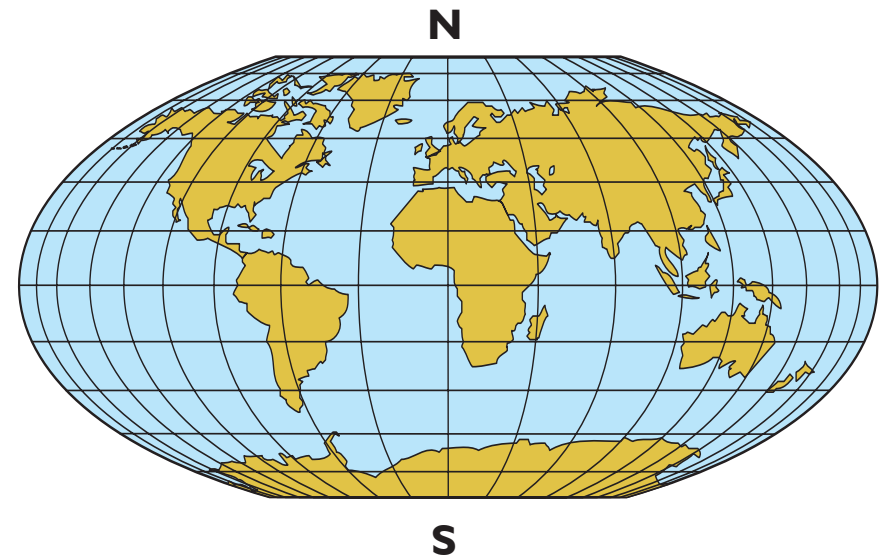


# ***A Patient's Guide To Magnets***



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- The oldest known usage of magnetic powers has been traced to Africa where a magnetite mine more than 100,000 years old has been found.

- Magnetite ore was ground up and used in potions, food and topical applications. Ancient Greece, Hebrews, Arabs, Indians, Egyptians and Chinese civilizations all used magnets for health.

- Aristotle was the first in recorded history to speak of the therapeutic properties of magnets.

- In 200BC, the Greek physician Galen found that pain could be relieved for illnesses with magnets.

- Cleopatra (69-30B.C.) wore a magnet on her forehead to preserve her beauty. Scientists have been studying magnets for many years.

Here are two intriguing studies:

- 1999-Professor Taylor (University of Kansas) published the Monarch Butterfly study, showing they respond to magnetic clues rather than the sun. They seem to have magnetic material in their head and thorax, which they use as a compass.

- 2001-Professor Ishay (Tel Aviv University) reported oriental hornets attach a tiny magnetic crystal to the top of each chamber of the nest. This is believed to insure proper nest alignment.

### **Where Energy Comes From**

- The Krebs Cycle is the energy pathway derived from food. This provides 70% of the energy needed for metabolism.

- The other 30% is from magnetic energy from the earth's magnetic field. This non nutritional energy may help overcome pathological organisms, maintain an alkaline pH balance, and increase intracellular oxygen.

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## Dental Therapies

**Bruxism or Grinding Teeth** - calcium/ magnesium deficiency

- Place magnets at the base of the head in the occipital area. This relaxes the emotional area

**TMJ** • place magnet one inch in front of the ear canal where you can feel the indentation. This will relax the area.

**Toothache** • place negative pole right over painful tooth. Neodymium is good has low penetration but high power (12,000 gauss).

- Magnets are very effective in reducing oral acidity.
- Magnets can create a negative field that pulls off calcium (which is positive). This is very effective in removing calculus from bones and teeth.
- There are toothbrushes that are magnetized to do this.

A.A. Kunin, et al., "Magnetolaser Therapy in Complex Treatment of Periodontal Diseases," Fiz Med, 4(1-2), 1994, p. 103-104. This study found that patients suffering from various oral diseases experienced more rapid healing when treated with both conventional therapies and 30 minutes per day of pulsed electromagnetic fields (5 mT, 30 Hz), as opposed to conventional therapies alone.

- Magnetic negative energy maintains proper blood and tissue alkaline ph.
- Magnetic fields can be used to create an alkaline state, which seems to kill cancers.

## The Earth and our Health

- There are two magnetic poles (north and south)
- Positive charge below the earth's crust
- Negative charge at the surface - where we live
- Positive charge in upper atmosphere
- Cracks in the earth (volcanoes) cause a localized positive field at the surface which causes health problems for the human and animal populations.
- Some areas have greater negative energy such as Sedona and Lourdes. These areas are known for their beneficial health effects.
- The earth is like a giant electromagnetic bed (negative field).
- When a storm starts, we get stimulated, slightly on edge from the positive ions that seem to precipitate illness and microorganism replication. When a storm is over, you feel relaxed due to negative charge - also feels "fresh".
- Sleep is supposed to "recharge our cells" with the help of the earth's magnetic field. One of the problems we are facing is that the Earth's field is weakening,(5% loss over the last hundred years) and this weakened field is blocked by concrete, steel and other barriers.

## **Magnetite Found in Human Brain**

- J Krishvink of the California Institute of Technology has identified the strong magnetic crystals that measure one millionth of an inch wide and 10 millionths of an inch long.
- The average human brain contains seven billion microscopic magnets.
- Krishvink reports that the movement of magnetite affects the flow of ions across cell membranes. This may be the reason power lines and other devices affect our health.
- Source: Health journal Washington Post Robin Herman May 12, 1992, Washington Times Joseph Krishvink California Institute Of Tech. 1992
- We are experiencing lower levels of magnetic energy.
- Large amounts of electromagnetic pollution which distort our bodies chemical and immune balances.
- The electrical and magnetic fields that enter our bodies are mixed with overpowering positive fields which distort our immune system and magnetic energy.
- Evidence indicates that these mixed forces may be the reason for much of our stress, cancers, weakness immune system, breakdowns, and a host of disorders.

## **How Magnetic Fields Work On The Body**

- Negative magnetic fields:
  - Increase the body's ability to absorb and utilize Oxygen.
  - Strengthen immune system
  - Improve muscle function and repair

## **Stress Reduction**

The recent discovery of magnetite in the cells of the brain helps explain the calming effect of biomagnetic therapy. A magnetic field applied to the head calms as well as induces a hypnotic sleeping effect on the brain by stimulating the hormone melatonin. Melatonin is known to be anti-stressful, producing a sedating effect in insomniacs. This finding has led to the manufacture of magnetic pillows and pads designed to provide a sound and restful sleep. A person can then awaken with more energy and fewer aches and pains.

## **Aging**

Magnets activate life-promoting enzymatic activity which, in turn, encourages normal cell division. This creates a healthier organism and may then slow down the aging process. Several studies on animals show magnetic therapy to increase lifespan. In order to balance the energy of the organs and glands throughout the body, it has been suggested that one apply magnetic fields to the whole body. Sleeping on a magnetic bed is an excellent way to accomplish this. Drinking magnetized water is another good habit to get into. Additionally, injured or weak areas of the body can be strengthened by applying magnets to these specific sites.

## **Bone Fractures**

C.A. Bassett, et al., "Treatment of Therapeutically Resistant Non-unions with Bone Grafts and Pulsing Electromagnetic Fields," Journal of Bone Joint Surg, 64(8), October 1982, p. 1214-1220 This study examined the effects of bone grafting and pulsed electromagnetic fields on a group of 83 adults with ununited fractures. Results showed a successful healing rate of 87 percent in the 38 patients originally treated with bone grafts.

## **Practical Applications**

- V.E. Kriokshina, et al., “Use of Micromagnets in Stomatology” Magnitologia (1) 1991 pp17-20
- Placebo-controlled study examined the effects of micromagnets in the treatment of periodontal disease. Micromagnets were attached to the skin over areas of inflammation for a period ranging from 1 to 8 days with the number of magnets varying from 1 to 6. Treatment lasted up to 4 weeks. Patients receiving micromagnet therapy had earlier and more trouble free recoveries as well as less pain relative to controls.

## **Reduction of Inflammation and Improved Circulation**

Injured tissue emits a positive charge; placing the negative pole of a magnet over the area appears to restore a natural balance in the following way: The magnet improves circulation, allowing blood vessels to dilate and bring a greater volume of blood flow to the injured area. This helps to bring in natural healers and to remove the toxic byproducts of inflammation—bradykinens, prostaglandins, and histamines—all of which contribute to inflammation and pain. Thus, pain and inflammation are diminished and tissue healing is stimulated.

## **Antimicrobial Effects**

Magnetic therapy can help the body ward off such microbial invaders as viruses, bacteria, and fungi. It achieves this, in part, by increasing immune function through the oxygenation of white corpuscles, an important part of the immune system’s arsenal. A magnetic field can also function like an antibiotic by lowering acidity, with the result that microorganisms have a more difficult time surviving. In addition, hormonal production is regulated, altering enzymatic activity and biochemical messengers of the immune system. For example, the pineal gland is one large electromagnetic entity. The net effect is to augment the body’s natural ability to resist a variety of germs.

- Increase endurance and mental alertness
- Negative magnetic exposure arrested active intake of infectious cancer and other diseases.

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## **Importance of the Body’s Magnetic Energies**

- Many of our disorders and diseases are the result of electrochemical breakdowns. When a magnetic or oxygen deficiency occurs, symptoms of illness occur and normal cell division changes resulting in a high risk of cell mutation.
- A growing number of researchers believe that application of magnetic fields causes the oxygenation of tissues by creating a field of high energy and increasing the number of electrons.

## **North Pole**

- Negative energy
- Has an arresting effect on bacteria and growths, reduces congestion
- Sedates or inhibits pain , reduces swelling
- Slows down organ activity
- Attracts O<sub>2</sub>, increases and charges cellular DNA

- Causes an alkaline reaction, reduces acidity by reducing hydrogen ions
- Contracts tissue, draws fluids
- Vasoconstricts, dissolves buildup of fatty acids
- Most frequently used

### **South Pole**

- Positive energy
  - Accelerates growth
  - Increases swelling Vasodilators
  - Promotes tissue acidity
  - Decreases tissue oxygenation
- The September 1990 issue of Journal of the National Medical Association did a study testing the north and south poles. Scientists took petri dishes full of cancer cells and placed them in either the biomagnetic north pole end of a magnetic resonance imaging facility or the south pole end. In three weeks, the cell in the north end exhibited a dramatic decrease in cell growth, while the south pole showed a slight but definite increase in growth.
- In the U.S alone over 100,000 treatments are given annually using electromagnetic devices.

## **TECHNICAL ASPECTS OF THERAPEUTIC VALUE OF MAGNETS**

- Damaged tissue emit a positive electrical charge. The healing process can, therefore, be accelerated by applying the receptive polarity of a therapeutic magnet to the area of injury, thus restoring the bioenergetic balance.
- Magnetic fields cause blood vessels to dilate, thereby increasing blood circulation to the area of injury. This serves to remove many of the natural agents that contribute to inflammation and pain, such as bradykinens, prostaglandins, and histamines, and also helps to more rapidly deliver healing agents which are contained in the blood.
- Magnetic fields also increase the rate of oxygenation of white corpuscles, which are an important part of the immune system. In addition to direct bioenergetic support of the immune system, magnetic fields lower acidity in the body, making it more difficult for microorganisms to survive.
- Magnet therapy can function as an antibiotic, eliminating many microbes, viruses, bacteria, and fungi, including strains which may be resistant to pharmaceutical antibiotics or other drugs.
- One of the less known - and most effective - uses of magnets is for working with acupressure points. Each of the meridian points correspond to related regions, organs, and systems of the body, connected through structures of nerves. Applying therapeutic magnets to meridian points cause the same natural bioenergetic balancing and healing effects to occur in places where it is not practical or possible to place the magnet itself.