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Magnetic Therapy, How And Why Magnets Effect The Body

By Barry Dench

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Have you ever read or have been told that "it is not known why magnets work"? Well, this is untrue. All human and animal bodies are electromagnetic in nature and this fact is closely allied to the chemical balance of the body which can be in either a healthy or an unhealthy state.

It is now known scientifically that a healthy body contains fluids that are slightly alkaline and that an unhealthy body is acidic. A poor diet can make the body acidic and in this state all sorts of dis-eases will thrive. (Dr John Millward MD, "Your Life in the Balance", available on our website.)

It is also known that at damaged sites in the body, exists a positive electrical charge which affects both the chemical balance the electrical balance in the area resulting in pain. In order to effect healing, the body's own systems send a negative electrical charge to the area. (Dr Robert Becker, "The Body Electric")

This healing action of the body is easily restricted by poor diet, lifestyle, alcohol, drugs etc. There is also a lot of evidence of something called "Magnetic Deficiency Syndrome" being a major contributor to restricting the body's ability to respond to illness. I will be looking in depth at this syndrome in a later article.

It is now firmly established that a negative magnetic field, provided by a geomagnetic north pole magnetic field (the same as the Earth's North Pole), is the most natural way of providing much needed support for the body's own immune system.

Dr W Philpott MD, a practitioner of magnet therapy for over 40 years explains that negative magnetic fields oxygenate and alkalisise by aiding the body's defences and helping to relieve pain. Further, they combat inflammation and infection and enhance deep restorative sleep.

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This latter point is extremely important. In order to combat maladies that result from the stress of our current lifestyles, the correct amount of good quality sleep is essential. Combine this with the possibility of at least reducing the amount of powerful drugs taken and what results is a completely natural complementary therapy.

It is probably wise at this stage just to say that anyone reading this article that is undergoing a course of treatment with a health professional should not stop the treatment but consider using magnetic therapy in support. Also, magnetic therapy should not be used if any electronic implants are present in the body.

Given the correct choice and placement of magnetic device, this is probably the most effective alternative therapy available. Typical successful application results in 80 to 90% of cases, higher with some forms of dis-ease. Magnet therapy can be applied by you whenever and wherever needed. Modern materials technology has produced small powerful inexpensive magnets which can be used anywhere on the body and can be moved about to find the best positions. Sleeping on magnets

provides a most efficacious application.

In the next article in this series, I will be looking at the subject of magnets, their strength measurement and a complete explanation of polarity.

© Barry Dench is a qualified electrical engineer, who in 1996 applied his knowledge of magnetism to research the effects of magnetic fields on the biological body. Author of "The Essential Magnetherapy Handbook" and numerous articles on the use of magnets, he can be contacted at his website:—

. Previous articles in this series can be found in the Article Library on the

author's website. (

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The Myth Of Magnetic Healing

By Eric Cho

Magnetic therapy or magnotherapy is an alternative medicine that cures certain medical disorders by exposing the body to magnetic fields. Although mainstream medical science pooh-poohs the claims made by magnotherapy and have stamped it as a pseudoscience, ardent proponents say that magnet therapy works in a non-invasive way to cure many painful conditions, primarily back disorders, arthritis and joint aches. Magnetic fields from permanent magnets are said to speed up the healing process of the body and relieve pains.

As people started looking for more and more cost-effective and holistic healing practices, a simple yet effective technique was found to be practiced in Germany, Japan and Israel. The principle behind this

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therapy is fairly simple. The powerful magnetic fields of a magnet stimulate the magnetic fields in the human body thus improving circulation and promoting healing. This paves the way to general good health.

Magnet therapy is most effective when used in conjunction with other forms of alternative healing therapies like acupuncture or acutouch. Magnets are placed at pressure points to relieve soreness. Magnets open up microscopic blood vessels and facilitate better blood flow. Conversely, magnets can also be used to change the direction of blood flow and thus prevent the spread of inflammation.

Magnetic products in the market come in various shapes, sizes and forms. The price varies from the nominal to very expensive depending on what kinds of materials are used. Magnets can be taped to the skin, worn as jewelry, inserted in shoes, or slept on as pillows or mattresses.

Some of the common ailments treated using magnetic therapy are insomnia, carpal tunnel syndrome, arthritis, headaches, and backaches.

It is believed that magnets must be placed precisely in order to reap the full effect of the treatment. Hence it is advisable to undergo treatment under the guidance of a professional.

If you are using magnets to relieve pain induced by minor but persistent problems like arthritis or back aches, you may be advised to use a strip of magnet that generates a magnetic field of 300–500 gauss (that's roughly 10 times stronger than the magnet on your refrigerator). Depending upon the intensity of the pain you are experiencing, you may need to wear the magnets for as little as five minutes or for as long as several hours every day over several weeks. A magnetic pillow is used to relieve neck pain and magnetic mattresses help patients suffering from insomnia.

Is magnet therapy really effective? While many advocates, including doctors, claim effective reduction of pain, there is no medical backing to the healing effects of magnets. On the other hand some of the most passionate supporters of the therapy include serious sportsmen who swear that they cannot go on playing their games without the aid of magnets. Some supporters even go so far as to claim that magnet therapy can fight infection and improve disorders of the central nervous system. There is some research that shows that magnets can indeed relieve pain. As for the rest, the healing powers of the magnet still lie in the realms of mystery.

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