

MY ATHLETES USING NIKKEN PRODUCTS

I've attached information from the work I have personally done with a variety of basketball, football, track & field, cross country, volleyball, curling and hockey athletes in my capacity as a parent of two active athletes, a recreational athlete myself (former provincial champion in basketball & track & field, Hall of Fame Inductee at two Canadian Universities, Canadian University Volunteer Assistant Football Coach of 1997 and coach with a National University Football Championship Team), Fitness Consultant of 33 years and a Canadian University coach of 30 years (13 in men's and women's Track & Field and 17 in men's football as Fitness & Nutrition assistant coach / consultant). This information is not the definitive answer but will give you ideas of how our products could be used. Be creative and see what works for you.

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THIS IS WHAT HAS WORKED FOR ME AND THE ATHLETES I WORK WITH.

ALL FRESH INJURIES SHOULD BE ASSESSED, TREATED WITH ICE THERAPY FOR A COUPLE TO 24 HRS DEPENDING ON THE NATURE OF THE INJURY (THERM WRAPS ARE SAFE TO USE IN CONJUNCTION WITH ICE THERAPY) AND THEN RELAX PADS AND WRAPS FOR SEVERAL DAYS TO A WEEK OR LONGER

a. Sore Shoulders .. A MINI ON EACH SIDE OF THE SHOULDER WHERE THERE IS THE MOST DISCOMFORT, EVEN BETTER, A MINI IN THE HOLLOW BTW NECK & SHOULDER AND USE A SECOND MINI TO CHASE ANY DISCOMFORT.

b. Sore shins ... THERM WRAPS (ELBOW OR KNEE) ON SHINS DAY / NIGHT/WHILE WORKING OUT

c. Blow to Thigh ... A KENKO STRIP RELAX PAD PUT ON AREA AFTER ICE THERAPY AND USE BIKE SHORTS TO HOLD IN PLACE. THIGH ELASTOMAG WORN WHILE SITTING ON THE BENCH AND AT BEDTIME (IT WON'T STAY UP FOR REGULAR USE)

d. Lower back / discomfort down the leg problems... KENKO BACK FLEX RELAX PAD ON AREA OF MOST DISCOMFORT AND TUCKED INTO THE UNDERPANTS, USE THE ELASTO MAG VEST OR BACK BELT AND WEARING MAGSTEPS/MAGSTRIDES.

e. Rib injury ... BACK FLEX TUCKED INTO UNDERPANTS IF LOWER OR THERMA BACK WRAP IF HIGHER

F. Operation on foot, incision on top of foot ... A MINI OR PIECE OF MAGSTEP TUCKED INTO SOCK OR ANKLE THERM WRAP

G. All kinds of Headaches ... I HAVE FOUND MINI ON FOREHEAD, TEMPLES, BACK OF NECK AT HAIR LINE ON EITHER SIDE OF SPINE AND BETWEEN THE SHOULDER BLADES ON EITHER SIDE OF SPINE, MAGSTEPS AND SLEEP SYSTEM, SLEEPMASK, NECKLACE

H. Using promo pads to study. OUR SON USES A MINI TAPED TO THE MIDDLE OF HIS FOREHEAD TO KEEP HIMSELF ALERT AND FOCUSED

I. 1) Broken wrist ... PUTTING PIECES OF MAGSTEPS DOWN THE CAST OR A MINI INTO THE CAST TO SPEED RECOVERY AND USING THE SOLITENS ON FINGERS TO STIMULATE MUSCLES WHILE HAND WAS CASTED

2) Broken elbow ... 2 ELASTOMAG WRIST WRAPS VELCROED TOGETHER AROUND THE OUTSIDE OF THE CAST OVER THE BREAKS. AT 6 WEEKS, THE CAST CAME OFF, FULL FLEXION AND 20 DEGREES TO GO FOR FULL EXTENSION. NO SIGN OF THE BREAK OR THE BONE CHIPS AT 8 WEEK X-RAY

J. Breathing problems (exercise or environmental induced)... SPINNING THE MAGBOYS IN A PERSON'S FACE (SHORT TERM RELIEF), WEARING A MINI OR MAX ON A STRING / CHAIN AROUND THEIR NECK, WEARING THE GOLD NECKLACE, AIR WELLNESS POWER 5

K. Ear discomfort ... SPINNING THE MAGBOYS IN THE PERSONS EAR FOR 3 TO 5 MINUTES GOT RID OF A GRADE TWO STUDENT'S EAR DISCOMFORT AND/OR TAPING A MINI TO OUR DAUGHTER'S EAR WHILE SLEEPING

L. Itchy/Cracked Feet ... WEARING THE SPORTS SOCKS DAILY FOR TWO WEEKS GOT RID OF ITCHY, CRACKED FEET

M. Upset stomach ... PUTTING A BACK FLEX / MINI QUILT OVER THE STOMACH AND/OR WRAPPING THEM IN A TRAVEL QUILT OR COMFORTER

N. Elbow Soreness ... MINI PLACED ON THE DEPRESSION JUST ABOVE THE ELBOW JOINT AND HELD IN PLACE WITH A ELBOW THERM WRAP OR USE THE NEW ELASTOAMG ELBOW

O. Sore / Stiff / Knotted Muscles ... MAGBOYS OR MAGCREATOR DEPENDING ON THE SIZE OF THE AREA, PALM MAG

P. Sprained ankle ... USED ANKLE THERM WRAP, WHEN THAT WASN'T AVAILABLE PUT TWO THERM WRIST WRAPS ON THE ANKLE AND WRAPPED TENSOR AROUND THEM, USED ICE AND ELEVATION.. THE ELASTOMAG ANKLE WRAP FOR DAY AND NIGHT USE WHILE STILL TRAINING... HAVE USED THE THERM SOX TO REDUCE SWELLING AND THEN HELP RECOVERY, KENKO WAVE

Q. Burns - MINI DIRECTLY OVER BURN SITE ... DISCOMFORT IMMEDIATELY STARTED TO DISSIPATE AND BURN SITE WAS AS SMOOTH AS SKIN ON EITHER SIDE BY THE NEXT DAY; LONG UNDERWEAR & PIMAG WATER

R. Human Toothbite to the Head - NO STITCHES DUE TO POSSIBLE INFECTION ... MINI BETWEEN LAYERS OF GAUZE HELD IN PLACE WITH A STRETCH HOSPITAL CAP... CHANGED THE MOLESKIN ON THE BACK OF THE MINI WHEN BLOOD LEAKED THRU ... TWO DAYS OF CONTINUOUS WEAR RESULTED IN A PERFECT CLOSURE

S. Chronic Knee Injuries - EXCELLENT RESULTS WITH THE KENKO KNEE WRAP AND THE ELASTOMAG DEPENDING ON THE PERSON, KENKO WAVE, PALM MAG

T. Pre-Game NIKKEN nutritionals - TWO GELLY BEES BEFORE EACH GAME FOR EXTRA IMMUNE SYSTEM SUPPORT ... POWER DRINK 1 HOUR BEFORE COMPETITION USING PERFECT START, APPLE JUICE, BANANA, JADE GREENZMES

U. Total body recovery from hard training ... THE SLEEP SYSTEM, THE LONG UNDERWEAR AND / OR PROMO PADS / SUPER MINIS ON EACH SHOULDER POINT INDENT, AIR WELLNESS POWER 5, PALM MAG, EXTRA NUTRITIONALS

This is in a question and answer type format, in answer to some questions directed to me by a fellow coach / distributor.

In one of the videos they talk of a distance runner using Magsteps while running, is this a good idea? HOW LONG IS THE RUN AND HOW LONG HAS THE PERSON HAD THE MAGSTEPS?? IF THE MAGSTEPS ARE BROKEN IN AND THEY ARE BUMP SIDES DOWN I DON'T SEE A PROBLEM BUT IF THE RUN IS REALLY LONG I WOULD SEE THEM MORE BENEFICIAL BUMP SIDES UP AFTER THE RUN. WITH THE NEW MAGSTRIDES THIS ISN'T A CONCERN. I know that weight lifters have reported greater lifts while wearing Magsteps, Promo pads or therm wraps. I'VE SEEN AND HEARD THIS AS WELL. Is there any indication or proof that Magsteps or Promo pads help improve performance such as vertical jump or 40 yard sprint? I'VE NOT SEEN OR HEARD BUT I WOULD THINK THAT YOU WOULD SEE A DIFFERENCE GIVEN THAT THERE IS MORE ENERGY / STRENGTH, RECOVERY FROM TRAINING AND THEREFORE INCREASED DESIRE TO TRAIN LEADING TO BETTER RESULTS.

Recovery from injury and training can best be accomplished through the use of magsteps/magstrides during the day and the sleep system at night as well as a proper nutrition PiMag Water and sticking to a good training program.

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