benefits its brought to me and my family and friends.

Mike DiGiuseppe (*Ice Hockey*)

At the time I discovered Nikken's magnetic insoles I did not have any discomfort or lack of energy. As a matter of fact I was playing ice hockey three times a week and feeling pretty good overall. Then an outgoing and personable man, who has since become a fantastic friend (Bronze Distributor Phil Hise), introduced me to Nikken, their products, and what the benefits they provide to various people. Of course I didn't believe a word he said at first...it was the old "Oh no, another sales pitch" and "Magnets! You've got to be kidding!" reactions we've all had at one time or another...then I agreed to a flexibility demonstration. All I can say is "WOW!" Before he could comment on the results I was grinning from ear to ear and giggling like a child! By placing the Flex promo pad in the back of the waist of my pants I gained a tremendous amount of flexibility in my torso. I was all but dumbfounded by what I had just seen with my own eyes and experienced with my own body. Through talking with Phil he found that played and refereed ice hockey and mentioned that our local NHL team had many players that were using the Nikken products with good results. He then offered a pair of Magsteps for me to try out while reffing a game that night. So I did...only problem was I put the bumpy side up in my skates. Oh man did that hurt! So in between games I switched over to having the smooth side up. I quickly forgot they were in my skates as the second game was pretty intense. Afterwards, while I was changing out of my reffing gear I remembered that I had the insoles in the skates and realized something; my legs weren't tired at all. In fact they had recovered from sprinting up and down the ice to stay up with the flow of the game even before the game was over! What's even more surprising is the fact that after reffing two top skill level men's league recreational games I was ready to skate some more...even play a game myself. These 'magnetic thing-a-ma-jigs' seemed to be working! I was pretty curious at this point so I decided to perform a little

test of my own. I had a game to play a couple of days later and decided that I would not wear the Magsteps during the game to see if there was a difference. Sure enough, the fatigue showed up after a hard shift on the ice during the first period of play and my legs did not recuperate for the duration of the game. I could even feel the "burn" in my legs afterwards as the team and I wear hanging out talking the whipping we had just given to the other team. ;-) As I play on three teams I had a chance to test them in a game the very next night. Having played the night before I was expecting my legs to be pretty much dead by the middle of the first period, but boy was I surprised. I had worn the Magstrides throughout day and put them in my skates that night (soft side up this time!). They definitely worked!! I was blown away by how quickly my legs recovered from sprinting up and down the ice during my shifts...and the fact that I made it through the game without a case of "Jell-O-legs" was truly unbelievable! You can imagine that when I found the Magstrides I immediately bought a pair for sports use. I wear them every day and am happy to say that I still get the same awesome results. My teammates kid me about how the magnets glue the steel in my skates to the bottom of my feet or to the refrigeration pipes under the ice...but we all know the truth; the Magstrides are providing me with that extra edge that keeps me on the teams top line!

These products are ABSOLUTELY INCREDIBLE (as is this company) and I am constantly looking for ways to share them with everyone I come into contact with. I urge you all to keep helping people by sharing what we've found...even if you think the person you're talking with has no discomfort at all. Nikken's products help us in the areas we're looking for help in and also in ways we would don't expect! Email me at Mike.DiGiuseppe@ciinc.com if I can be of any help.

Mike

Katrina Collins (*Karate Instructor*)

I became a distributor due to the quick and dramatic results I experienced with the Magsteps and the Elastomag Knee Wrap and immediately purchased the sleep system. While my husband experienced a noticeable decrease in nighttime restlessness, I took longer. I have a documented sleep disorder... I have had the overnight study in a sleep clinic where I was hooked up to a computer while I slept. The computer showed that my brain came out of the sleep state on average once every other minute...all night long. What's really strange is that for years I had told my husband that I always felt as if half my brain were awake all night. Anyway, they don't know what causes it, and the only thing they can do for it is prescribe sleeping pills to make me stay asleep at night, or prescribe amphetamines to keep me awake in the daytime. I have tried both and decided that the side effects were not worth it. The sleeping pills left me feeling drugged and the amphetamines left me jittery because I had to keep increasing the dose to be effective...a road to addiction if I ever saw one. I quit taking them and decided to suffer and pray. Then along came the magnets. Although I was officially studied in 1996, I have had this problem most of my life.

I have 3 jobs and one of those is teaching karate. What I have noticed from sleeping on the mattress pad is after 5 months of sleeping on the pad is that the tension ache I always had in my left neck/shoulder region has disappeared. I used to visit the chiropractor every week or so for a neck adjustment when it would get to the point I couldn't stand it. I go very seldom now and it is usually because I got thrown around in karate and got something literally jerked out of place.

The other interesting thing I have noticed is that sleeping on the mattress pad leaves my muscles and joints much more relaxed ALL THE TIME. This is very noticeable to me because of my daily workout. I have worked out daily for years and I always stretch both before and afterwards. I am frequently tense due to worries at work, worries about money, worries about not being perfect, etc., so often am very stiff until I get a good sweat up. I simply do not have that general stiffness any more. Many years ago I practiced yoga almost daily and the feeling I have now is very near that super-streched-out and totally relaxed feeling I had then even though I do not stretch to that extent now. I am convinced that the new mattress pad has made the difference in the way my body feels.

Katrina - kjsm12@zdnetwork.com

Bob Bodak (*Hockey Player*)

I played 8 years in the AHL with various teams and managed a few games with Hartford and Calgary of the NHL. The last few years of my career my back was so stiff and sore I had a tough time getting out of bed in the AM let alone play hockey. I was assessed by the New York Rangers medical staff and after an MRI was told my back was 20 years ahead of the rest of my body and would only get worse with time. I was also told that such things as golf, hockey, jogging etc. would not be a part of my future. That was a tough pill to swallow. Then I was introduced to Nikken and got to experience the sleep system, magsteps, a flex, car seat and magboys. Within three days I was getting up in the AM, without a stiff back and was able to get out of bed in one easy motion for the first time in years. I now play all the sports I want whenever I want. I wish I had known about these products while I was playing as they improve rest and recovery like nothing I have ever seen. What an edge for a hockey player to have.

Bob Bodak - bcbodak@saw.ca

Tom Beasley: beasleym@mounet.com

I'm retired from NFL Pittsburgh Steelers football and have had great results with Nikken products.

From: edmccaffrey@5pillars.com

I believe in relationships . Whatever we achieve in life? it is rarely, if ever, achieved alone. Whether it was our parents, a teacher, a coach, spouse or friend, we all are influenced by someone. In our business, you are in business for yourself, but not by yourself .

Sharing Nikken products to help folks physically and sharing the Nikken business opportunity to help many financially is a way I can give back to so many who have helped me in my success. I believe that by helping others get what they want, I will have all that I want.

Lisa is also excited about the Time Freedom our Nikken business provides for our family. "The time will eventually come when Ed will stop playing football. I'm excited to know that in this business, Ed will be able to be home.

(And the only "beating" he'll take is from our kids - pictured above, clockwise, Dillon, Christian and Max.) He may not be able to duplicate himself as a football player, but we can help create freedom for others, while we continue serving in our most important role - within the walls of our own home."

This business is about balance, lifestyle and . . . FREEDOM!

Lisa McCaffrey - (Denver Bronco #87 - Ed McCaffrey) - <http://www.5pillars.com/edmccaffrey>

From: powerup@5pillars.com

Our enthusiasm for this company and these products is tremendous! The first time I tried the sleep system, Audra told me that I tossed and turned less than any time since we've been together. And, when I put on the Nikken magnetic belt, I just can't believe it! I put the belt on, and the discomfort's gone; I take it off, and the discomfort's back!

People have tried to recruit me for other multilevel marketing networks, but I was turned off by their me-first attitude. Nikken, strikes me as more ethical. Their philosophy is more than "show me the money" - they promote the "five pillars of health":

- Healthy Body
- Healthy mind
- Healthy family
- Healthy Society
- Healthy Finances

It's really life-altering to understand that your attitude controls everything that you do - good, bad or indifferent!

David and Audra Diaz-Infante (Denver Bronco #63) - <http://www.5pillars.com/powerup>

Athletic Testimonials (updated 4-18-04)

(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: Mike.DiGiuseppe@ciinc.com

At the time I discovered Nikken's magnetic insoles I did not have any discomfort or lack of energy. As a matter of fact I was playing ice hockey three times a week and feeling pretty good overall. Then an outgoing and personable man, who has since become a fantastic friend, introduced me to Nikken, their products, and what the benefits the provide to various people. Of course I didn't believe a word he said at first...it was the old "Oh no, another sales pitch" and "Magnets! You've got to be kidding!" reactions we've all had at one time or another...then I agreed to a flexibility demonstration. All I can say is "WOW!" Before he could comment on the results I was grinning from ear to ear and giggling like a child! By placing the Flex promo pad in the back of the waist of my pants I gained a tremendous amount of flexibility in my torso. I was all but dumbfounded by what I had just seen with my own eyes and experienced with my own body. Through talking with Phil he found that played and refereed ice hockey and mentioned that our local NHL team had many players that were using the Nikken products with good results. He then offered a pair of Magsteps for me to try out while reffing a game that night. So I did...only problem was I put the bumpy side up in my skates. Oh man did that hurt! So in between games I switched over to having the smooth side up. I quickly forgot they were in my skates as the second game was pretty intense. Afterwards, while I was changing out of my reffing gear I remembered that I had the insoles in the skates and realized something; my legs weren't tired at all. In fact they had recovered from sprinting up and down the ice to stay up with the flow of the game even before the game was over! What's even more surprising is the fact that after reffing two top skill level men's league recreational games I was ready to skate some more...even play a game myself. These 'magnetic thing-a-

ma-jigs' seemed to be working! I was pretty curious at this point so I decided to perform a little test of my own. I had a game to play a couple of days later and decided that I would not wear the Magsteps during the game to see if there was a difference. Sure enough, the fatigue showed up after a hard shift on the ice during the first period of play and my legs did not recuperate for the duration of the game. I could even feel the "burn" in my legs afterwards as the team and I wear hanging out talking the whipping we had just given to the other team. :-)

As I play on three teams I had a chance to test them in a game the very next night. Having played the night before I was expecting my legs to be pretty much dead by the middle of the first period, but boy was I surprised. I had worn the Magstrides throughout day and put them in my skates that night (soft side up this time!). They definitely worked!! I was blown away by how quickly my legs recovered from sprinting up and down the ice during my shifts...and the fact that I made it through the game without a case of "Jell-Olegs" was truly unbelievable! You can imagine that when I found the Magstrides I immediately bought a pair for sports use. I wear them every day and am happy to say that I still get the same awesome results. My teammates kid me about how the magnets glue the steel in my skates to the bottom of my feet or to the refrigeration pipes under the ice...but we all know the truth; the Magstrides are providing me with that extra edge that keeps me on the teams top line!

These products are ABSOLUTELY INCREDIBLE (as is this company) and I am constantly looking for ways to share them with everyone I come into contact with. I urge you all to keep helping people by sharing what we've found...even if you think the person you're talking with has no discomfort at all. Nikken's products help us in the areas we're looking for help in and also in ways we would don't expect!

FROM: kjsm12@zdnetwork.com

I became a distributor due to the quick and dramatic results I experienced with the Magsteps and the Elastomag Knee Wrap and immediately purchased the sleep system. While my husband experienced a noticeable decrease in nighttime restlessness, I took longer. I have a documented sleep disorder... I have had the overnight study in a sleep clinic where I was hooked up to a computer while I slept. The computer showed that my brain came out of the sleep state on average once every other minute...all night long. What's really strange is that for years I had told my husband that I always felt as if half my brain were awake all night. Anyway, they don't know what causes it, and the only thing they can do for it is prescribe sleeping pills to make me stay asleep at night, or prescribe amphetamines to keep me awake in the daytime. I have tried both and decided that the side effects were not worth it. The sleeping pills left me feeling drugged and the amphetamines left me jittery because I had to keep increasing the dose to be effective...a road to addiction if I ever saw one. I quit taking them and decided to suffer and pray. Then along came the magnets. Although I was officially studied in 1996, I have had this problem most of my life.

When the new mattress pads were introduced, I immediately purchased a mattress pad. I have 3 jobs and one of those is teaching karate. What I have noticed is after 5 months of sleeping on the pad is that the tension ache I always had in my left neck/shoulder region has disappeared. I used to visit the chiropractor every week or so for a neck adjustment when it would get to the point I couldn't stand it. I go very seldom now and it is usually because I got thrown around in karate and got something literally jerked out of place.

The other interesting thing I have noticed is that sleeping on the new mattress pad leaves my muscles and joints much more relaxed ALL THE TIME. This is very noticeable to me because of my daily workout. I have worked out daily for years and I always stretch both before and afterwards. I am frequently tense due to worries at work, worries about money, worries about not being perfect, etc., so often am very stiff until I get a good sweat up. I simply do not have that general stiffness any more. Many years ago I practiced yoga almost daily and the feeling I have now is very near that super-stretched-out and totally relaxed feeling I had then even though I do not stretch to that extent now. I am convinced that the new mattress pad has made the difference in the way my body feels. I have sold pet pads to people for various reasons. One guy bought one for his child's crib because on it the child slept through the night; without it he didn't. One woman bought one because her dog had hip dysplasia and had suffered with pain for about a year. The first night on the borrowed pad, the dog rolled over and slept on her bad hip. Within 3 days, the dog was sitting sphinx-style, something she had not done in a year. This is a show dog and the owner was ecstatic. She doesn't understand it, but she is convinced it works. She also saw on a show on Animal Planet an interview with a veterinarian who had a Nikken pet pad on prominent display during the interview.

Another guy buy 2 pet pads from me because with it his dog sleeps through the night. Without it, the dog doesn't sleep and neither does he. He bought 2 because his other dog was jealous that the first dog got something new.

Katrina Collins

From: Jomark123@aol.com

Diamond Jack Maitland did a WP and an Expo and he told us how one of his downline people is an Olympic Athlete and they live next door to Venus and Serena William's (Tennis professionals) father. They introduced him to the products and then when the daughters visited home, they too were introduced. They purchased \$5,000 in products, but I do not know if they are distributors or wholesale customers.

TK

FROM: pcusimd@5Pillars.com

When was the last time you hit the bowling alley... for more than 30 hours? When was the last time you hit a strike for a cause greater than pleasure and relaxation? Introducing Thomas Becker of Littleton, Colorado: a man who loves children and bowling; a man who, over the last two years, has raised more than one million dollars in his fight against Spinal Muscular Atrophy (SMA), the most common genetically determined cause of infant death.

How did he do it? Extreme bowling! "I was watching TV," Becker recalls. "A little girl named Allie died because of SMA. Her parents, Ken and Amy Brenner, raffled their Super Bowl tickets to raise funds. I felt I needed to help."

And help he did: On September 4 and 5, 1999, at the Showboat Hotel in Las Vegas, Becker beat his existing world record of 25 hours 15 minutes by bowling more than 30 hours without a break and raising \$35,000 in the fight against SMA!

When Herb Rapp, Nikken Diamond Distributor, heard of Becker's challenge, he thought: What an excellent test of Nikken Products Rapp contacted Becker, who hadn't heard of Nikken. After Rapp's introduction, Becker was excited about Nikken's product-potential and eager to put Nikken to the test! Becker recalls the eve of his competition: "I doubled the hours I was able to sleep." And as for his World Record performance? "Nikken products were extremely beneficial for my feet, legs, and especially my back. Launching a sixteen pound ball for thirty hours is an exceptional strain on the whole body. After my last record-breaking effort in New York City, I was taken to the hospital."

Although Becker required oxygen at the Showboat, he felt much better after more than 30 hours of continuous bowling! "I was surprised, to say the least," Becker reminisces. "In Vegas, I threw sixty more strikes in my first twenty-five hours than I did during my world record performance in New York." And that was last year! In February of 2000, Becker beat his World Record again in Albuquerque, New Mexico, by bowling an unmatched 30 hours and 48 minutes! Furthermore, on August 21, Becker completed a tour of the United States: 100 strikes in every state in one hundred days!

When asked if he used Nikken Products during his World Breaking Performances, Becker responded unequivocally: "'Oh yeah! They kick butt when I'm getting my butt kicked!' That's the truth! As Becker notes, he loses 15-24 pounds in a 24 hour bowling period and welcomes the best support he can get! Becker's bowling and objective is a fantastic example of athleticism, self-discipline, and philanthropy: Nikken's 5 Pillars Philosophy.

FROM: francesfs@qwest.net

I have spent a lot of time at my school working with the students and teachers alike. Most of the students come to me but I do offer the use of my products when I see a student hobbling around. I have been very successful when the students do as I instruct. Most of what I have worked on are rolled ankles, sprains, tendonitis, spin splints and shoulders. I have been able to bring most of them back much earlier then they had been told. I also have given magboys rolls and magreater rollouts to some of my students when they first go out for a sport. Most of them are stiff and sore and usually they get relief in about 10-15 minutes. I have not tried to sell magnets but have offered the use of mine mainly for the information that I get. Some of them have bought product through CAP or have asked me to order. A lot of my information come from working with my son who is a member of the community college in our area. He had a strained mcl in his knee and with both the trainer (who called this black magic) and I working on him, it only took three weeks before he was back full force. I have also treated him for a separated shoulder, which only took about a week to get him back in pads.

He sleeps on a pad and pillow and takes our nutritionals. For your information his team plays for the National Junior College Championship on Dec2. He is playing tight end and plays most of the game. He has had a easier time getting in condition by sleeping on the pad and pillow and always comes home and asks for magnets when he hurts.

From: Jomark123@aol.com

Did you see the Williams girls, Venice and Serena, the most dominating players in women's tennis, capture the Olympic Gold in doubles? Chances are very good that they slept on Nikken Magnets and perhaps were even wearing them during their matches! Their father and the William's sisters have become customers and users of the Magnetic and Far Infrared technology. Is there any doubt that others will follow?

Dr. Kirchhoffer

From: iambigd@uswest.net

For those of you who have been following my progress in my leg strength I have broken my own personal and quite possibly a world record. As of Tuesday (12-05-00), I leg pressed 1,000 lbs twice (that's half a ton). Not only did I do that I also, in the process of building up to that weight I pressed 450 lbs 12 times, 540 lbs 10 times, 630 lbs 8 times, 720 lbs 6 times, 810 lbs 6 times, 900 lbs (old record) 6 times, 950 lbs (new record) 3 times and finally 1,000 lbs (newest record) not once but twice. What did I use? Magsteps, Golf Sox, Ankle Wraps, Flex Pad, FIR Long John Top, FIR wrist wrap, Magboys and PiMag. You will see the picture of the record press on my website at www.5pillars.com/pureenergies. Darren

FROM: afinley@webound.com

In Feb. of '99 I injured my knees while snow skiing. I didn't have surgery because I learned that I was expecting. After Isabella was born, I started running again. My knees ached, but I continued to run and train for a marathon. The aching in my knees halted when I started wearing the magstrides. Additionally, I experienced no soreness in my legs the day after my long runs, which was very unusual.

I was in an auto accident at age 17 and injured my trapezius muscle. (It's the muscle that runs across the top of the shoulder/back where many people build tension.) This muscle was always tight and hot. It often burned. During weather changes and long driving trips, it really killed me. I sought traditional medical expertise as well as alternative treatments. For 7 1/2 years I searched for an answer to my problem. Wearing the magnetic necklace has totally alleviated this discomfort. I felt a difference within only a few minutes! I wear the necklace all the time--even while showering, swimming, and sleeping.

Shelly Finley, Almartha MO

FROM: carolynnhoge@home.com

I tore my ACL last summer playing tennis. In order to have the stability to play again I had to undergo a surgical repair. I put a far infrared wrap & 2 super minis on the knee just after the injury. I also placed the elastomag knee with 2 super minis on it as soon as I got into the recovery room & used the Magboy before physical therapy. My range of motion was double the norm 2 days post op and I stayed well ahead of the curve (nearly twice what was expected) throughout my rehab. I took less than half the standard pain medicine. I returned to competitive tennis 2 MONTHS before patients are normally released. I keep Magsteps/Magstrides in my shoes all the time and don't require any type of brace on the knee.

Carolyn Hoge RN, BSN, MBA

FROM: NTBullough@aol.com

Far-infrared works great for "Shin Splints". I use the far-infrared elbow wraps on the shins, calves, and arms. They have been extremely helpful for this and for people with Rheumatoid Arthritis when their "bones ache." My sister puts one of these wraps on and very quickly the aching stops.

Nancy T. Bullough

From: dave@flite.net

We are very involved with polo in south Florida and the players are looking to get as much out of their horses as possible. One player had a horse that just had no energy so we took the bottom of a Kenkoseat and part of a travel quilt and made a saddle pad that took this horse to a new level. The horse went from whip and spurs to "wow, now how do I stop it". The player is still smiling.

Dave Martin

FROM: C2LB@aol.com

My husband Craig was an assistant pro at the Pebble Beach Golf Course for the last (almost) two years. Over the past year while I have been sharing Nikken products with him, he has repeatedly commented that when he wears his MagSteps and ElastoMag wrist wrap, he consistently hits the golf ball further. Just the other day he elaborated further. It's not the fact that the Nikken products add to his strength per se that makes the ball go further. Golf is not a game of muscles, or pure strength. Distance comes from golf club head speed. That is, the faster the golf club is moving at the point at which it hits the ball, the further the ball will carry. This is actually powered by the "coil" or flexibility of the player. Thus, when the golfer is pleased that the Nikken products are making a difference in his/her game, it is because of the increased flexibility they provide that allow the player to coil and uncoil more fully, releasing maximum club head speed at impact.

Cheryl

From: edwiens@cyberhighway.net

If you watched the 72nd Major League Baseball All-Star Game on Tuesday night July 10th, from Safeco Field in Seattle, maybe you noticed. When the camera zoomed in on American League Manager, Joe Torre (of the Yankees) for an interview from the dugout during the game, I noticed a familiar looking bracelet on his right wrist. I wondered but couldn't conclude for sure that it was Nikkens.

Then during a tight camera shot, there it was. No doubt about it. Then within seconds my phone rang and my Platinum Son-in-law, Tim Norris, said, "Did you see that!?" He, too, was convinced it was one of our bracelets. All my baseball friends in Baltimore can be proud today of the great showing by their home town boy, MVP Cal Ripken - who uses Nikken Products - as well as Peter Willis, Tony Gwynn from the Padres was duly honored as he

should have been - though I would have liked to see him swing the bat. And to my good friend, Johnny Morris, your national leaguers tried but didn't prevail. To all my fellow Mariners fans, what a day for Seattle and the M's. Eight players on the team (the most in decades), including the winning pitcher, Garcia, and Sasaki, who got the save, and Ichiro who got the first hit of the game off of flame thrower Randy Johnson.

All of America is seeing the internationalization of baseball, highlighted this year by the arrival of an already household name hero in Japan, never heard of in America - Ichiro Suzuki - who is taking the baseball world by storm. He was the top vote getter in this year's fan balloting for the All Star Game, a feat never accomplished by a first year player. The value of his collectibles are through the roof right now. How interesting. A well known Japanese product completely unknown in America, now becoming a true all star in this country and abroad. Familiar theme isn't it.

Ed Wiens

From: graffix@adiis.net

This past August 2000, Allen Sapp and his wife, Karen, were inducted into the United States Martial Arts Hall of Fame. Allen & Karen credit Nikken with helping them on their road to their 2000 induction into the United States Martial Arts Hall of Fame. Twenty-seven years ago, when Allen Sapp began his career as a judo instructor, it's possible that he might have dreamed of one day entering the Martial Arts Hall of Fame. What Allen likely did not dream of 27 years ago was that he would retire from his love of teaching judo for an even greater passion—sharing Nikken. Allen and Karen Sapp's accomplishments in the art of Judo are impressive. Allen is the reigning men's National Masters Champion. A sixth-degree black belt, Allen was the Colorado State Masters Judo Champion and a Canadian Internationals Bronze Medalist. Karen, a fifth-degree black belt, was a three-time National Masters Judo Champion, 12-time Florida State Judo Champion and a Canadian Internationals Silver Medalist. In addition, Karen was the Women's Sunshine State Shotput and Discus Champion. By all accounts, there seemed no stopping their athletic goals. At least that's how it seemed, until 1991 when Karen had to retire from competition due to back discomfort. Allen, too, eventually withdrew from competition due to discomfort he had developed. Although they continued to work and teach, the couple felt extremely discouraged.

The inability to experience the thrill of competition and delve further into their personal bests remained a true challenge. Only in 1999 did circumstances begin to change for the couple. It was in April of that year when Silver Distributors Nick & Marita Haves introduced Allen and Karen to the Nikken products. According to Allen, "Nikken was life-changing for us." The positive product experience, as Allen describes it, has made all the difference for them. "I began competing again! We use the Magsteps, the Sleep System and definitely Elastomag. We can't say enough about Nikken." In fact, as Allen sees it, Nikken figures into the couple's induction into the Hall of Fame. "We feel very blessed and very fortunate ... and this is all very tied into Nikken." It is this sense of gratitude that Allen says has led to his decision to retire from teaching judo and work Nikken full time. "We want to share what we've learned and experienced, to give back. That's what it's about now."

From: MFSIBBI@aol.com

I've been working with the University of Iowa Men's and Women's athletic teams. They are using the Nikken magnetic products. We also have the go ahead to market to each team and have already distributed over \$2000 worth of product to the wrestling team, and \$1000 to the men's and women's basketball teams.

Gary Mohr

FROM: magna-eagle1@home.com

A woman I know in Salt Lake City, Utah who is a national triathlon competitor, discovered that by using the Nikken products she recovered more quickly from the competition and was not as fatigued after each days event. Sleeping on a sleep system permitted her body to recover more rapidly. Using the magboys before and after helped her body to become more active in the before the competition and relax afterwards. Several of my friends who are mountain bikers wear the products while they are competing or just training for competition. They say they don't ache as bad as those who don't use them. In fact, Alex Macbeth, my business partner, is one of those mountain bikers who trains with those more than half his age. They just completed a grueling 100+ mile week end ride and the kids couldn't understand how this old guy kept up with them and didn't seem to ache as badly as they did. Experiment by using these products for one competition and not another. Keep records of muscle fatigue, muscle recovery, over-all body fatigue, lung stress, heart rate, pulse, body weight, etc. By examining these variables a runner will have a more scientific result of what his body is or is not doing. Olympians are recognizing the benefits of magnetic AND far infrared products in returning the body to its normal state after an event. Remember that far infrared products will relieve the tension in the body caused by lactic acid build up. Being a body builder and lifting weights I have had to resort to wearing my Nikken long johns just to move my arms and legs without pain. In most cases the change is in less than 15 minutes.

Lawrence

FROM: FOCUSONBALANCE@aol.com

Because I am a personal trainer, I was asked by another WC to do a 3-way call with someone regarding fitness training. (I hadn't tried Nikken stuff in the gym yet, I was still using them for my own specific issues.) I agreed, then quickly grabbed my husband to my gym and set up the bar with my bench pressing max. Without the magsteps under my feet I was only able to cleanly lift 3 reps (labored). I then stepped on the magsteps, I cleaned 6 out like nothing. Amazed, I had to repeat the test. The second time, (w/out steps), I could only get off 2 reps, (with the steps), again, 6 reps. Since then I started to immediately incorporate Nikkenproducts with my clients and myself. I have used Magboys on my clients before, during and after lifting. The insoles are a must. PiMag water is remarkable. Clients who hated to force water down before, are now loving water. I personally notice that FIR helps with recovery. I have used our products in athletic endeavors and know beyond a shadow of a doubt that I am performing better at 35 than I was at 20, in terms of sheer performance and recovery the day later. I know of a professional bodybuilder who swears that the insoles give her 5-10% more strength. And, that the Fat metabolizers are a huge hit.

FROM: eaglewings2@msn.com

Here is a testimonial I wanted to forward:

The FIR long johns are great for recovery. Both the fir and elastomag wraps are good for support. I strained my elbow lifting and used the fir elbow wrap. It made a big difference for me. From a competitive standpoint, I suggest someone test the products themselves. No promises like it will add 50 lbs. to their bench. It could add a few lbs. or reps though, they need to be the judge. I haven't personally done this, but I know there is some benefit in terms of strength, and definitely benefit in terms of recovery. The long term benefit of recovery can allow them to workout more frequently which will ultimately add to their strength.

JTB

From: bcbodak@saw.ca

I played 8 years in the AHL with various teams and managed a few games with Hartford and Calgary of the NHL. The last few years of my career my back was so stiff and sore I had a tough time getting out of bed in the AM let alone play hockey. I was assessed by the New York Rangers medical staff and after a MRI was told my back was 20 years ahead of the rest of my body and would only get worse with time. I was also told that such things as golf, hockey, jogging etc. would not be a part of my future. That was a tough pill to swallow. Then I was introduced to Nikken and got to experience the sleep system, magsteps, a flex, car seat and magboys. Within three days I was getting up in the AM, without a stiff back and was able to get out of bed in one easy motion for the first time in years. I now play all the sports I want whenever I want. I wish I had known about these products while I was playing as they Improve rest and recovery like nothing I have ever seen. What an edge for a hockey player to have. Bob Bodak

FROM: ramonaaragon@conwaycorp.net

I am 55 years of age, a career law enforcement officer, ex-paratrooper, extremely active, good health, run six miles three times a week, and an avid bodybuilder. I have been training with weights since I was 14 years old. I have won two body-building contests and one heavyweight weightlifting championship during my lifetime. With all this experience comes the invaluable exposure to all sorts of exercise supplements and equipment. Of all such health aids cluttering the market I have really come to highly respect the utility of the Nikken magnetic wrist wraps that I religiously use during my body-building workouts. They are black in color, good looking (aesthetically designed), and provide the added wrist tension when holding barbells and dumbbells. Most importantly, the wraps provide me that unique magnetic "power boost" I greatly need to insure my hands maintain their grip on all sorts of exercise apparatus during each training session. Besides this additional strength provided, my wrists and arms acquire added endurance during each workout. I am now spoiled, I would not have an enjoyable training session without my Nikken magnetic wrist wraps. Thank you Nikken!

Randall Aragon

FROM: dillfam@att.net

The magstrides have made an incredible difference with my endurance. I went from getting tired after fifteen minutes when playing tennis to becoming club champion in the 4.0 and the 4.5 divisions. I've won matches that have lasted 4 hours. And additionally, I no longer get cramps.

From: darlenethomas@5pillars.com

Our son Trent has always excelled athletically. Throughout high school he was a star football player. Prior to graduation, however, Trent took an avid interest in Wakeboarding. Wakeboarding is pulling a surfboard behind a power boat. The Wakeboarder performs a series of stunts or tricks while crossing from one side of the boat's wake to the other. Trent has competed for last three years at the National and World Wakeboarding Competitions. Last summer, Trent won the National Championship in his division! This year, Trent advanced to "Advanced Semi-Pro" in the Wakeboarder's National Competition and enjoyed a second place victory. He's also going to compete in The World Wakeboarding Competition at Lake Elsinore, CA on October 5th AND 6th! He loves how the products have helped him to excel.

Darlene & Dave Thomas

FROM: MagNRG@aol.com

I have been wearing my magsteps in my tennis shoes - the smooth side up - for 2 years - same pair still in great shape. I was not a happy with the magstrides, for they made my shoes too tight and also seemed to wear off at the pressure points on the ball of my foot. I play in a competitive league, and last fall I turned my ankle & really suffered a bad sprain, so severe and bruised, that I could not lower my heel when I walked. With the use of the magsteps in my shoes and wearing the Kenkotherm ankle wrap with a super mini tucked inside, I was walking on the foot without discomfort in 48 hours and back playing on the courts the third day after my injury. Normally this type of injury will put you out of the game for at least 10 days to 2 weeks. Kick Ace!

From: apuzyr@yahoo.com

I started Judo in my early teens and became quite active throughout the college years. I later became quite active in other martial arts as well: Wing Chun Gung Fu, Isshinryu Karate, Western Boxing, etc. Now in my late 40's, I've chosen authorship over competition, with two books having since been published on the subject. My experience through the various martial art disciplines, study of biomechanics and kinesiology, have greatly helped me understand and enjoy the benefits of what Nikken has to offer.

How it started...

One day, during a Judo session, I suffered a freak accident which later required reconstructive surgery to my right knee. As years passed, my knee would continue to hurt more and more, especially before it rained.

Well, to make a long story short, my niece's track coach told me how he used special magnets to accelerate recovery time from injuries and reduce joint discomfort. As I scoffed at him, he politely asked if I would like to borrow something "just to see" if it would help my knee. Well, to appease my niece and prove this coach wrong, I borrowed a Far Infrared knee wrap along with 2 magnets. At the end of 24 hours, the most painful thing I experienced, was having to swallow my pride and tell this coach - "it worked". Now THAT hurt.

Today, my pride and product-ignorance no longer gets in the way of sharing these products with others that might be hurting. In fact, it would be a disservice NOT to do so.

Andy Puzyr

FROM: maglady@cwnet.com

Last Saturday we had a rollout table and product demo's at a Power Lift exposition. There were 135 lifters there and we used the PalmMag on them for various things. I used the PalmMag on a lifter's back and arms for approximately 3-5 minutes. He went out and set a state record in the bench press! We suggested he send in his winning picture to the Nikken family magazine! We did a variety of other demos but the second that really was amazing was another lifter who was competing in the 'dead lift' portion of the contest. He was lifting in the 600 lb range and when he lowered the bar back to the floor it banged and scraped the inner aspect of his right ankle. Immediately swelled up to where you couldn't see his ankle on that side. He didn't have any real discomfort in it and could move the ankle without any problem. I used the PalmMag on it for about 10 minutes and we literally watched the swelling recede to where the ankle looked normal. Wow! Several trainers were standing around watching and were really impressed.

Boy did that get their attention!

Beth

From: djordan@nj.rr.com

I won the Conn. State singles 65+, NY State singles 65+ and 2nd in 60+ singles racquetball, next week NJ State. Training with CardioStrides is a big advantage. When I get on the court, my feet feel so light my muscles are better trained - but best of all my knee problems are just about completely gone. Post playing swelling and pain are gone. Use of the wraps have been minimal. Awesome!!

Dr. David B Jordan, Ph.D., FACSM - <http://www.5pillars.com/555490800/>

FROM: donk@montana.com

Don't laugh!!! When I tell my fellow golfer's this, they laugh! When I wear my Nikken Golf Socks and Magsteps while golfing, I seem to "put" better. My "putting" is not so good when I just wear the Magsteps and it's terrible when I don't wear any magnets or far infrared at all, do you suppose it's all in my mind?

In addition, I have been using Nikken products for five years now and before I started using them I had been having trouble playing 18 holes, even when riding in a golf cart. In December 1996 I started with Magsteps, a Backflex and the Sleep System. Felt much better on the golf course the next spring. Began using Nikken Nutritionals in the spring of 1997, started wearing a Vest, necklace, bracelet and an occasional knee or elbow wrap, over the next couple of years and started using PiMag Water and the Concentrate when they came out in 2000 - - - - "SHAZZZZAM" this past summer I played many rounds and walked most of the way. In addition on most Wednesday's (Men's League Night) I would start out early in the morning and complete 46 holes by the end of the day (mostly riding however). Also played in a charity tournament for our local hospital, where we had a Marathon Day, my team won the Marathon by playing 48 holes from 9:00 am to 6:00 p.m., not bad for a 65 year old on magnets (my teammates were all in their 40's and not on magnets) and we gathered lots of money for the charity. I love these products, they have changed my life, the lives of my entire family and we have shared them with hundreds, perhaps thousands (including many animals) changing their lives also, what a way to "Make a difference in the world".
Don K.

Martha Yeary - LPGA instructor , coach, wellness consultant. <http://www.bionicgolf.net/> & bionicgolfpro@aol.com
- Ph: 817-925-0104

She does an amazing W.C. training that is so simple you would think a child could become a Royal Diamond. Her stories, correlations, imagery and techniques are worthy of the stage. Anyone that take the time to listen to Martha (or even better attend her FREE clinic) will walk away wanting to use product, get in the business or jump back into their business.

FROM: artofwellness@austarnet.com.au

I work at a boys only high school and they are big on sports. Rugby League especially and I get to see lots of boys with injuries. One of the boys had a badly swollen ankle on Monday 16th, injured it on Sunday in a game. He was on crutches and had it strapped up. Gave the PalmMag to him on Tuesday for about 1 hour. We had it constantly spinning. Said his toes were slightly twitching and his foot felt 'unusual'. Saw him again Wed night, 18th, and he was walking normally. We were both amazed, he couldn't believe it. He said it was not swollen when he woke Wed. Also had the Magsteps strapped around the ankle for the night.
Bryan

From: NIKKENKJ1@aol.com

I wanted to pass on this important email from Winnerswellness on sports recovery. My tennis elbow was so bad that I could not lift a glass of water when I first heard about Nikken from two former San Diego Charger football players. They said the products had worked miracles in their training room so they had become distributors. After only two days with two minis and a far-infrared sleeve on elbow, I played 3 hours of tennis with no discomfort. A critical aspect of tennis or golfer's elbow is that you must cut off the straining of the tendon in the elbow by applying a BAND-IT to the forearm. Both golf and tennis create a lot of stress on the elbow joint and the BAND-IT greatly reduces that pulling action and vibration in the joint. Call sporting goods stores for the BAND-IT. (about \$20) Use our Nikken elastomag 24/7 and the sleeve with two minis while competing since it will stay in place better. I am a big fan of the Supermini taped on troublesome tendon strains and recommend the far-infrared supports for prevention of injury from overuse. The Magboys will someday be used by every golfer and tennis player for optimum performance and injury prevention. A brief shoulder massage allows the server greater freedom of swing and more power which is obviously desired in golf as well. I feel that the flex is critical for the spine in those two sports particularly since it creates flexibility and upper body rotation is a must for optimum performance. In a test with a radar gun at the Las Vegas Discount Golf and Tennis shop in Thousand Oaks, California golfer's swing speeds were increased 8-12 miles per hour when using the Magsteps. This is awesome when you consider that the Magsteps provides incredible balance benefits for most golfers as well. I still feel that John Huston's product experience ranks as the most notable sports performance testimony. Huston was ranked # 141 on the tour in December of 1997. He was suffering from shoulder and back discomfort so bad that he was missing the "cut" occasionally. When shown the products by David Ledbetter, considered the world's foremost golf professional and Ryan Albert he purchased four products and began using them regularly. In just 6 weeks at the Hawaiian Open, Huston broke a 30-year old record scoring a scorching 28 below par and won over \$460,000. The headlines in USA Today read "Healthier Huston Credits Magnets." The article talked about products for the feet, back, shoulder, and how well he was sleeping. The Hustons were so excited that his wife became a distributor in Ledbetter's business

and they both were very vocal of the benefits provided by our incredible technologies. Huston continues to be a top tour competitor with earnings totaling nearly \$5 million. That is not a bad return on an investment of \$500 for products that are noninvasive and do not lose their effectiveness.

More recently, IMG Sports management, the world's leading sports agents evaluated Nikken and chose them to be a sponsor of their Sports Academy in Bradenton, Florida. IMG manages Kobi Bryant and Tiger Woods as well most of the talent in pro golf for both men and women. Nearly 10,000 students from around the world come to Bradenton each year to train in 7 sports. IMG's endorsement of our products is a testament to the value of Nikken products for "injury recovery, prevention of injuries, and sports performance enhancement." Every athlete can benefit from our products and I am especially excited about our PiMag water and the edge it gives athletes. Just 2% hydration loss equals a 20% energy loss. Nearly 70% of Americans are clinically dehydrated. For many Americans, they have mostly Starbucks coursing through their veins.

Nearly 9 years ago Evander Holyfield raved about our products and the benefits he saw. Johnny Bench is enjoying golf again after dealing with excruciating back problems. The Denver Broncos told the entire city how much Nikken products helped them win their second Super Bowl in 1999 in an article on the front page of the Denver Post!

If Nikken technologies can do this for the superstars of sports, imagine what they can do for the weekend warriors who need all the help they can get. I really think the day will come when golf and tennis bags will have built-in pockets labeled "Nikken."

From: SLLNZ@aol.com

I have a friend who has been an avid marathon runner for many years. He was involved in a bad motorcycle accident in March of last year. He sustained a complicated fracture of his ankle. Three weeks later, the x-rays taken at his orthopedic surgeon's office still showed a non-union of the fracture. The doctor recommended that he have surgery, since he's a runner and the fracture line showed no signs of healing after 3 weeks.

My friend was hoping to avoid surgery due to the long recovery time he would face, and asked to wait a few more weeks before going ahead with surgery. He was told to come back in 2 weeks, but to be prepared for surgery as the doctor didn't expect any change in his condition in that amount of time.

I persuaded him to use a super mini over the fracture site until his next appt., even though he was quite skeptical about the use of magnets. He placed the supermini right over the fracture site and kept it in place 24/7. At his 2 week follow-up appt., the x-rays showed significant healing at the fracture site, so surgery was no longer necessary. He continued to use the supermini and 2 weeks after that, was able to remove the brace and begin using a stationary bike for training.

He started running again a few weeks later and just 6 months after the accident, ran a marathon. He beat his finish time of the previous year at that particular event, setting a new personal best record! His doctor was amazed at his progress. My friend says he is fully recovered now and believes in the power of magnets.

From: donnadee2@n-connect.net

We had a fellow who could barely do his 18 hole golf game without his legs & feet hurting immensely. We gave him a pair of Magsteps to try. He called and asked where he could meet us that following Sat. because he not only golfed 48 holes that Thurs., but he went home without any discomfort. He not only purchased them, he signed up. Donna

From: rhbiz@bellsouth.net

If you go to www.bionicgolf.net, Martha Sue Yeary is a golf pro that is a Gold wellness consultant in Orlando, FL. Contact her at bionicgolfpro@aol.com. She works with golfers helping them improve their golf games, incorporating Nikken into her teaching.

Remae Helmly

From: conniechoate@mchsi.com

I got into Nikken two years ago because of a product experience with Magsteps. I couldn't play golf any more because I couldn't walk without considerable pain, even if I used a golf cart. My former employer, Kathleen Deoul, told me about Nikken and what a wonderful business opportunity it offered. I scoffed at her and told her "no way, was I doing that!" After some more conversation, I reluctantly told her to send me the "rules and regulations" and "fix my feet". She did exactly that. Within minutes of putting on Magsteps, I was doing happy dances. Now calling myself a golfer is stretching a bit, but I love getting out there to see if for once I can defeat that little white ball. Well, with a pair of Magsteps in my shoes and a bracelet on my wrist, I certainly do a lot better -- longer drives, more stamina. It's amazing.

Connie

From: BurtLynn@aol.com

I thought this was worth passing on for athletes. Negative Ions produce a decrease in respiratory rate (resting heart rate) and enhances the metabolism of water- soluble vitamins. In addition, Negative Ions produce an increase in pH (alkalinity) and increase in the performance of air movement in the airways. In testing of rats, the researchers noted an improvement in blood flow and a 29% increase in the weight of the adrenal glands, resulting in improved blood-sugar and blood-oxygen levels... a good thing. Overall, a considerable increase in vital capacity was observed, a VERY good thing! In human tests, athletes noticed an increase of 260% in 32 days following a 15 minute daily dose of Negative Ions (Russian 1976 Olympic Research). Wow, does NIKKEN ever continue to be on the cutting edge of scientifically-proven consumer products, or what? Happy breathing!

Burt

From: 13apparitions@earthlink.net

Every athlete will be able to tell you that our body goes through the same vigor as does other people except you could multiply that by 13. As an athlete, I found that by using the products by Nikken, enabled me to recover much quicker than I could on my own. It was like having a young man's body again. I simply love and use all of the products. Our body needs the energy (chi) to flow effortlessly throughout our body and when this happens, we are able to do the things we are capable of doing whether we are baseball players, volleyball players, martial artist's etc. As we all know we sometimes are not in harmony within and that is due to the energy being stopped somewhere within ourselves. The simple usage of magnetics and the far-infrared products will assist all athletes in the recovery stages of their chosen fields.... The Optimized PiMag Water will enable our bodies ability to regenerate itself due to the hydrating process, cleaning out the liver and by using the Liver Support it will allow the body to detoxify thus getting out of its own way in its pursuit to recovery....I could go on and on.

Johnny

From: apuzyr@yahoo.com

With 25+ years in the martial arts, I've already done several "presentations" to Karate students (both 1-on-1 and at their schools).

I start off sharing Nikken with others by asking 3 questions:

1. How important is flexibility in the Karate?
2. How important is strength?
3. How important is accelerating your recovery time from injuries?

If I could show you something that could increase your strength and flexibility (in less than 60 seconds) AND accelerate your recovery time - would that interest you? (The "60 seconds" plug is optional)By the way, I'm available for a 3-way if you wish.

Simply ask the person if they'd like to speak to someone with 25 years in the martial arts who's had several books published?

Andy