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# Foreword

Physical impairment, like spinal cord injury (SCI), multiple sclerosis (MS), and post polio syndrome, frequently aggravates a lot of ailments that are amenable to magnetic therapy, a progressively popular alternative medicine mode.

In magnetic therapy for spinal cord injury (SCI), multiple sclerosis (MS), and post polio syndrome 18th century, Franz Anton Mesmer utilized bar magnets and mesmerizing “animal magnetism” (i.e., mesmerization) to handle patients. Ascribable to the contention surrounding this practice, France’s King Louis the XVI organized an esteemed committee compiled of leading scientists, including Franklin, to investigate Mesmer. This examination destroyed Mesmer’s vocation.

Till comparatively recently, scientists thought that life was by and large a biochemical process. The thought that magnetic fields may importantly influence living systems appeared implausible. Views have shifted quickly, however, and a lot of scientists now think that at some level we're basically electromagnetic creatures.

This ultra paradigm shift has fundamental medical implications as modern medicine has centered on biochemical processes. If these procedures are influenced by our electromagnetic nature, any healing approach that centers exclusively on them will in the end be limited.

## ***Learn To Heal Through Magnetic Therapy***

Learn About The Healing Power Of Magnetic Therapy

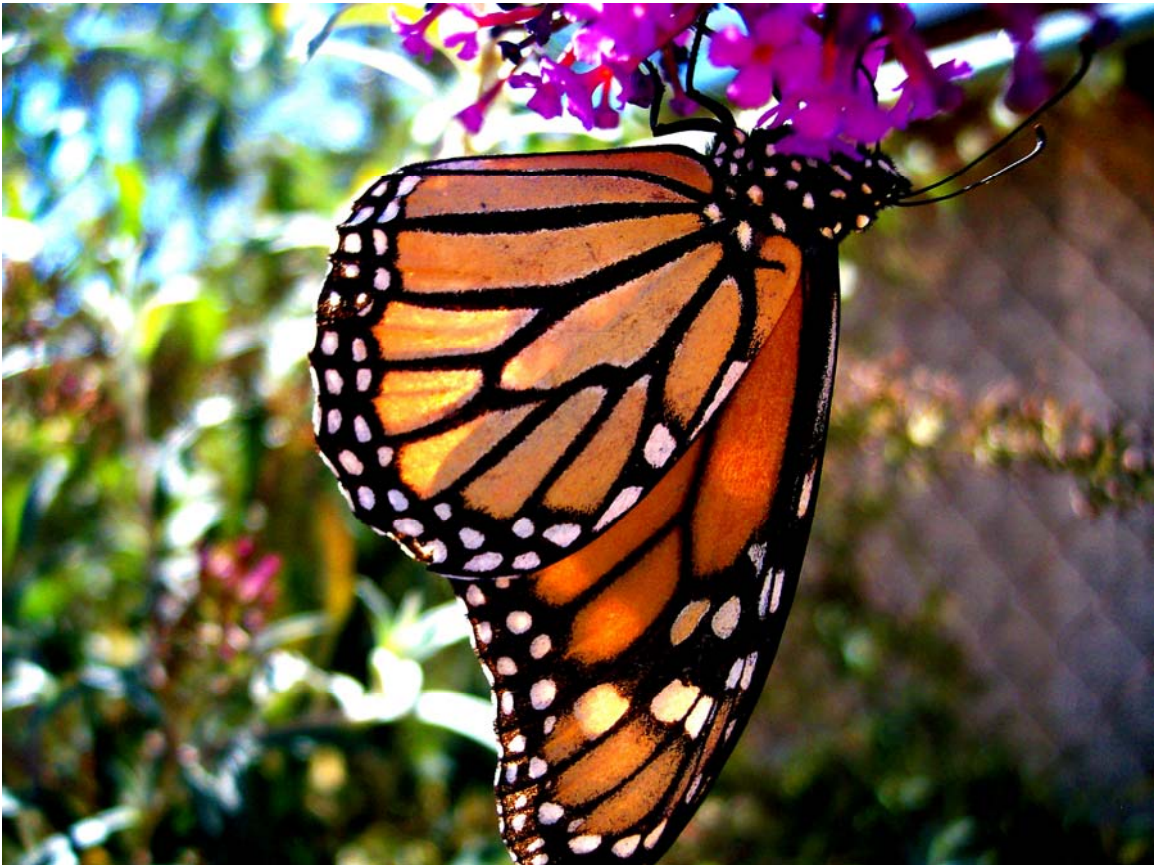
# Chapter 1:

## *Introduction To Magnetic Healing*

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### Synopsis

Illustrations of life's magnetic nature are now bountiful. A lot of creatures, like homing pigeons, butterflies, and bees pilot themselves utilizing the globes magnetic field.



## **Behind The Term**

Even human beings put up more or less sense magnetic direction. These powers, in part, seem to be mediated by a magnetic substance known as magnetite, which has been chanced upon in the tissue, including the human brain, of a lot of animate things.

Researchers have discovered magnetite clusters near the brain's essential, magnetically sensitive pineal gland, which releases hormones impacting the total body.

Not only are we impacted by magnetic fields but we likewise generate them. For instance, scientists may measure the brain and heart's magnetic fields with tools called the magnetoencephalograph and magnetocardiogram, respectively.

Life's magnetic possibility is so awesome that we may even defy gravity under the correct conditions. For instance, scientists may levitate frogs by utilizing high-intensity magnetic fields.

Once subjected to such strong fields, whirling electrons inside the frog align themselves to cumulatively produce a small magnetic field. Such as a compass needle forced back by a bar magnet, the big external field forces back the frog's small field sufficiently to neutralize gravity.

Magnetism has constantly been a part of mankind's healing armamentarium. A lot of indigenous and ancient cultures - including the Hebrews, Arabs, American Indians, Chinese, Egyptians, and Greeks - utilized magnets for therapeutic matters.

According to Legend, Cleopatra wore a magnetized amulet on her forehead to conserve her youth; this location put it near the brain's magnetically tender pineal gland.

Among the more influential figures in magnetic-healing history was the 15th century doctor Paracelus, who helped to take medicine out of the Middle Ages.

Purportedly, the inspiration for Goethe's Dr. Faustus, who dealt himself to the devil in exchange for knowing more, Paracelus, had visionary brainstorm on the role of energetic forces, including magnetism, in therapeutic uses.

These insights forestalled by nearly 500 years are the underlying concepts of advanced mind-body disciplines, like psycho-neuroimmunology and a lot of holistic advances. Essentially, Paracelus thought that magnetic force may energize the body and boost self-healing. His work greatly influenced Mesmer.

In the Americas, magnet utilization soared after the Civil War. Individuals were able to even order the devices through the Sears Roebuck catalog. Turn-of-the-century medical textbooks devoted chapters to the matter. All the same, as pharmaceutical approaches revolutionized the practice of medicine, magnetic therapy lost its attraction - till recently when the limits of these approaches got more evident.

The magnetic healing rebirth has been noteworthy. Millions of individuals throughout the world now utilize magnets, sales total more than \$2 billion yearly, and cost-conscious, health-insurance companies compensate for the therapy.



# Chapter 2:

## *More About The Magnets*

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### Synopsis

Magnetism is produced principally by the spin of electrons inside a substance. If the spin of sufficient numbers of electrons is lined up, the substance turns magnetic.

While iron is readily magnetized because of its numerous surplus electrons, just about all substances may be magnetized. Natural magnets – lodestones - were produced when iron-containing lava cooled and was magnetized by the globe's magnetic field.





## **Behind The Magnets**

Most magnets are now made by passing a heavy surge of direct-current (DC) electricity through an iron bar. Their intensity has been greatly expanded by combining iron with additional elements.

### **Curative Uses**

Magnets may be found in a wide-range of materials, forces, and shapes: midget BB-size utilized by acupuncturists, dime-size, neodymium (a rare-earth element metal) of over-the-top power, domino, rectangular block, and elastic magnets of whatever size and shape.

Curative magnets are frequently cased in ceramic or embedded in an elastic patch or pliable strip. They're integrated in wrist and back supports, seat and mattress pads, jewelry, and clothing-related particulars, like shoe insets and belts.

A lot of medical applications and scientific fields of study have utilized pulsed electromagnetic fields. In these fields, the electric current yielding the magnetic field is switched on and off at an assigned frequency.

As magnetic fields decrease rapidly with distance, the nearer the magnet is to the skin the more beneficial. Although effectiveness might wear off as the body adjusts, magnets might be worn as long as desired.

### **Force**

A magnet's curative force is a function of magnetic flux - assessed in gauss - and physical size. For a point of reference, Earth's magnetic field is 0.5 gauss, an icebox magnet holding a grocery list approximately ten gauss, and a cupboard-door latch magnet approximately four hundred. Curative magnets range from two hundred to over ten thousand gauss.

Magnet size is likewise therapeutically significant. For instance, little neodymium magnets might have force in excess of ten thousand gauss.

All the same, because their fields may only penetrate a couple of inches into the body, they're utilized for treating focalized conditions. In contrast, a big block magnet of much lower flux force might penetrate through the body. Given the importance of size, the heavy influence Earth's small 0.5-gauss field has on life is more promptly understandable.

### **Mutual Opposition**

While understudied, a magnet's poles seem to exert different curative effects. The north one (the side that pulls in the north-pole-seeking end of a compass needle) calms, sedates, and brings down inflammation. In counterpoint, the south pole excites and advances healing, growth and action.

# Chapter 3:

## *How Magnets Help Heal Our Bodies*

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### Synopsis

Scientists are starting to come across the wide-ranging effects of magnetic force on the body.



## **The Healing**

Additional research is called for, but particular physiological effects have been reported:

Magnets appear to improve the quality of the blood circulation. This may in turn step-up the nutrient carrying likelihood of the blood.

Blood flow is a central aspect in health and disease; this is likely one of the main healing advantages of utilizing magnets. Bettered blood quality results in a decrease in inflammation, cut back calcium deposits, lactic acid and additional toxins. Tissues detoxify and the mending procedure starts.

Ions in the blood convey either a negative or positive charge. As they draw thru a magnetic field they're either pulled in or forced back which causes them to speed up.

The ions pull against the vessel walls dilating, or opening them which provides for expanded blood flow. Heat is yielded by the increase in motion therefore enhancing circulation.

Oxidation is a spin-off of ion collisions which carries toxins away from the discredited area so that it might be filtered. Energized and oxygenated cells help mend the damaged tissues. Bio-magnetic therapy is thought to be a way of getting at the body's own electric and magnetic fields via points on the skin. A few researchers think

that particular sorts of illnesses are affiliated with imbalances in the body's biological and magnetic fields.

It has in addition to that been reported that magnets may help block when nerve fibers are subject to a magnetic field, perhaps producing endorphins, which are the body's own instinctive pain killers.

Magnetism may help heal nerve tissue and bones by speeding up the migration of calcium ions.

Melatonin output might in addition to that be influenced by exposure to magnetic fields; this internal secretion helps boost restful, sound sleep.



# **Chapter 4:**

## ***How Magnets Help Pain***

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### **Synopsis**

Pain is a social issue of enormous proportions. For instance, eighty percent of people have severe back pain onetime in their lives, forty million suffer from arthritic pain, and forty million have repeated headaches. Habitual pain alone costs the economic system nearly \$100 billion yearly.

Painkilling drugs don't appear to be the answer. Their affectivity is limited, the body constructs tolerance, and side effects hospitalize over 76,000 individuals yearly.

As of the need, pain has been the most emphasized magnetic-therapy practical application. Numerous fields of study support its efficaciousness.



## **Pain Relief**

A Trust in the healing power of magnets has been around since ancient Greece, extending to a \$5 billion a year global industry that furnishes millions of worshipers with magnets for everything from arthritis to cancer to depression.

That's in spite of the fact that numerous scientific fields of study have been either inconclusive or not able to find evidence to support the claims of their healing energy. Till now.

Fresh research at the U of V demonstrates that there is at least a little truth to the oft-cited claim that magnets may step-up the flow of blood, therefore supplying more oxygen and nutrients to wounded tissue.

Research workers have demonstrated that a mild magnetic field may cause the littlest blood vessels in the body to enlarge or constrict, thus increasing the blood flow and conquering inflammation, a vital factor in the mending process.

Thus far, the findings are based on experimentations with rats, but the researchers hope to start human clinical trials in the near future, while that could prove to be a major challenge.

What sets this work aside from most research into the alleged curative effects of magnets is the fact that the research workers were able to measure their results by measuring the changes in the blood vessels to ascertain the affect on inflammation.

It's the beginning direct measurements that demonstrate the reduction in swelling. Their determinations don't lend credence to the wild claims of a lot of manufacturers of magnetic panaceas. Rather, their work was really precisely centered on the claim that magnets may increase the flow of blood.

The investigators utilized anesthetized rats for their work. The rats' paws were handled with inflammatory agents to imitate tissue damage, and a little magnet, approximately ten times more powerful than a common refrigerator magnet, was bound to their paws.

The swelling was cut back by approximately fifty percent, apparently because the magnetic field altered the diameter of the blood vessels. The magnet only had to stay in place for fifteen to thirty minutes. If the investigators waited till after the paw was amply inflamed, the magnet caused no effect.

If magnets work that well in mortal trials, the affect may be dramatic, as in a lot of cases reducing inflammation is crucial to a rapid recovery.

Let's suppose it takes you 4 or 5 days to recuperate from a given trauma and get back to work, or back on the playing field. If by forestalling the swelling you recuperate after 2 days, you've cut the curative time by a factor of 2. That's enormous savings worldwide in worker productivity and the caliber of life.

Naturally, like results may also be accomplished by implementing an ice pack and compression, but that's not all of the time convenient.

A magnet, of simply the correct power, may be carried with more ease and is always be available within moments of an injury. However at this point no one knows precisely the correct dosage, or in this case the essential magnetic force, to match up with which trauma.

One size will not work for everyone. It would require a much more potent magnet, for instance, to deal with a thigh muscle than a sprain in the little finger. And, frequently no one recognizes yet if it will work at all in human beings.

However researchers are optimistic based on a lot of years of experience in a comparatively narrow field. The really small blood vessels are in all the tissues in your body and that's where the action is. That's where oxygen gets handed over, and it's where waste material gets transferred from your tissues.

These little arterials may open and close as they've a layer of smooth muscle wound around them. They may expand their diameter, therefore handing over more flow to a given tissue, and they may decrease the diameter, simply like opening and closing a garden hose alters the flow of water.

If a magnetic field was held to the paws of the lab rats, the vessels that had been constricted, and the compressed vessels dilated, indicating that the magnetic field "brought on vessel relaxation in tissues with encumbered blood supply, finally increasing blood flow.

The mechanics isn't amply understood, but it seems that the magnetic field changes the flow of positively excited calcium ions that interact with the muscles around the little blood vessels, causing them to expand or compress.

Magnets are attractive to numerous people, and their utilization has been widespread for many centuries. Early trusters believed magnets may pull diseases and pain from the body, a belief that endures to this day.

Magnets have demonstrated to be a valuable tool in medicine for an extended assortment of uses. A number of researchers are formulating methods to utilize small magnets to draw chemotherapy-carrying magnetic molecules into tumors and hold them there, therefore killing cancerous cells while saving nearby healthy cells.

And magnets are at the heart of one of innovative medicine's most useful processes, magnetic resonance imaging. This device presents physicians precise images of the total human body in astonishing detail.



# Chapter 5:

## *About Putting Magnets To Work*

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### Synopsis

Alternative practitioners have long said uh-huh to magnetic therapy, and recent fields of study suggest that they might be right.



## **Moving Into Action**

In a late study published in the Archives of Physical Medicine and Rehabilitation, research workers in Houston determined magnets to be more effective than sham magnets at blanking out pain caused by post-polio syndrome. (That syndrome, marked by leg pain, affects up to twenty percent of polio sufferers later in life.)

In the contained study, seventy-six percent of patients handled with a magnet received pain relief. Only eighteen percent treated with a sham magnet received relief.

In additional studies, magnets have demonstrated effective against:

### **Fibromyalgia –**

Research workers in Boston demonstrated that magnets help remedy muscle pain induced by this mysterious condition.

In the study, patients who slumbered on magnetic mattresses received bigger pain relief than patients who slept on average mattresses.

### **Diabetic neuropathy –**

In research magnetic foot pads were more in effect than nonmagnetic foot pads at relieving numbness, tingling and pain affiliated with this diabetes-related issue.



Evidence hints that roughly eighty percent of habitual pain sufferers may benefit from magnetic therapy. That's true for literally any form of pain.

As held against the skin, magnets loosen up capillary walls, thereby boosting blood flow to the afflictive area.

They likewise help prevent the muscle spasms that underlie a lot of forms of pain-apparently by interfering with muscle contractions. And they intervene with the electrochemical reactions that take place inside neurons, impeding their power to transmit pain messages to the mind.

Naturally, chronic pain may be checked with aspirin and other OTC and prescription painkillers. However unlike pain medications, magnets don't carry any jeopardy of side effects.

### **Choosing Medical Magnets**

Medical magnets come in a dizzying array of shapes, sizes and forces. They array in price from about five dollars all the way to nine hundred dollars.

It's commonly best to begin with one or more coin-shaped magnets made of the rare-earth element metal neodymium-boron. For most practical applications, these "neo" magnets work simply as well as-and cost lower than other magnets.

The magnet ought to be affixed to the skin directly over the sore area. A few individuals utilize ordinary adhesive bandages to stick on the magnets. However there is a paper tape made by 3M, works good. It

holds well, and it does not pull the hairs from the skin when it's transferred.

If shifting the magnet fails to cause relief inside 30 days, odds are it's not going to work. Shift to a different type of magnet or speak with your physician about utilizing pain killing medication or a different conventional approach.



# **Chapter 6:**

## ***Conditions That Are Said To Be Helped By Magnets***

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### **Synopsis**

Magnetic Treatments may last from just a couple of minutes to overnight and depending on the situation and severity might be applied several times a day, or for days or weeks at a time.



## **More Advantages**

Some of the times, the results of magnetic therapy might be rather dramatic, as in case cited by one physician. A 46 year old man had endured for years from serious heart flutters, looseness of the bowels, and nausea.

No discourse appeared to help, but when a magnetic applicator with less than one gauss of power was placed on his solar plexus for only 3 minutes, his symptoms instantly ceased. 2 years later, he had went through no relapse.

In a case identified by another physician a 70 year old man who had experienced coronary bypass surgery carried on to suffer from heart painfulness. His walk was cut back to a shuffle, his speech was slurred, and he survived in a state of chronic depressive disorder.

He decided to try out magnetic therapy and a plastiform magnet was put over his heart. Inside 10 minutes, the pain went away. Magnets were put on the crown of the head as he slept, and inside a month his depressive disorder was gone, his speech was lucid, and his walking came back to normal. In additional cases cited, magnets have served to do away with toothaches, do away with periodontal disease, and carry off fungal infections like candidiasis.

Kidney stones and calcium deposits in reddened tissues have likewise been known to fade away. Magnetic therapy has been demonstrated to be particularly good in bringing down swelling and edema. According to one physician, symptoms of coronary artery disease and brain atherosclerosis have been noted to disappear after 6 to 8 weeks of nightly exposure to a negative static magnetic field.

### **Additional Afflictions That Magnets Help**

- Aching Feet - Magnetic insoles may relieve foot pain and the achy feelings in the legs after you've been standing up all day.
- Arthritis - If pain is confined to your fingers, a neo magnet taped to the impacted joint ought to do the trick. Or, you are able to wear a magnetic wrist band.
- Back trouble - Place 4 magnets about 1.5" on either side of the backbone, 2 per side. If applying and removing a lot of magnets proves troublesome, utilize a three to four inch ceramic strip magnet or a magnetized back brace.
- Headache - Tape magnets to your temples or to the rear of your head, just above the neck. Or utilize a magnetic headband.
- Tennis Elbow - utilize a magnetic band around the elbow. The same band likewise alleviates hand and arm pain induced by repetitive strain trauma.

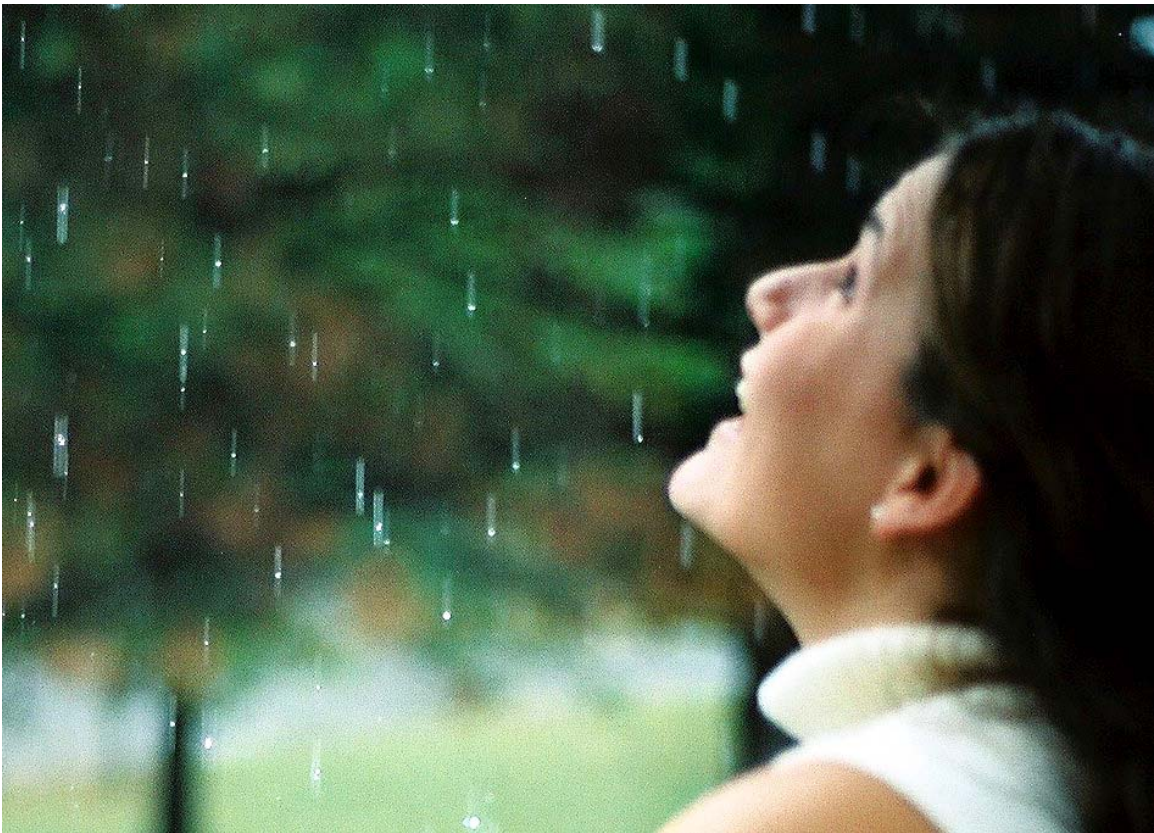
# **Chapter 7:**

## ***How Magnets Help Stress***

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### **Synopsis**

Magnetic therapy works rapidly to facilitate a calmed mood and comforted nerves.





## **De-stressing**

A static magnet holds its magnetism even after it has been removed from a magnetic field. Magnet therapy for tension relief has an interesting past.

It's understood that lodestones were utilized in ancient civilizations (a lasting magnet consisting of magnetite) to handle symptoms of assorted diseases. Amidst these diseases were a few stress symptoms.

Advanced magnet therapy involves the utilization of stronger magnets so that the forces of the processes may contact deeper organs, and let in elements like cobalt, boron, neodymium, boron and samarium.

Magnet therapy is founded on the premise that bringing in permanent magnets close to assorted parts of the body may restore anomalies in organ operation due to electromagnetic induction. A few individuals trust that the effect is linked to the fact that the globe has a magnetic field that impacts overall human wellness.

As the planet's resources have been compromised, the globe's magnetic field has de-escalated over the years, resulting in a harmful effect on human wellness. Magnet therapy tries to restore this total wellness by application of the magnetic power on assorted functions of the body.

There are 2 ways in which magnet therapy may be utilized. In one of the procedures, a stationary magnet is bonded to the affected body part, like in a head bandage, for example. Over the years, a lot of magnetic tension relief products have likewise found their way into the marketplace. Shoe insoles, heel insets, mattress pads, belts and

bracelets have been formulated and are being promoted as therapeutic gimmicks.

The additional manner in which magnet therapists utilize magnet therapy is by moving handheld magnets over the impacted components of the body. A different recent development in that area of practice is the utilization of magnetized water and little magnetic particles to care for particular ailments.

The process, as mentioned earlier, induces electromagnetic induction, which creates a slight current that energizes nerves. There's a consequent release of innate analgesics like endorphins that help the body to remedy stress and pain. If bipolar magnets are utilized by therapists, the alternating dual polarity amplifies the effect and produces a mighty, circular current that feels like contradictory tides in water.

Magnet therapy has acquired awesome popularity over the years, and is getting researched extensively in different establishments all across the Earth. A lot of these establishments have reported favorable outcomes.

The potential of utilizing magnets to handle stress-related psychological disorders like depression and bipolar disorder is likewise being examined. Magnetic therapy is completely devoid of any side effects, and consequently might emerge as one of the most efficient processes of reducing and handling stress.

# **Chapter 8:**

## ***What To Look For***

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### **Synopsis**

Before looking for magnets or magnetic treatment it is essential to understand the benefits of it. Here is what is advantageous:



## **What You Need To Know**

- Bio-magnets alleviate the root cause of pain, not simply the symptoms solely.
- Bio-magnets are safe. They've no known side effects as our bodies already live in the earth's innate, magnetic field.
- Bio-magnets are easy. Anybody may utilize them in the privacy of your own home.
- Bio-magnets are non-consumable. You don't have to purchase another bottle or schedule a different appointment monthly!
- Bio-magnets work rapidly, frequently in only a couple of minutes, occasionally in weeks.
- Bio-magnets are low-cost. Particularly since one may utilize them, a lot times, for years.

### **Procedure of treatment and sorts of magnets**

- Put a magnet that's bigger than the space being treated over. You are able to acquire magnets of assorted shapes and sizes. These may be of following sorts:
- Flexible Magnets – These magnets are configured to fit around curves of the body.

- **Magnetic Discs** – Magnetic discs are commonly placed over the temple areas for curative measures.
- **Block Magnets** – Block magnets are really powerful and may penetrate rather deep. They're utilized to treat body organs.
- **Sleep Systems** – Sleep systems are utilized for individuals experiencing generalized pains. They further sound sleep and help reestablish energy.



# Wrapping Up

Determinations of the scientists from countless experiments in the field of Biomagnetism might be summed up as:

Living systems are really, sensitive to magnetic fields and the magnetic result reaches each cell in the body on account of the highly pervasive quality of magnetism.

As the total body is infused with electrical energy and magnetic fields live in every part of it, magnets, if correctly applied, exercise a favorable effect on the electrical response behavior pattern.

Outcomes on the blood picture and on Erythrocyte (red blood cell) Sedimentation Rate (E.S.R-) result by exposure of the organism to a ceaseless magnetic field which initiates biochemical alterations.

Qualitative and quantitative outcomes of a magnetic field are seeable on tissues and on cellular metabolism.

It's been confirmed that fibroblast (a sort of cell present in tissue) proliferation and fibrosis (unreasonable formation of tissues) are abridged in magnetic fields.

A fundamental interaction exists between the function of the systema nervosum centrale and external magnetic fields.

A magnetic field may exert direct influence on the diencephalons (back part of the brain controlling the endocrine system) and the forebrain.



Magnetic treatment has a steadying effect on the genetic code.

A magnetic field brings about predominantly a repressive effect. Put differently it prevents a disease from formulating and spreading.

Magnetism touches on each cell and tissue of the body of the organism on account of its extremely pervasive character.

These determinations by assorted experimenters living in different, widespread countries go a long way in building the therapeutic utility of magnetism and explain to some extent how and why a magnetic field is able to remedy a number of basic and serious human ailments with no medicinal aids.

The experimenting bio-magnet practitioner and exercising magneto-therapists have demonstrated that magnetic discourse drives out all sorts of bodily pains, helps in rapid healing of wounds and broke bones, dissolves any clots in the blood vessels, washes away stones in kidneys and gall bladder and heals such diseases as arthritis, asthma, eczema, inflammation, palsy, polio, slipped disc, spondylitis, stiffness, swelling, tumors and so forth and even cancer in initial degrees.