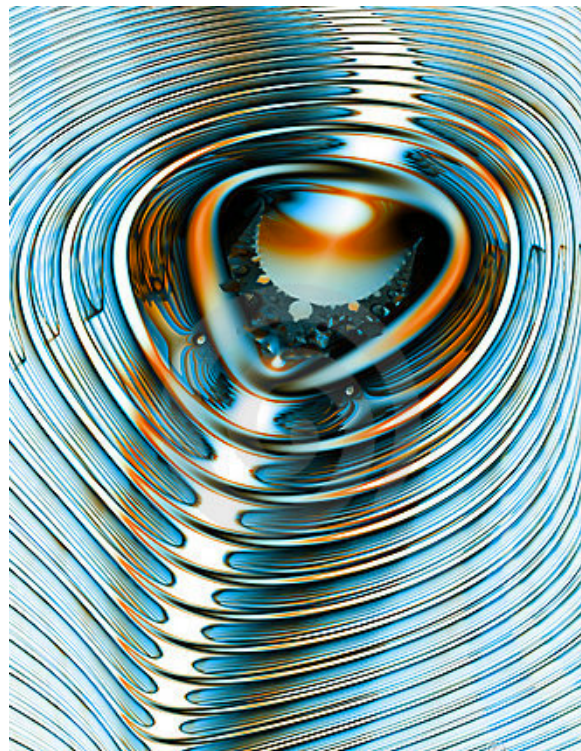


*HEAL YOUR PAIN THROUGH
MAGNETIC THERAPY*



**Discover The Healing Power Of Magnets And Magnetic
Jewellery For Arthritic Pain And Other Conditions**

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She also writes for various medical journals, blogs and clinical research publications. In this book she has done meticulous research on Magnetic Therapy and has incorporated her own patient experiences while compiling the book.



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1. INTRODUCTION

Western medical science has produced remarkable advances over the last decade, but the inefficacy of the western medicine in treating many chronic diseases has compelled people to turn to the ancient and effective alternative therapies which may offer real holistic healing.

One of the most popular forms of alternative therapy is Magnetic Therapy. The increasing use of Magnetic Therapy for various illnesses has started established this therapy as a key alternative mode of treatment for conditions such as arthritis, joint problems, fibromyalgia, chronic pains, anaemia, cancer, delayed healing, injuries etc.

The use of Magnetic Therapy is not new, since our ancestors used magnetic therapies for many ailments. Examples of people who are known to use this therapy include the peoples of Japan, China, India, tribal African countries and the indigenous people of Australia.

Nowadays, Magnetic Therapy is being used worldwide due to increasing scientific evidence and clinical trials favouring the positive outcomes. Here in this ebook we have tried to cover valuable information which will help you to have complete idea of Magnetic Therapy and its effective usage for various illnesses.

This ebook will also serve as a guide to those who have bought magnetic jewellery and want to get maximum benefits out of it.

2. WHAT IS MAGNETIC THERAPY?

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Magnetic Therapy is one of the oldest healing techniques used for healing the unbalanced body, as well as mind. The power of magnets can be used to restore the sick to health by acting on the magnetic field of the person.

Definition: Magnetic Therapy is a type of alternative therapy in which magnetic fields are used to heal the various diseases of the patients.

Synonyms: There are varieties of names for this therapy which have become popular around various part of world as per the local language.

For example:

Magnet therapy

Magnetism

Magnotherapy

Bio-magnetism

Magnetic stimulation etc.

It is clearly evident from history that magnets were being used by high profile, civilised people in the past. Egyptian people used to wear magnetic jewellery for enhancing youth, preserving beauty and to increase sexual function.

In China, it is well documented in one of the oldest books of Chinese Medicine named “Chinese Yellow Emperors Book of internal Medicine” that Magnetic Therapy was used from around 2000 B.C. for treating a variety of ailments ranging from insomnia, generalised pain, swelling of limbs, fatigue, arthritis, rheumatism, menstrual complaints, injuries, delayed wound healing, sore muscles etc.

In the Western World, Aristotle in 300 B.C. mentioned the effective treatment of pain through magnetism.

There have been many experiences shared by patients and physicians, who have seen the benefits of Magnetic Therapy. However until recently,

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Magnetic Therapy has always remained in controversy due to lack of availability of evidence and clinical trials.

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Luckily in recent years many clinical trials have been performed and have produced enough evidence to give confidence to people using this therapy for self- healing.

SCIENCE OF MAGNETIC THERAPY

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Magnetic Therapy is based on the practice whereby static magnets are placed near to the skin on the affected part of the body, to help to cure the pain of the person.

Our body is made up of living cells and tissues forming complicated organs and systems. But if we look in depth at the cellular level, the cells are made up of atoms comprising of tiny particles called electrons, protons and neutrons. Our whole body works through a variety of complex bio-chemical actions leading to the harmonious flow of all the systems and to give us normal sensations and functions.

According to Magnetic Therapy, whenever there is imbalance in the functioning of these molecules of the body, disharmony of the body functions may occur producing some diseases. In this case magnets which are used for therapeutic purpose, may have a great influence on the molecules of the body.

If we try to understand in a more simplified way, then take an example of army soldiers moving here and there in the absence of the chief commander. Some soldiers might be having a chat, some having a shower, some reading magazines and some of them still sleeping. This is exactly the condition of our body when we are suffering from some disease. All our systems which are guided by tiny molecules get disturbed and become disorganised.

Now when the chief commander comes, each and every soldier is ready to march together in a well disciplined manner and having rhythmical functioning together.

Similarly when Magnetic Therapy is used for the treatment of any disease. The magnetic fields produce commanding actions over the disorganised molecules of the body and encourages the rebalancing of harmonious functioning. Ultimately it enhances the ability of our body to heal itself.

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The science of Magnetic Therapy has evolved over a period of time due to increasing interest by practicing physicians, showing more interest in creating evidence based medical practice for Magnetic Therapy, leading to world wide acceptance. This will be of benefit to more people who were previously unaware of the healing power of the magical magnets.

4. THE THERAPY

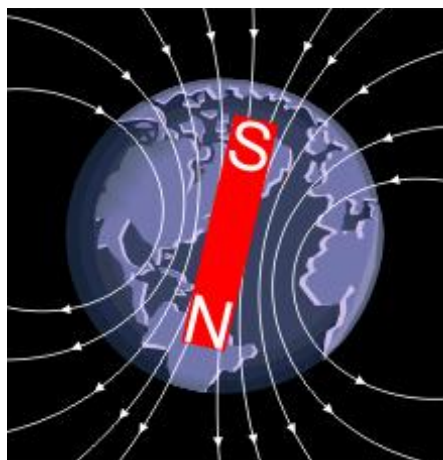
Magnetic Therapy is the therapy of producing healing effects with the use of therapeutic magnets capable of producing magnetic fields strong enough to rearrange the imbalanced molecules of the body.

Generally the magnets used for Magnetic Therapy are the static type of magnets which comprise of stable, regulated and sustained magnetic power, ideally with a Gauss Rating of over 2000 units.

These magnets can be used in their own or embedded into jewellery like bracelets, necklace, rings which remain in close contact with the body and are easy to wear.

Around 6 to 8% of our body's weight is made up of circulating blood and blood cells contain circulating iron molecules. Magnets have great affinity towards the iron molecules. When magnets are kept close to the body they produce an effect on the blood cells which helps in regulating the blood circulation.

As we know, a magnet has 2 poles, the North Pole and the South Pole which are also known as the Negative pole or Positive pole respectively. Each pole produces effects over the circulating blood and has different therapeutic actions. So magnetic poles may be chosen, by an experinced practioner for different disease conditions or the symptoms of the patients.



5. HEALING PAIN WITH MAGNETIC THERAPY

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Around the world, the most common use of the Magnetic Therapy is for relieving pain, and in particular joint and arthritic pain.

The most frequent use and highest number of successful results are reported when people use magnet therapy for soothing painful illnesses such as arthritis, rheumatism, fibromyalgia, diabetic foot pain, neuritis, bone pain, injury pain, tendonitis, muscle soreness, back pain etc.

Up until the last decade, the scientific evidence was not available to prove the pain relieving effects of Magnetic Therapy and it was believed to be only a placebo effect. But in recent years some valuable research has been conducted and clinical trials undertaken showing the effectiveness of using magnets to heal pain.

To understand the pain relieving action of magnets, we should first understand the pain mechanism. Pain is an unpleasant and unwanted sensation of being hurt. When pain starts in our body, it comes to our notice through the nerves attached to that particular part.

There are two different ways in which magnets can act on pain and help to heal it.

Nerve blocking effect: The nerves transmit electrical signals by depolarizing the cell. Magnets have anti-depolarizing effect. So when magnets are applied to the painful part of the body, the anti-depolarizing effect blocks the nerve transmission of the painful stimuli. Thus the sensation of pain is blocked and the area becomes pain free over a period of time.

Furthermore, over a period of time, magnets help to slow down the ability of the nerve to conduct the pain through the magnetic fields created by wearing the magnets.

Anti-inflammatory effect: As discussed before, magnets produce a rebalancing effect on disturbed circulation. They naturally improve circulation and cause vascular dilatation, which facilitates greater blood flow to the inflamed parts.

This also helps to remove the toxic products of inflammatory process like prostaglandins and histamines which are responsible for pain and swelling in inflamed areas. These are the mechanisms by which Magnetic Therapy speeds up recovery of the tissues from the inflammation.

These two actions are believed to be the reason why Magnet Therapy is so effective in the treatment of inflammatory diseases like arthritis, tendonitis, cellulitis, neuritis, carpal tunnel syndrome, dermatitis, muscle sprains and spasm, menstrual discomforts etc.

But there is also believed to be another way in which wearing magnets can be beneficial.

Anti-ageing effect: Apart from these two major therapeutic effects of magnets described above, magnets are also believed to produce anti-ageing effects by reducing free radicals from the body. Thus Magnetic Therapy may improve bone and joint health. They may also help to prevent further damage to the affected arthritic joint by producing anti aging effects in that area and this too may help the patient's health to improve faster.

6. WHEN AND HOW TO USE MAGNETIC THERAPY

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Magnetic Therapy has the dual effects of prevention as well as healing.

Preventive and Anti-Ageing use: If a person wishes to help prevent certain diseases, to which they are predisposed, you can use Magnetic Therapy preventively.

Also as discussed above, magnets are known to act as an anti-oxidant and help to remove free radicals from the body, acting as an anti-ageing treatment. They also produce stress managing effects by balancing cellular functions and enhancing the general vitality of the person.

This means wearing magnets can help you to handle day to day stress and help to maintain good health in your joints.

Therapeutic use: If person is suffering from some kind of disease condition which is causing pain and discomfort, such as Arthritis or Tenonitis, then Magnetic Therapy can help the patient to alleviate the pain and increase the speed of healing by producing re-balancing effects on the body as described previously.

Where to place magnets for Magnetic Therapy?

This is most frequently asked question by users of Magnetic Therapy. The best way to use the magnets for therapy is by placing the magnet directly on the affected area, (or close to) where there is swelling, pain, injury, tightness or constriction. It is advisable to use the magnet as close to the body as possible to gain maximum benefits.

For arthritis in the wrists, maximum relief is gained by placing the magnets over the affected joints for long periods of time. The best way to do this is with specially designed magnetic therapy bracelets placed over the wrist for long continuous periods.

For generalised conditions like fatigue, depression, weakness, anxiety, one should put the magnets close to the chest area, ideally in a necklace.

How long to treat with Magnetic Therapy?

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Magnetic Therapy can be used as long as you like. There is no evidence to suggest any side-effects for long term use of therapeutic magnet, but of course if a person feels discomfort after the use of Magnetic Therapy then it should be discontinued.

It is believed that the longer you wear the magnets the better so wearing a magnetic bracelet or other other magnetic pieces long term is advised.

7. SCIENTIFIC EVIDENCE FOR MAGNET THERAPY

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It is clearly evident from history that the Magnetic Therapy has been used by many therapists for hundreds of years for the treatment of variety of illnesses.

However there was lack of scientific evidences to prove the efficacy of Magnetic Therapy until recent years. Luckily properly conducted scientific studies have now been carried out to create solid proof for the efficacy of Magnetic Therapy, notably the 2 studies described below.

Firstly a double-blind, placebo-controlled trial with static magnets was conducted on 64 patients with rheumatoid arthritis. Researchers found that after only 1 week of study, 68% of patients receiving Magnetic Therapy reported relief in comparison to 27% of patient receiving placebo therapy. This data gives clear evidence that Magnetic Therapy is scientifically proven for the treatment of arthritic pain.

Secondly, Thomas Skalak of the University of Virginia conducted a strictly controlled study of Magnetic Therapy on rats. From this study he found significant reduction in the swelling by more than 50% in the hind paws of rats. Skalak's study was published in the *American Journal of Physiology*.

With the increasing popularity of Alternative Medicine and the available scientific evidence for the efficacy of Magnetic Therapy, this form of therapy is becoming more and more popular to help with many different conditions.

8. MAGNETIC THERAPY JEWELLERY

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There are numerous ways for people to wear magnets and the most suitable is to wear magnets as jewellery, without being necessarily being noticed by others. This is usually the most popular option for people who need to have continuous magnetic therapy, for example people with long term conditions such as arthritis, carpal tunnel syndrome, depression, headache, blood pressure, chronic fatigue syndrome etc.

As per today's trend in the market, magnetic therapy jewellery comes in a wide range of types of jewellery, for example magnetic bangles, rings, bracelets, necklaces, magnetic beads, magnetic earrings anklets etc

Apart from the therapeutic benefits, magnetic jewellery also provides a unique and aesthetic look which is very fashionable.



9. HEMATITE AND IT'S HEALING POWERS

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Hematite is formed from the mineral chemically known as iron oxide and was used by the ancient Chinese and Greeks for holistic healing.

The word “Haematite” came from the Greek language – Haimo which means blood. This is because of the red colour of powdered hematite. Also it is thought it got its name because “hematite” was believed to have profound effect on the blood disorders due to its high iron content.

Hematite has been used from ancient time for healing purposes for many medical conditions. It is known to produce cooling and grounding effect on the body and enhancing the healing process.

Hematite is available in nature in its pure form as a natural hematite but it is very expensive. Hematite can also be simulated and shows almost the identical physic-chemical properties to that of natural Hematite.

This gemstone is thought to have significant healing actions and to have the following properties;

- boosting immunity
- Improving blood circulation
- Increasing blood oxygenation
- enhancing iron absorption
- cooling and calming effect
- improving general vitality etc.

These healing actions make hematite an important mineral for use in therapies. Hematite is now available in a wide range of jewellery, but most commonly as bracelets.

It is thought to help with a wide range of conditions including sleeplessness, anxiety, anaemia, lack of energy, weakness, migraine, bone fractures, leg cramps, spasms, nervous disorders etc.

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Hematite jewellery can also be used even if the person is healthy. Experiences of thousands of people are suggestive that hematite jewellery can help them to keep balance in their life. It assists in keeping mind and body in co-ordination and combatting the psychological and physical stress of modernised life. It aids the positive thinking and may improve relationships.

Hematite Shamballa bracelets are a type of bracelet designed by Tibetan Monks hundreds of years ago to help with meditation.

Unfortunately, the hematite power of hematite has not been tested using clinical trials, but the experiences of people throughout the ages are considered powerful enough to prove its efficacy.

10. CELEBRITIES USING MAGNETIC JEWELLERY

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Magnetic jewellery is becoming more popular day by day and one of the reasons is that many famous people are often spotted wearing such magnetic Jewellery.



Cleopatra

In the past it was said that Cleopatra, queen of ancient Egypt, was the first celebrity to use magnetic jewellery wearing magnets in her crowns and necklaces. Thereafter in 16th century, another dominant personality, Queen Elizabeth I used to wear magnetic stones to improve her health.

In recent years some famous figures from various different fields ranging from sports people, athletes, actors and political leaders have been noticed frequently wearing magnetic jewellery or using magnetic therapy.

Examples of well-known personalities who love to use magnetic jewellery in their day to day life include Prince Harry and Prince Willaim, Tennis Players like Venus Williams and Lindsay Davenport, Golfers like Jack Nicklaus, Jim Colbert and John Huston, Footballers like Dan Marino, Actors like Shirley MacLaine and Anthony Hopkins, Royal family members Prince William and Political Leaders Mr Bill Clinton. It has also become fashionable for personalities to also use these beautiful magnetic jewels as “accessories” to their outfits to make a statement about holistic health

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