Elaine Janes

Australian Masters Record Holder

2008 World Masters Silver Medallist at Weightlifting Championships in Kefalonia Greece
Gold Medallist at Australian Masters in 2004,2005,2006,2007

"HOW AN ABUNDANCE OF GOOD FORTUNE HELPED A 63 YEAR OLD MASTER WEIGHTLIFTER ACHIEVE SUCCESS"

An abundance of good fortune fell on me the day Migun Health offered me sponsorship of their services and products. I was speechless at the time, standing at the counter like a goldfish just opening and closing my mouth but no words coming forth. How could this be happening to me? Little old me, who was ready to quit competition weightlifting and give my uniform away. I was not emotionally in a good state and was battling away with the lifting and not getting anywhere.
Right out of the blue Niki of Migun Health Geelong was so excited about having me, Elaine Janes the "Golden Girl" under her wing that in an instant it just turned my life around. How could I even dare to think of giving up with such a positive dynamic personality giving me instructions left right and centre, loading me up with products off the shelf and words ringing in my ears of what the future could be. Do you know what a stunned mullet looks like? It was me.....

So, from that day in January 2008, I started using the Migun Bed at least three times a week and combined it with drinking only magnetic water during my training sessions. The same day magnetic Inner Soles went into the weightlifting shoes and the magnetic wrist straps were included. Not once have I trained without them and what's more, I am very proud to tell people what is happening to me. My status quo changed. How could I not do well having sponsorship given to me? This dynamic business lady Niki had so much confidence in my ability to go out and compete.

From then on, my thoughts were nothing but positive. Combined with even more concentration on technique, no matter how long it took, I wanted to be the undisputed leader in my age/weight division in Olympic Weightlifting. It also gave me an incredible confidence boost having a business sponsor and I was determined to give my best effort to make it all worthwhile. I visited Migun Health almost daily to use a massage bed experiencing even more of the benefits. Not only was I relaxing and revitalising after training sessions but by using the different machine settings I was able to feel spinal mobilisation, massage, acupressure, heat therapy and Qi-energy all working. Clinical and Chiropractic studies have proved the benefits of the Migun Massage Beds but one has to use the system a few times to understand how it will really help the individual. Believe me it works! ! !

Now was the time to conduct my own little experiment at home with the energy water. I purchased one punnet of silver beet, halved it and planted it in two separate pots. Both have the same sun position and the same potting mix. The difference is one pot has tap water and the other pot has water that I use myself from Migun. Then I repeated the task with pansies. After two to three weeks the results were outstanding. I found myself watching the progress daily and the ratio difference was 4 to 1. Now I am thinking, what is this doing for me? Unlimited potential: one thing I do know. I can consume a litre of this water and not feel bloated or heavy. But don't take my word for this, you have to find out for yourself. It's wonderful to consume this much liquid and still feel light.

Another bonus item is my magnetic innersoles and wrist straps. They give me superior grounding with the floor for lifting, comfort, durability and stimulation. I would be lost without them and I know that athletes worldwide rely on this product. I am forever grateful to Niki at Migun Health for giving me an opportunity to be sponsored with products that help me more than my words can say, and which really do help. It's not an empty promise.

Over the six years of weightlifting I have competed in Australian Masters Games in Darwin, Sydney, Adelaide, Perth and Launceston receiving Gold each time. This year I qualified for the World Masters Games held in Kefalonia Greece. To bring home a Silver Medal is secondary when it comes to wearing the green/gold uniform and lifting for Australia. My sport of weightlifting has blessed me with many positives and hardships but to have business sponsorship with products that one knows will help athletes produce a positive result is something that gives me an added incentive to do well. Thank you Migun Health.

Thank you for reading my story..... Elaine Janes