

### **What is magnetic therapy?**

Magnetic therapy is a safe, non-invasive method of applying magnetic fields to the body for therapeutic purposes. Whether used independently or as an adjunct to your current treatment, magnet therapy provides effective natural pain relief for a wide range of conditions, making it an excellent choice for anyone. It helps speed the healing process and can improve quality of sleep without any adverse side effects.

### **Is magnetic therapy safe?**

Yes, magnetic therapy is very safe. The World Health Organization has issued a formal statement confirming that static magnetic fields pose no health risks whatsoever. No complications have ever been reported with its proper use.

There are certain conditions where magnet therapy should not be used, such as if you are wearing a pacemaker, defibrillator, insulin pump or any other implanted electro-medical device or if you are pregnant.

### **Does magnetic therapy have any side effects?**

No.

### **How long has magnetic therapy been in use?**

Magnetic therapy was first used by the Chinese 4,000 years ago. Many cultures, including the Chinese, Greeks, Egyptians and Europeans, have applied magnets to relieve pain and other symptoms. However, the size and weight of the magnets existing during that time, made them difficult to use. Today, stronger magnetic materials have led to a surge of modern day magnetic therapy. It is currently use by over 150 million people worldwide.

Since the 1960s, clinical studies in the United States have shown magnetic therapy to be an effective method for relieving pain and discomfort. Japan and many eastern European countries have conducted hundreds of studies for over 30 years, and researchers continue to find that it provides tremendous benefits for a wide range of conditions. Physicians in the United States using magnetic therapy in their practices have reported excellent results with their patients.

### **How does magnetic therapy work?**

All physical and mental functions are controlled by electromagnetic fields produced by the movement of electro-chemicals (ions) within the body. When an injury occurs and tissue is damaged, positively charged ions move to the affected area, triggering pain and causing inflammation.

In order for pain and inflammation to be relieved and healing to take place, the electromagnetic fields at the injury site must be restored to their normal balance.

The application of a magnetic field to an injured area helps restore the electromagnetic fields back to normal levels. The magnetic field relaxes capillary walls, as well as surrounding muscle and connective tissues, allowing for increased blood flow. More oxygen and nutrients are transferred to the injury site, while inflammatory-related toxins are removed. The overall process restores the normal electromagnetic balance of the area, relieving pain and inflammation, and promoting accelerated healing.

### **Is magnetic therapy an officially recognized alternative health treatment?**

Yes. The National Center for Complementary and Alternative Medicine (NCCAM) classifies magnetic therapy as a form of Energy Medicine. The NCCAM is one of the 27 institutes and centers that make up the National Institutes of Health, and falls under the Public Health Service in the Department of Health and Human Services.

The NCCAM states “Static magnets have been used for centuries in efforts to relieve pain. Numerous anecdotal reports have indicated that individuals have experienced significant, and at times dramatic, relief of pain after the application of static magnets over a painful area.”

### **Does magnetic therapy use the same magnetic fields as power lines?**

No it does not. The electromagnetic fields surrounding power lines and electrical appliances have no relationship to the natural healing fields produced by magnetic therapy products.