

Fighting the Battle against MS – Galileo “My personal secret weapon”



Cari Goldman, GIA GG, AJP

www.piecesbycari.com

Diagnosis: Primary Progressive Multiple Sclerosis

Training Product: Galileo S25 and Galileo S35

Length of use: Ongoing since January, 2018



The Background

Cari Goldman's story is impressive, shocking, brave and inspiring. And thanks to her tenacious spirit – and Galileo – there will be plenty more to add to it.

A bright, ambitious, and athletic teenager, Cari was a skilled tennis player who was known for her graceful footwork and elegant form which she even taught to her juniors. Cari attended Duke University and pursued a degree in public policy. She graduated – a semester early – in 2001, and immediately entered the workforce to begin her career as an associate financial news producer in New York City. Cari's life was racing forward at full stride.

But it wasn't long before that pace was slowed. Cari began to occasionally feel a twinge of low-level pain, but it was never enough to slow her down. By 2004, these intermittent episodes of pain became more prohibitive, limiting her physical activities and taking the joy out of her daily life.

Despondent emotionally while also suffering from frequent bouts of insomnia as she stressed about her deteriorating condition, Cari found herself drawn to gems and jewelry-making in the late-night hours. Her interest soon grew into a passion, and she began to pursue an academic education in gemology through the Gemological Institute of America, earning a number of degrees and accreditations including a GIA Graduate Gemologist degree. Despite the health challenges, her life was hitting its stride once again.

But in 2010, at the age of 30, she was dealt another blow; Cari was diagnosed with Multiple Sclerosis.

The first step on her eight-year search for treatments to ease her pain, stiffness, lethargy, loss of coordination and swelling was to follow her neurologist's traditional reliance upon disease-modifying drugs. Cari was prescribed a series of medications, none of which improved her condition, with side effects such as nausea, weakness, digestive system dysfunction, malaise, tremors, vomiting and hair loss.

Nothing seemed to help, let alone ease her symptoms. The massive amount of prescription medications became overwhelmingly toxic. Cari's diagnosis was modified to Primary Progressive MS.

Every treatment and therapeutic approach she tried, including hyperbaric chamber treatments and weekly physical therapy, was inadequate because they were unable to help Cari overcome the reality of her atrophy, tone and weakness. Cari's emotional well-being suffered as she was losing her independence and self-confidence.

After learning of revolutionary stem-cell treatments in Israel, she decided to undergo stem cell treatments with world-renowned researcher and practitioner, Dr. Shimon Slavin. After the very first visit, Cari's body responded and strengthened from the treatments and she began to hope for a turnaround. After her short-term gains, the reality was that she needed a way to build a longer-term recovery and harness the benefits of the stem cells.

After returning to the U.S., she began exercising with Pilates to rebuild her weakened body, but because she couldn't use the Pilates machine alone, she became frustrated and was completely dependent on her trainer's availability. Even with assistance, Cari struggled to perform the required repetition or muscle memory-building routines.



Cari had almost resigned herself to a bleak future defined by her degenerative disease. But at age 38, her research brought her to the Galileo – and a spark of hope.

The Training

This once-active woman found herself unable to stand upright for more than a few minutes. And walking was a painful affair with a slow, stiff gait. With no time to try the Galileo device without purchasing it, Cari took a leap of faith and bought one.

“I am not defeated by my MS. My Galileo is my secret weapon in the war for my life. My Galileo training is improving my function faster than the disease is progressing which, bottom line, means Galileo is the first tool that has helped me improve my quality of life. I just got a second Galileo at my office in the city”

Cari Goldman



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Before committing fully to Galileo training, Cari was determined to perform a "proof of concept." She decided to concentrate on developing the muscle she understood best from her tennis experience, her forearm. Training on the Galileo daily in three-minute sessions, she saw "a killer muscle" in just five days. She had her proof of concept!



Excited by the possibilities she envisioned with Galileo, Cari began training by holding on tightly to maintain a standing position and working on muscle tone reduction. With strength and flexibility increasing daily so did her sense of independence.

"My entire outlook and attitude changed," she says. "I was able to actually use and feel my body!"

From there, Cari started attempting the exercises described in the Galileo manual. In these early sessions, Cari used TheraBands to help her regain her position when a movement sent her off-balance. But within a short time, as her muscle tone and circulation improved, the TheraBands were no longer necessary. Within a month, she was able to relax her "death grip" on the handrail as her muscles had regained the function and control necessary to support her.

After three months, she had regained so much control of her body that she began training with high-performance movements. Cari followed Domini Anne's online Galileo training programs on her iPad. At first, she was unable to perform all the moves – but she persisted. She worked with her NeuroPilates instructor to break down the steps needed to walk, training each movement individually, until she could put it all together on Galileo.

The more she progressed, the more motivated she became. Soon Cari was creating her own customized program for her entire body training on the Galileo for 1 1/2 to 3 1/2 hours a day – and occasionally up to 5 hours. Cari had decreased her use of baclofen, a drug designed to reduce spasticity, from 160 mg/day to a maximum of 5 mg, a reduction of 97%.

Cari's training regimen began to be driven by what she could – or couldn't – feel on any given day. The empowerment she realized began to revive her from the inside out.

"I know where my 'glitches' and rickety joints are because I have to cope with them every

minute of every day," Cari explains. "Because of the sensory component, I could feel things on Galileo that I normally couldn't. This gave me clues of what I needed to do that day."

The Gains

"It makes my mind and body feel better," Cari says. "The Galileo has allowed me to harness a connection to my body and to use my own intuition to heal."

"At 38, I have a better body than when I was 18," Cari proudly proclaims. "I have muscles everywhere! I'm balanced, I'm strong, and I'm gaining all kinds of new confidence."

After nine months of use, the Galileo has enabled Cari to regain her muscle power, flexibility, vitality and control. Cari also found a mental health benefit in her Galileo, claiming, "I finally had an outlet for the built-up tension from commuting to NYC!"



But could the Galileo reconnect Cari with tennis? With her improved strength and stability, she was eager to find out.

Picking up a racket for the first time since her MS diagnosis, Cari recalled the specific footwork drills she had used for each shot selection and broke down the movements so that she could apply them with her feet firmly planted on the Galileo. She then employed the wobble function to help her work on shifting her weight, later added an aerobic stepper to create a platform from which she practiced stepping into her shot, and ultimately mastered stepping onto and off of her Galileo from all directions without stopping in between.

"The reason I decided to integrate tennis movements is because I was able to tap into my muscle memories of all the training I had in my younger years. By the grace of neuroplasticity, I combined my own muscle memory with new habits and innovative movements on the Galileo. Having a state of awareness is key to it all. I focused on trying to speed up transitions from forehand to backhand, high and low, forward and backward," she says. "I played



around until I felt the wind in my face as I worked out. That was sensational in every sense!"

"The best thing is that it's provided a sense of autonomy again," Cari says. "Seeing myself improve, little by little, is just unquestionably, outrageously awesome!"

"I'm amazed and thrilled that Cari's deployment of the Galileo has so improved her mobility, strength and quality of life," says Cari's father, Harvey Goldman. "The Galileo has been a great investment."

Cari's mother, Judith, agrees:

"Cari is determined to use the Galileo to help herself walk again. With her constant experimentation, she has improved her overall physical well-being and regained her independence. Before she gets in her car to drive to work, she always goes on the Galileo for a few minutes because she says it enables her to make the drive to New York City. If her legs are swollen from edema, she says it eases the swelling. The Galileo has transformed our daughter's life."

Cari credits the Galileo for her turnaround, but believes the device is about far more than just physical gains: "The Galileo represents freedom. It's freedom from the restraints caused by my MS. On the Galileo, I can control my body. I am back in the driver's seat and I love it! I can move! I can dance! I can fly! And off the device, there's carryover into improved daily functions – not to mention my overall well-being, physically and mentally."

One of Cari's closest friends, Dr. Ellis Malovany, has seen her work pay off commenting, "Cari is so much more confident and looking to test out her 'new legs' constantly, pushing herself to improve and experience new freedoms. Cari has replaced fear and hesitation with confidence and excitement. Galileo isn't just a great physical device, it's a mood enhancer and has transformed Cari's whole attitude towards life."

