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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Magnets: How Do They Really Work?

By Megan McGarry

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Can magnets actually help us feel better? When I first read about this theory I was somewhat skeptical but curious. After looking into it further and trying out a few magnetic products, I was pleasantly surprised. Let me tell you a few things I found out.

Research has shown that when charged particles pass through a magnetic field, they generate a current, which produces heat, expands blood vessels, and increases blood flow. This in turn can stimulate the body to heal faster, as the movement of oxygen and other nutrients to the cells increases and unwanted waste and toxins are flushed from the system. Although the body will often heal in its own time, we can expedite nature's clock by applying a magnetic field. Through the use of magnets we can aid the cell's natural ability to heal itself by providing the optimal environment for that repair.

As described in Sherry Kahn's book, *Healing Magnets*, magnet therapy relieves pain, speeds healing, and appears to restore balance when our systems get out of whack. While research is still somewhat limited, a variety of studies have been done in which magnetic therapy has been helpful for conditions such as back, neck, and shoulder pain, bone fractures, carpal tunnel syndrome, dental problems, depression, fatigue, female problems, fibromyalgia, foot pain (diabetic neuropathy), headaches, high blood pressure, insomnia, multiple sclerosis, osteoarthritis, Parkinson's's disease, postpolio syndrome, rheumatoid arthritis, skin problems, soft-tissue injuries, recovery from surgery, wound healing, etc.

One particular randomized, double-blind, placebo-controlled trial was conducted by Dr. Michael Weintraub and published in the May 5, 2003 issue of the *Archives of Physical Medicine* (a leading publication on rehabilitative medicine that is part of the American Medical Association family of scholarly journals) confirms that the constant wearing of static, permanent, magnetic insoles produces statistically significant reduction of neuropathic pain. Furthermore, Dr. Weintraub concludes that magnetic therapy is comparable or superior to that observed with various conventional drugs and has the advantage of being non invasive and is also less expensive and has no side effects. (http://www.magneticrevolution.com/clinical_studies.php)

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A variety of products such as insoles, sleep systems, water systems, wraps, massage balls, and pads that you can place on different parts of your body contain magnets in them and can be used to help us feel better. (http://www.magneticrevolution.com/magnetic_technologies.php) Keep in mind that individuals with a pace maker or in their first trimester of pregnancy should not use magnetic products.

Give magnets a try, you will likely be amazed by the difference they make in your life!

Megan McGarry is the publisher of Magnetic Revolution's newsletter. A monthly newsletter touching on

everyday issues that effect our health and well being. Visit her site for a additional articles or for a free monthly newsletter at

or

Mosquito Magnet

By Graeme Ramsey

There's nothing worse than trying to get a good nights sleep and hearing the buzz of a mosquito, knowing that within minutes it will land on you, only to disappear when you turn on the lights to catch it.

Maybe there is something worse.

Have you ever had a barbeque and everyone is standing around slapping the bare skin on their arms and legs trying to kill all the mosquitos that keep landing on them?

Fortunately there are some solutions that can save you from the torment of those pesky insects.

You have a choice between the mosquito repellents and the mosquito killers.

Mosquito repellents come in various types and generally have Citronella that ensures the mosquitos will not pester you.

Citronella can be used in candles where the burning of the candle will keep the mosquitos away or as a rub on cream that will stop the mosquitos from landing on your skin.

The most popular products for killing the mosquitos are the mosquito zappers and the mosquito magnets.

These products attract the mosquito to them where they are then killed.

By using either of these two products there is less likelihood of having mosquito problems as they will be exterminated whereas the repellents only work for a specified time after which the mosquitos will return.

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The zappers and mosquito magnets can attract mosquitos from quite a distance and with regular use they will reduce the population and in doing so require less and less use.

Mosquito magnets are an economical solution to a problem that can be very disruptive over the summer months.

There are various different brands of mosquito magnets and their prices vary accordingly. You will need to determine the extent of your mosquito problem and the area where they need to be eradicated to decide on what type of mosquito magnet is best suited to your requirements.

Graeme Ramsey offers advice on a common summer problem Mosquitos

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