

This Free E-Book is brought to you by Natural-Aging.com.

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

Straddling the Science/Magic Line: A Look At Magnetic Therapy

By Maya Talisman Frost

Straddling the Science/Magic Line: A Look At Magnetic Therapy

by: **Maya Talisman Frost**

What's the difference between science and magic? It's our understanding of what makes something happen.

If magic is hocus-pocus, science is simply well understood hocus-pocus. Fire? Solar eclipse? Volcanic eruption? Earthquake? Once we can explain it, it becomes science. But sometimes we're stuck straddling that science/magic line.

Consider magnets.

Remember when you were a kid back in elementary school and you first discovered the wonder of magnets? What a thrill it was to explore the possibilities! There's nothing like messing with natural forces to spark a child's imagination.

Thirty five years later, I'm still fascinated by magnets. Magnetic therapy has been used for thousands of years in Asia and Europe. Some believe that magnets help restore the flow of blood through the capillaries, therefore assisting in the flushing of toxins that may accumulate due to injury or illness. Magnets have been used to relieve the pain of arthritis, carpal tunnel, migraines, joint injuries, menstrual cramps, and much more. There has been some research in the last couple of years indicating that magnetic therapy may offer relief to those suffering from depression and attention deficit disorder.

Yet we're not sure how—or if—this really happens. It's got to be some kind of placebo effect, right? We're all looking for simple solutions to help us feel better. Sometimes we want things to work so much that they actually DO. Does that mean it's all a bunch of hooey?

I've learned a lot about magnets since my husband started developing and distributing Bodylinx, a line of inexpensive magnetic bracelets. Tom stated right from the beginning that he wanted to downplay the

Straddling the Science/Magic Line: A Look At Magnetic Therapy

jewelry's possible health benefits. He likes the bracelets because they're fun—you can play around with the magnetic links and rearrange them. Though he remains reluctant to promote a healing property he doesn't really understand, some of his customers are strong advocates magnetic therapy.

We believe whatever we tell ourselves. If we want to think that a bracelet helps our arthritis, we are free to believe that. And if it turns out to be true, did it work because we believed it or because there is some kind of science/magic at work?

As important as it is to question our beliefs regularly, it's also crucial that we become willing to suspend disbelief. Fifty years ago, nobody would have believed that we'd have spacecraft landing on Mars and sending us digital images of the craters there. As a species, we have broken barrier after barrier by daring to believe the impossible one small idea at a time.

We need to accept that there may be therapies that work even if we can't prove they do or understand

how it happens. This doesn't mean we have to be gullible or stop questioning. We simply need to entertain the possibility.

Whenever possible, I like a hefty dose of science to back up my beliefs. There is a magnetic field present on our planet. Fortunately, we don't often shoot out into space and have to deal with the physical effects of that. What about those who do?

Remember the early days of space exploration? We had to wait several hours after splashdown before the astronauts appeared at any press conferences.

It turns out that human bodies must be properly reintroduced to the earth's magnetic field. In recent years, the scientists at NASA have learned how to facilitate this physical readjustment. They now have the astronauts change into special suits embedded with magnets as soon as they land. They slip into their orange suits and voila—they're ready for the cameras!

There is a great deal we are learning about magnets, and it's not just to help those who've blasted off into space for a while. Magnetic wraps have been used for decades to help racehorses heal after injuries. There is plenty of anecdotal evidence from trainers to support the continued use of magnetic therapy for horses. Horses don't tend to say much about their beliefs, so it's hard to point to the placebo effect as a possible explanation.

The most compelling idea about magnetic therapy is that we may need it now more than ever. We used to walk barefoot in the forests and plains. We had direct contact with the earth as we slept, hunted, and harvested. We were surrounded by vegetation and natural rock formations.

Not anymore. We've built concrete sidewalks, roadways, foundations, and buildings. We travel in cars and trains, essentially encapsulating ourselves. We've created a world of barriers between the earth's natural forces and our bodies. It's reasonable to consider that this may be affecting us physically in ways that are difficult to diagnose.

The earth has so much to teach us. Sometimes we know what works long before we understand why it does so.

We've never questioned the fact that being surrounded by nature helps us feel soothed, refreshed, and invigorated. Scientific research now shows us more specifically how the earth helps us feel better. We benefit from the negative ions near the ocean, our brains respond to the binaural beats present near waterfalls or during rainstorms, and our bodies react positively to a restored connection to magnetic forces.

I'm not likely to latch onto the latest pharmaceuticals or tout the benefits of new-fangled remedies. But the old ones? There's no big company poised to reap huge rewards by promoting them, and consequently, we're not likely to hear about them on the evening news or be bombarded with television commercials praising their potent power. I always like supporting the underdog, and in this case, that underdog is backed up by plenty of science of the unprofitable kind.

We would do well to restore our connection to the earth and the powerful forces that help us maintain our health naturally. How wonderful that we can benefit from negative ions, binaural beats and magnetism without dealing with health insurance or spending a lot of money at the drugstore.

The next time you take a walk in the woods, stroll along the beach, or stretch out in a meadow, remember the magic of magnetism. Recapture the wonder you had as a child, and celebrate the fact that sometimes the simplest solutions are still the ones that fill us with awe.

Maya Talisman Frost is a mind masseuse. Her work has inspired thinkers in over 80 countries. To subscribe to her free weekly ezine, visit

. To learn more about

Bodylinx magnetic jewelry, visit

.

Magnetic Therapy, The Facts (and Some Myths)

By Barry Dench

Is magnet therapy regarded yet as a mainstream therapy? I consider it is not and through this series of articles I hope to raise awareness by examining a number of issues that have stood in the way of mass acceptance.

There is a useful parallel to be drawn between magnetic therapy and acupuncture. Acupuncture today is an accepted alternative therapy but 20 or 30 years ago it was regarded with deep suspicion. So what has happened to make it so popular now that many conventional health clinics have a professional acupuncturist on hand to provide the therapy?

Straddling the Science/Magic Line: A Look At Magnetic Therapy

Well, the passage of time has allowed communication of the obvious benefits actual patients have enjoyed by having a wide variety of symptoms relieved. If one reads the information available at

the science behind acupuncture is still largely theoretical and involves "the

common ground shared among meridian system, chakra system and modern sciences" Basically, acupuncture is a successful discipline that encourages the body to heal itself.

(It is worth noting here that the general description of what acupuncture does, includes words such as "electromagnetic fields" and "polarity". Terms which also are used in any consideration of magnetic therapy.)

So, acupuncture has become accepted mainly because of anecdotal results and any number of successful blind trials. Virtually the same situation that magnetic therapy finds itself in today!

The `sceptics' and `doubters' will tell you there is no basis on which magnet therapy can work; but they said the same words with regard to acupuncture all those years ago. They will tell you there is no clinical proof that magnetic therapy does anything. This too is untrue, but like anything it depends on how tests are carried out and what is being measured.

It is also good to keep in mind; these are both `alternative therapies'. Alternative, to what? To the medical and veterinary establishment who maintain they have the monopoly on curing all biological bodies with drugs and surgery and radiation. (I acknowledge there are dedicated individual health professionals and vets, who do have wellness as their main priority for us and our animals.) There have been many occasions down the ages when new innovations and discoveries have been discredited by those with a vested interest in their failure.

Further fuel for the sceptics and doubters rhetoric is that there are many companies and individuals `out there' who, looking to jump on a band, will sell you a product that may be totally inappropriate for your needs. `Dealers' who sell magnetic therapy items have, in my experience little or no knowledge of how the therapy works or able to provide help and advice as to the correct application. It is these people who generally cannot be bothered to find out, will tell you, "it is not known why magnets work only that they do". This is untrue and in my next article I will examine why and how magnets effect the functioning of the biological body.

© Barry Dench is a qualified electrical engineer, who in 1996 used his knowledge of magnetism to research the effects of magnetic fields on the biological body. He can be contacted at

Related Content:

Magnetic Therapy, The Facts (and Some Myths)

The Myth Of Magnetic Healing

Magnetic Therapy, How And Why Magnets Effect The Body

Magic: The Science Of Illusion

Magnets: How Do They Really Work?

Read more Content at

Related Products:

Natural Pain Management

Magic Subscriber – Automatically capture your visitors email addr

How To Overcome Snoring and Sleep Apnea

How To Overcome Dandruff

Time Management Secrets

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

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