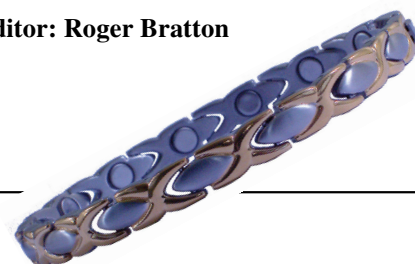


Health News Review

Published by Tower Health Ltd



Editor: Roger Bratton



Focus on Magnetic Therapy

The History of Magnets

Magnes was a Shepherd boy who lived over 2,500 years ago on Mount Ida in Asia. Whilst tending his sheep one day Magnes was surprised to find he had difficulty walking over lodestone rock, it was as if his feet were sticking to the rock. The reason for this was the sandals Magnes wore contained iron, which was magnetically attracted to the lodestone. This became the first documented case of magnetic material and to this day we remember Magnes, the Shepherd boy, who gave his name to magnets.

Magnets have a myriad of uses in the West both in their powers of attraction and repulsion but they were first used for healing purposes in Chinese medicine. In the 1500's a Swiss Physician, Paracelsus, recognised the therapeutic powers of magnets and wrote papers to document this. The science came to England in the 1600's through Dr William Gilbert who wrote a study and a book called De Magnet. Dr Micheal Faraday became the father of Bio Magnetics, in the 1700's following his discoveries that all matter was either attracted or repelled by magnetic forces. His work still holds the foundations of modern Magnetic therapy today.

What is Magnet Therapy?

Magnetic Therapy is the use of small 'high strength' magnets which are positioned on the body to treat a variety of ailments. Magnets need to be placed as close to the point of pain, or ailment, as possible and have to be used for a certain period of time. Magnets have been used for thousands of years as a healing therapy, originating in Chinese medicine alongside treatments such as acupuncture and reflexology. Magnetic therapy is safe, drug free,

has no side effects and can be used as a treatment on their own, or in conjunction with conventional therapies.

How does magnet therapy work?

Our bodies contain a magnetic charge that is essential for it to function - the blood contains iron, for example. The modern environment in which we live emits interference from mobile phones, radio waves, microwaves etc. As such the bodies' natural magnetism is disrupted. However, once we place a magnet on the body, the iron in the blood is attracted towards the magnetic field and this causes movement within the blood stream. This in turn increases the blood flow and circulation in that area. A magnet placed above a major artery (eg, the radial artery in the wrist) where there is a large profusion of blood flow, ensures that the magnetic field is carried further around the body.

Greater blood flow and circulation within the body means that more oxygen, nutrients and hormones are distributed to the organs and tissues much more effectively and quickly, and waste products and toxins are removed quicker. The blood contains endorphins, the body's natural painkilling hormone, and white blood cells, which are responsible for penetrating damaged tissues and fight infection. If you have an injury, inflammation or ailment which is supplied with regular fresh oxygen, nutrients and endorphins, then the healing process will occur much faster and pain will be reduced.

Hence, using magnet therapy can realign the bodies' natural magnetism and return it to normal, and through increased circulation helps the body to heal faster and give greater pain relief.

There are no side effects to wearing magnets. You cannot over-dose on magnetism. It is 100% safe, contains no drugs and is non invasive. You can wear as many magnets as you like for as long as you like.

Application of magnets

Magnets can be applied and used in many forms. Whilst a magnetic product is actually classed as a medical device, they can be attractive to wear and can be used in every day life. For example pretty jewellery, shoe insoles, straps and wraps. You can even magnetise the water you drink or enjoy a stimulating magnetic massage!

How long with it take to feel the benefits?

As with all 'complementary' therapies, magnetic therapy works at different rates because everyone's ailments are different. Some may feel the benefits within 48 hours, others can take up to 4 weeks. Most people however will see a noticeable difference within 2 weeks. Magnets should be worn 24 hours a day, 7 days a week in the initial period then, once the pain decreases, the magnets can be removed and then reused when the pain returns until it subsides again.

What does Gauss measurement mean?

Gauss is the unit in which the strength of a magnet is measured – the higher the gauss the stronger the magnet. For example, a normal fridge magnet is around 150 gauss. A healing magnet should have a minimum of 800 gauss. Many magnetic products available for sale do not have the minimum required gauss for healing purposes, i.e. the power to penetrate through the skin into the body, so be aware of products which appear to be 'cheap'. Cheap magnetic products are not always best!

What ailments can magnets help?

Magnets can be used to treat a vast amount of ailments. They can be categorised into seven main groups, however these groups do not include all the possible ailments that can be treated, there are some that will fall outside these categories but these are the main groups:

Joint disorders. This is any damage to the joints in the body such as Arthritis, Fibromyalgia, Osteoporosis, Disc Prolapse, Disc Degeneration, Osteoarthritis, Rheumatoid Arthritis, Frozen Shoulder.

Bowel disorders. These will commonly be Chron's disease, Diverticulitis, Ulcerative Colitis and I.B.S. But any bowel disorder with inflammation in the bowel can be treated with magnets.

Strain injuries. Typically repetitive strain injuries from work related repetition such as Carpel Tunnel Syndrome or RSI or sporting injuries such as Tendonitis, Ligament Damage, Achilles Tendon Damage.

Hormonal disorders. These encompass any disorder that is regulated by hormonal responses in the body such as Diabetes, Insomnia, Migraines, and period pain but it can be any disorder that is linked to hormone secretion even depression that is regulated by serotonin levels.

Skin disorders. These include Eczema, Dermatitis and Psoriasis and any inflammation with in the skin.

Circulatory problems. These include every disorder that is linked to the circulatory system mainly Peripheral Vascular disease, poor circulation, high blood pressure, and restless legs.

Neurological disorders. These include M.S., Stroke, Peripheral Neuropathy and any disorder where there are disturbances in the neurological pathways.

"Having had weeks of discomfort in my left hand, I was told my wrist was broken, then told rheumatism, then told torn tendons. I was living on painkillers as the pain was unbearable. I ordered a magnetic bracelet and after a couple of weeks my hand started to improve and now 4 weeks on I am able to use my hand again."

Sylvia Chaddesden



"..The insoles I purchased from you have worked wonders for me. I can now sleep at night & do not get any of that awful pain & burning in my feet..."

M Taylor, 45. Westbury



"I have suffered with cold feet for years and nothing has been able to warm them. I put the insoles in my shoes and within a few hours my feet were warm. I really couldn't believe it. My feet haven't been cold since and I never take the insoles out of my shoes.."

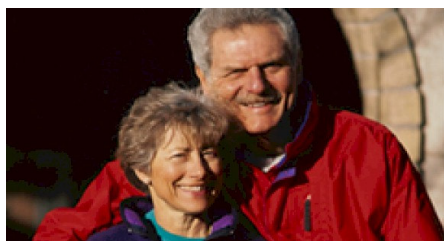
Peter, 69. Oxford

Research & the Press

Magnetic bracelets relieve pain in Osteoarthritis of the hip and knee

According to a study by the Arthritis Research Campaign
Dec 04

Researchers said today that magnetic bracelets, worn by many for their supposed health benefits, do reduce the pain of osteoarthritis. The study focused on 194 patients, aged 45 to 80, who had osteoarthritis of the hip or knee. The group were either given a standard strength magnetic bracelet, a weak magnetic bracelet or a non-magnetic, dummy bracelet. The researchers, from the Peninsula Medical School in Plymouth, found pain was significantly reduced in the patients wearing the standard magnetic bracelet compared to the dummy one. There was little difference between the weak magnet group and those wearing the dummy magnets after 12 weeks of the study. The researchers, writing in the British Medical Journal, said: "Pain from osteoarthritis of the hip and knee decreases when wearing magnetic bracelets." But they added: "We cannot be certain whether our data show a specific effect of magnets, a placebo effect or both." Around 760,000 people in the UK suffer from osteoarthritis, with three million visits to GPs concerning the condition in 2000.



How magnets can ward off disease and keep ageing at bay

by NAOMI COLEMAN, femail.co.uk
September 2001



Most people associate magnets with school physics lessons, but magnet therapy could soon be the biggest craze to hit alternative circles since acupuncture.

It's already taken America by storm where over five million Americans use the technique for common complaints ranging from asthma to insomnia. Devotees include actress Shirley MacLaine, Bill Clinton and Sir Anthony Hopkins. Converts in Britain believe the technique is an effective non-intrusive alternative to painkillers with no side-effects - which can help improve migraine attacks, eczema and chest infections. Some practitioners are even claiming it can promote anti-ageing.

Magnet therapy is a system based on the idea that our bodies form an electromagnetic field that responds to the healing power of magnets. This is because iron makes up about four per cent of our blood content and every ion - or atom - contained in our cells produces an electrical impulse. These three elements make up our bodies own electrical magnetic field.

This means when the north side of a magnet - which is negative - is placed on an unhealthy part of the body, it draws fresh oxygenated blood to the area of complaint - which is positive. This creates a two-pronged result. As magnets are alkaline it counteracts any acidity in the body caused by disease.

In addition, fresh blood helps to remove any acidity from the body which, in turn, accelerates healing.

Practitioners believe the technique is particularly successful in treating insomnia. Liliias Curtin who is one of a handful of magnet therapists in this country, claims lying on a magnet pillow can promote deep sleep and, in turn, anti-ageing. 'This is because when we sleep, our pineal gland located in our forehead, becomes active and produces the youth hormone melatonin - the hormone responsible for anti-ageing. This can change the texture of the skin giving a fresher, younger appearance,' she says. In addition, magnets encourage blood - containing iron - to the skin which stimulates collagen - a structural protein present in the skin which is essential for skin elasticity. But, says Liliias Curtin, this anti-ageing technique is not new. Cleopatra wore a magnet on her forehead in an attempt to keep herself young.

In fact, the ancient art of magnet therapy has been practised in Egypt and Macedonia since 30BC. It was rediscovered in 1969 by NASA who lined astronauts' suits with magnets to anchor them to the earth's magnetic field.

Clinical trials from America already show that magnets provide an effective pain relief. Studies show that seventy five per cent of post-polio patients who used magnets for pain reported a decrease in pain. Dr Richard Lawson, a GP in North Somerset, carried out magnet research on eighty patients suffering from arthritis. More than half saw a marked improvement. 'The magnets proved to replace high doses of painkillers. This plausible therapy could save the NHS thousands of pounds because painkillers are one of the health service's biggest expenditures. It is a clean, one-off cost without side effects. It certainly deserves more research,' he says. However, other health experts are sceptical. Professor Peter Goadsby of the National Hospital for Neurology and Neurosurgery in London, says: 'there is no controlled evidence to suggest that magnets can benefit complaints such as tension or migraines. It's not acceptable to charge people money when the efficacy of the treatment is un-established.'

A personal message from Dr Simon Dunstan

The use, by the Chinese, of magnetic therapy has largely been overlooked in the West. Our headlong charge into "a pill for all ill" has led to crowded surgeries and an over reliance on drugs. This reappraisal of a time honoured and proven form of home, drug-free therapy is long overdue.

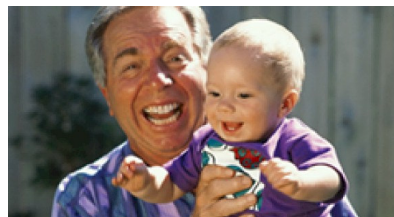
What our customers say

"A few months ago I purchased a knee strap and a water wand from you. After using them for one week, I was free from pain in my knee and I felt generally much better. I am ninety years of age and confined to a wheel chair, I thought there was no help for me at my age. I also suffer insomnia for which I have taken sleeping tablets for 60 years. I've now come off my sleeping tablets since drinking magnetised water. I have recommended you to several of my friends and my doctor thinks it's marvelous. Thank you very much."

Violet Ambrose.

"Some time ago I had constant pain in my right knee from Osteo Arthritis. I could not do anything. I purchased a knee strap and within a short time I was able to move about freely. Most of the pain has disappeared and I can now sleep at night. I have been able to do things that I had given up doing because of the pain. The knee strap has saved me from having an operation. Thanks for your help."

Mr Cooke (June 2003)



"When I was pregnant 16 years ago I got swollen ankles. Unfortunately the Oedema never went and over subsequent years got worse, so much so that my lower legs and feet were swollen if I stood for any length of time, being a qualified nurse I tried all the conventional ways to help the Oedema. I saw your magnetic insoles and sent for them. It took three weeks before I could feel any difference, my calves, started to feel lighter and I'm pleased to report the insoles appear to be working. I can't believe it. It's so long since I've seen my ankle bones. Thank you."

(V. Rodgers, 43yrs, Breadsall)

Please note magnet therapy cannot cure ailments. It is used to treat the symptoms of an ailment. It cannot mend worn out joints or cure arthritis. But it can help to alleviate the pain associated with the ailment.

People who wear a pacemaker, defibrillator or any other implanted electrical device, suffer epilepsy or are pregnant should not use magnets.

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