Seniorgiri

Counter the Loneliness Yourself.

Seniorgiri Series: Hobbies
Holistic Healing
Magnet Therapy

By Shobha Mathur Shobham@yahoo.com
I am compiling a series of things to do - what to do to counter loneliness, in addition, how to go about it.

The book about Healing 2 became too big. As it is inconvenient to upload and download big files, I have arranged the info in different files for each system.

Learn to Heal Part 1 Covers Energy healing, Auras, Chakras, Reiki, Pranic Healing, Islamic and Christian Healing. All of which need no or light touch. This second group also uses Energy to heal, but this needs some touching or body manipulation. There are eight systems covered:

1. Acupressure
2. Aromatherapy
3. Crystal Therapy
4. Magnet Therapy
5. Music Therapy
6. Self massage
7. Sujok
8. Taichi and qigong

There is a separate book for each. This one is about Magnet Therapy.

I have tested all the links mentioned. As on May 2010, all links are secure, correct and working.

You should look for more as you surf. You may find many that will suit to your needs. This is just a first step.

Please feel free to share this with anyone you like.
Magnet therapy

Introduction
Magnet therapy is a safe, non-invasive therapeutic method. Various kinds of magnets are used to supply natural pain relief for a wide range of conditions without any adverse side effects. This is also known as magnetic therapy, magnetotherapy or magnotherapy.

Magnets are used to diagnose. MRI (Magnetic Resonance Imagery) is a powerful tool in modern diagnostics.

Magnets are also used to treat arthritis, cancer, circulatory disorders, diabetic neuropathy (nerve disease), HIV/AIDS, immune dysfunction, infection, inflammation, insomnia, multiple sclerosis, muscle pain, neuropathy, pain, rheumatoid arthritis, sciatica, stress and to increase energy and prolong life.

Magnetic fields are administered by applying magnets to required parts of the body. This is done by magnetic field-generating gadgets.

Magnets are tools and not medicine. They aid underlying conditions like circulation, improve energy levels, and provide oxygen to body cells – thus helping to heal.

They should never be used exclusively for any major disease or medical condition. Always use as a complementary therapy.

Results vary from person to person, and depend on the magnets used as well as the depth and duration of the individual's specific medical condition.

Body magnets are contraindicated in people having radio therapy, an MRI or wearing a cardiac pacemaker.
How does magnetic therapy work?

There are two main theories to explain magnetic therapy.

1. One maintains that magnets produce a slight electrical current. When magnets are applied to a painful area of the body, the nerves in that area are stimulated, thus releasing the body's natural painkillers.

2. The other maintains that when magnets are applied to a painful area of the body, all the cells in that area react to increase blood circulation, ion exchange, and oxygen flow to the area. Magnetic fields attract and repel charged particles in the bloodstream, increasing blood flow and producing heat. Increased oxygen in the tissues and blood stream is thought to make a considerable difference in the speed of healing.

The careful balance of positive ions (sodium, potassium) and negative ions (chloride, calcium) in and around nerves maintains a slightly negative charge. When this balance of ions shifts, and becomes more positive, that triggers pain in the area.

The balance and movement of different ions signals and regulates different biological processes. And these ions can be influenced by external magnetic forces.

A magnetic field provides a natural way to assist the body’s normal healing processes as it passes through all tissues and cells.

Studies show that magnets are an effective therapy for the relief of pain. Applying magnetic fields to an injured or painful area improves blood flow and oxygen to enhance the body’s natural healing process and help reduce pain and inflammation.
The body is a dynamic organism that consists of individual "electrical" cells. Each cell has a positive charge at its nucleus, and a negative charge at its outer membrane. When the polarities are equal, the body functions at its finest level.

However, constant exposure to excessive static electricity because of weather fluctuations, household electrical devices and various environmental stimuli, the body is swamped with positive ions.

This imbalance can result in tiredness and fatigue, headaches and migraines, insomnia, muscle and joint pain, varicose veins and other ailments of the circulatory, lymphatic and nervous systems. Magnets can help the body correct this imbalance,
A Brief History of Magnetic Therapy:

Though relation between magnets, health and well-being is presently resurging, but the concept is not new.

It actually dates back more than four thousand years to the pharaohs of ancient Egypt and the oldest medical texts in China, India, Israel and Greece. Well-entrenched currently in China, Japan, India, Austria and Germany as a method for alleviating pain and promoting healing, magnetic therapy has only gained acceptance in the United States within the past few years.

Here is a diagram showing placement of magnets for various organs.

How are the magnets used?

Magnetic therapy requires the use of thin metal magnets attached to the body alone or in groups.

They are sometimes used as Jewellery, mounted on bracelets and necklaces. Sometimes they are attached to adhesive patches that hold them in place. Some magnets are placed in bands or belts that can be wrapped around the wrist, elbow, knee, ankle, foot, waist, or lower back.
There are even magnetic insoles for shoes, blankets, and slumber pads. These magnets may be worn for just a few minutes or for weeks, depending on the condition being treated and the practitioner.

The points where magnets can be used

[Image of magnetic insoles and magnets]

[Diagram of bio-magnetic therapy effects]

http://www.biolifehealthproduct.com/images/bio-magnetic-therapy.jpg
Electro-magnetic fields and static (permanent) magnetic fields

Electro –magnetic and static magnetic fields are different in application. Here is a description of what they are and how they differ.

Electro-magnetic fields (EMFs)

Electromagnetism works when an electric current traveling through a wire generates a magnetic field. In electromagnets the magnetic field is formed around the wire. Wrapping that magnetic wire around an object magnetizes it.

These have different frequencies which produce different good or bad physiological effects.

Extremely low-frequency EMFs - are produced by power lines, cell phones, home appliances, and other electronics. Numerous studies have associated long-term exposure to low-frequency EMFs with negative health effects. Research is on-going to learn more.

Higher frequency EMFs - can actually have beneficial effects on the body. Research has linked specific frequency ranges to affect different physiological processes. For instance, different frequencies can be used for pain relief, blood circulation, bone healing, and depression.

Researchers are exploring Transcranial Magnetic Stimulation (TMS) for treating depression, Parkinson's disease, Alzheimer's disease, and Tourette's syndrome. This uses electromagnetic fields near the head, and has had promising results so far.

Static (permanent) magnetic fields

Static magnets are what magnetic companies use to build their products around. They provide a consistent magnetic field (MF). The strength is measurable.

These Magnets have static or permanent magnetic fields. They are not dependent on outside stimulus or frequencies.
A static magnet can be used to provide many benefits, including: relieving pain, reducing swelling, improving sleep, increasing blood circulation, and speeding up healing and recovery.

**Differences**

Electro-magnetic fields must be set to a specific frequency range for each particular problem. Multiple treatment sessions are needed for multiple problems.

Static Magnet products provide multiple health benefits, like support for movement and joint pain relief, and therapeutic cushioning for sleep. Plus when you buy a magnetic product, you own it forever.

Static magnets can easily be used anytime, anywhere - for as long as needed. They can be used at home, at work, while exercising, or even while sleeping.

Electro-magnetic field therapy is much more expensive. EMF requires 4-8 sessions, or more, depending on the condition being treated. It often costs $60 - $250 for a 30-40 minute session, and it's not usually covered by health insurance. EMF is best used for very severe conditions, like non-union bone fractures.
Types of Static magnets

There are two basic types of magnets used in bio magnetics.

**Unidirectional Magnets**

These magnets are a flat surface type with the Positive pole on one flat side, and the Negative pole on the opposite flat surface.

The POSITIVE side is marked with a red color. The NEGATIVE usually has a GREEN sticker. The GREEN NEGATIVE side is always the side placed toward the body.

Unipole magnets are strongly recommended for therapeutic usage.

**Bipolar Magnets**

Bi-polar magnets have positive and negative poles on same surface.

A bunch of small bi-polar magnets achieve surface power at their top and center, but less magnetic field penetration.
Bipolar magnets have repeated north and south polarities on the same side of the magnet, which can ultimately cancel out, or at least weaken, each other's magnetic fields and also depth of penetration.

These two kinds can be made in different materials. There are at least four kinds of magnets available now.

**Ceramic Magnets**

A compound made of strontium carbonate and ferric oxide powder. Ceramic magnets are available commercially in 2300 gauss (grade 1), 3800 gauss (grade 5) and 3950 gauss (grade 8).

Ceramic magnets have a good balance of magnetic strength, resistance to demagnetizing and economy. They are the most widely used magnets today.

They are good for deep penetration, head, back, spine, etc.

**Flexible Magnets**

Commonly referred to as "refrigerator magnets", the magnets used in magnetic therapy are stronger and thicker. Their gauss ratings range from 1500 to 2650.
They are a composite of resin and magnetic powders of different materials molded in strips and sheets.

Used for medium penetration, larger muscle groups, back, neck, shoulder, etc.

**Neodymium Magnets**

This is the strongest type of magnet. It is a blend of the rare earth element, Neodymium, with Iron and Boron. Commercial Neodymium magnets are typically 10,800 gauss (grade 27) to 12,300 gauss (grade 35).

These materials are costly and are generally used in very selective applications their high energy products lend themselves to compact designs that result in innovative applications and lower manufacturing costs.

Short range penetration, finger, toe, TMJ

Placing the magnet against the body is critical; it promotes healing and minimizes adverse effects. The blood flow increases, to begin the self-healing process which promotes relief from adverse conditions.

These can be chronic pain, discomfort and stress; decreased swelling and inflammation; energy enhancement; accelerated healing of fractures; increased immune function in warding off viruses; and the reduction or reversal of many of the ailments mentioned above. In a nutshell it allows the body to perform at its optimum level.
How to gain the best results from magnetic therapy?

The key to successfully using magnetic therapy for pain relief and healing is consistency.

Not using the product regularly as directed, the pain and swelling can come back, and slow the healing process. Consistent use will provide faster, more significant results.

In general, magnetic therapy should be used directly over the area of pain. But sometimes pain can radiate from one body area to another.

For example, with sciatica, back pain can radiate through the nerve and travel down into the thigh too. And limping from foot pain can start to cause hip pain.

Magnetic therapy products can also be placed over acupuncture meridian points, to influence them and energy channels.

If magnetic therapy does not seem to be working well in one area, try shifting the magnet to a related area. This may have a surprisingly better effect.
How quickly will magnetic therapy work?

This depends on 5 important factors:

Type of condition/injury
Severity of the condition/injury
How long the condition/injury has existed
Individual sensitivity to magnetic fields
Consistency of use

With recent injuries, most people start feeling better within a day or two of consistent use. Some begin to see results within hours or even minutes. (This is most noticeable with recent swelling or bruising.)

With chronic pain and degenerative conditions that have existed for years, magnetic therapy often requires about 1-3 weeks before feeling a noticeable difference.

In general, people over age 50 tend to respond much faster than those younger.

Consistent use is most important. Not giving magnetic therapy enough time to work is Number One reasons for poor results.

Using magnetic therapy as often as possible will provide faster, substantial results.
Effects of magnet energy on the brain for pain relief.

The Pineal gland is a small gland in the brain that produces melatonin, serotonin, and other enzymes which are used by the body for natural pain management.

Research has proved that the pineal gland is strongly affected by magnetism hence magnets are useful in pain management. The exact mechanism is still not understood.

Lack of sufficient oxygen in muscle tissue is one of the main causes of back muscle spasms, and poor circulation is a major cause of back pain and stiffness.

When applied to the lower back, magnetic therapy increases blood circulation, carrying more oxygen and nutrients to muscle tissues and cells. This reduces spasm and pain, and can improve flexibility.

It also helps reduce inflammation, which can reduce pain from herniated discs and sciatica, where pressure is put on the nerves in the spine.

Some of the benefits that magnetic therapy provides include:
Effectiveness of magnetic therapy

The effectiveness of magnetic therapy depends on five factors:

- Magnet strength
- Thickness
- Number of magnets used
- Spacing
- Penetration Depth

**Magnet strength:**

It is essential to understand how magnetic strength is measured and the suitable strength of magnet to use for healing purposes.

- Pain relief
- Reduction of swelling
- Improved tissue alkalinization
- More restful sleep
- Increased tissue oxygenation
- Relief of stress
- Increased levels of cellular oxygen
- Improved blood circulation
- Anti-infective activity
Because magnets are made from different types and grades of material, each magnet has a different gauss rating.

Earth’s natural magnetic field is 0.5 gauss,

Magnets are perfectly safe and do not have adverse side effects. Overdosing on magnetic strength is not a problem, under dosing is.

So how strong should a medical magnet be? A therapeutic magnet should be a minimum of 800 gauss or 80 mT (mili tesla) to penetrate through the skin, into the tissues and increase blood flow.

The stronger the magnet the deeper the penetration into the skin and the wider magnetic field, so for more serious ailments and chronic, longstanding conditions, stronger magnets are recommended. 1,500-2,000 gauss/150-200 mT magnets are considered to be high strength. This strength will reduce the symptoms of many chronic inflammatory complaints, for example tendonitis, cruciate ligament injuries, arthritis (rheumatoid and osteo), spondylosis and general joint wear and tear.

For extreme pain and very severe conditions super strength magnets are better. These are magnets that have a gauss/mT rating of 3,000/300 or above.

Super strength magnets are rapidly gaining in popularity as they such a deep level of penetration and create a very large

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**Gauss rating**

The gauss rating is the amount of magnetic energy a particular magnet can store.

The strength of a magnet is measured in units of gauss (a unit of measuring the intensity of magnetic flux) or Tesla - 1 Tesla = 10,000 gauss. 1 mili Tesla (mTesla) = 100 Gauss

Because magnets are made from different types and grades of material, each magnet has a different gauss rating.

Earth’s natural magnetic field is 0.5 gauss,
magnetic field. Results are more rapid with this strength of magnet. They are recommended for people who suffer with multi location pain and all over body pain, for example fibromyalgia, M.S., M.E. and severe arthritis.

The size of a magnet is not relative to its strength. Bigger magnets are not always stronger.

Very high strength magnets, for example, a 3,000 gauss/300 m tesla could be as small as 3mm in diameter. Similarly an 800 gauss/80 m tesla magnet could be quite large (in therapeutic terms) and be the size of a 2 pence piece. The smaller of the 2 magnets is by far the stronger.

The average size of a therapeutic magnet is approximately 18mm in diameter. Healing magnets are small because they have to be able to be placed as close to the point of injury as possible. Larger ones may not fit comfortably over the pain point.

The size of the magnet determines one important factor, the range of the magnetic field. The larger the magnet the wider the spread of the magnetic field.

This means that the field will radiate outwards in a wide circle, but may not penetrate deep into the tissues.

A small magnet will not create such a wide spread magnetic field surrounding the magnet but it will penetrate much deeper into the tissues.

The general rule is: A weak large magnet will cover a large area on the skin but will only have a shallow penetration depth into the skin. A strong small magnet will cover a small area on the skin but will have a deep penetration depth into the skin.
To ensure that you have a wide magnetic field that also penetrates deep into the tissues, choose a magnet that is over 2,000 gauss/260 m tesla and at least 8mm in diameter.

**Thickness:**

Principally, the thicker the magnet, the greater the depth of penetration. However, you don't want it to be too thick, or it'll be awkward to wear. Before buying, find out the thickness / penetration ratio of the device.

**Number of magnets:**

For optimum results, magnets should be tightly grouped together - while not touching each other - for maximum field strength and penetration. The more magnets used, the greater their therapeutic potential.

**Spacing:**

There should also be a relatively thin (1/8” to 1/4”) pad between the magnets and the skin's surface. This spacing not only makes the magnet more comfortable to wear, it also levels out any bumpiness in the magnetic field.

**Penetration Depth**

Penetration depth is the extent of the maximum distance a magnetic field can reach. It varies, depending on the size and strength of a magnet. This is also measured in Gauss.

As most injuries and conditions are located deeper within the body - in muscles, bones, ligaments, tendons, nerves and the spine. A magnet's fields must be able to penetrate deep enough to reach the source of pain and injury.
This shows how strong a magnet can be – magnetism penetrating through 2.2cm thickness.
Caution

- Only use south or negative pole of your magnet on the body.
- A wrap or magnetic adhesive can be worn as long as needed.
- Use the suitable magnetic device for the location it is needed. If you have back pain a magnetic bracelet will not work!
- Do not place your magnetic product near your cell phone, credit cards, computers, microwaves and anything that would normally be affected by normal magnets.
- If you find yourself sore, a rash occurs or an increase in pain after applying the magnet (rare occasion) you should discontinue use.
- Avoid magnets with a drug patch, as it could allow the drug to enter the bloodstream faster.
- For faster healing, place the health magnets on corresponding acupuncture points.
- Those who use devices such as a pacemaker, defibrillator or an insulin pump should avoid the products because magnet therapy could interfere with the magnetically controlled features of these devices.
- Magnet therapy shouldn't be used by pregnant women, as the effects on the fetus aren't known.
- The NCCAM says that magnetic therapy benefits are often seen quickly, so make sure to purchase a magnet with a 30-day warranty, so if you don't notice any benefit or if you experience adverse effects, you can return the product for a refund.
Magnet Therapy benefits for Life

Areas in which health alternative medicine magnetic therapy can help:

**Sleep** - Sleep is important for well being. Many magnetic therapy companies have created mattress pads with magnetic evenly placed on the pad so the whole body will experience the therapeutic effects. Read the study results here
http://www.magnetic-therapy-living.com/magnetic-mattress-pad.html

**Air** - The air in our home can get polluted due to many factors, such as
  - Tobacco smoke
  - Mold, dust, dust mites, pollen
  - Household products and pesticides
  - Certain gases such as radon and carbon monoxide
  - Pet dander
Air filtration systems created by magnetic therapy companies usually have a more rigorous cleaning system than a regular one.

**Relieving body discomfort** - Many alternative medicine magnetic therapy products can be worn all day or at night to help relieve discomfort and pain caused by new/old injuries, or other painful conditions.

**Water** - contaminated tap water is a major worry. Magnetic companies have found that magnetic water filtration systems add natural minerals back into the water which allows the water to be utilize correctly by your body and there is less likely a chance for toxins to settle in your system.
Magnet therapy links

All these links are secure and correct as on December 2009. There are General, lessons and Indian link sections.

General

**Magnetic Therapy Products**
http://www.discovermagnetics.com/index.html

**Q magnets**
This is the next generation of neuromagnetic device that was pioneered by neurologist, Dr Robert Holcomb at Vanderbilt University.

**Neodymium Magnets Eye Masks Can Relieve Sinus**
Eye Masks made up of Neodymium Magnets are found to be beneficial in relieving Sinus.

**The 21 most common myths and mysteries about magnetic therapy**
http://www.worldofmagnets.co.uk/magnetic_therapy_myths.htm

**MAGNETIC THERAPY INFORMATION**
http://www.magnetictherapyinfo.com/

**World of Magnets**
A breakthrough and completely natural magnetic therapy pain relief treatment which dramatically and most often completely relieves mild,
moderate and even severe pain in people with muscular, inflammatory and joint conditions is here.

Teaching is provided by trained magnet therapists who are also nurses with teaching qualifications. As part of our commitment to raise awareness of magnet therapy,

http://www.worldofmagnets.co.uk/training.htm

**Magnetic Dots or Bandages**

You can put magnetic dots on acupuncture or acupressure points instead of using needles or pressure.

They have maps for a host of problems.

http://magneticdots.dragonstonemagnetics.com/index.html

**Magnetic therapy**

http://www.healthcare4.com/

**Magnetic Therapy Products**

http://www.discovermagnetics.com/
Lessons

How to Treat Arthritis with Magnetic Therapy
http://www.ehow.com/how_2107643_treat-arthritis-magnetic-therapy.html

Learn Magnet Therapy in New Delhi
http://schoolofeverything.com/subject/magnet-therapy/new-delhi/teaching

Magnetic Therapy Learning Centre
Sign up and join the "Magnopain Community", to have unlimited access to all our educational resources and members only special offers. It’s absolutely FREE to join.
http://www.worldofmagnets.co.uk/magnetic_therapy_education.htm

International School of Magnetic Therapy
http://www.shyft.com/magnet/

Magnet Therapy
http://www.lifepositive.com/body/new-age-therapies/magnet-therapy/magnet-therapy.asp

International School of Magnetic Therapy
http://www.shyft.com/magnet/

Magnetic Therapy Course
From Peter Rose, Shiatsu International

The course is structured to allow for individual students to gain eligibility for entry to the magnet Therapy supplementary referral register with Shiatsu International.

Being eligible for this register will enable the practitioner to gain professional insurance (which is a prerequisite of the referral register) and join this register, for a fee which is currently £60 a year (insurance
premiums vary with other therapies practiced and some may find that magnet therapy can be added at no additional cost).

THE BRITISH INSTITUTE OF MAGNET THERAPY

Home study course in magnet therapy
This course is divided into six segments of approximately equal size. It is designed to be completed in six months, and assumes approximately one hour’s study for five nights each week. In addition, candidates are required to prepare an essay of at least two thousand words for each segment,

The BIMT Certificated Home Study Course in Magnetotherapy costs £500-00 (US$750)
British Institute of Magnet Therapy, Lower Race, Pontypool, Torfaen, NP4 5UH
Tel: 01495 752122
Fax: 08717 502642
email bimt@cogreslab.co.uk
http://www.cogreslab.co.uk/bimtpros.asp
Magnet Therapy Indian companies

Institute Of Alternative Medicines And Research
Offering magnet therapy instruments like magnetic health sole, magnetic necklace, high power magnet, medium power magnet etc. Also offers medicine courses, paramedical courses, medicine courses for private candidates etc.
Address: 189, Diamond Harbour Road, Thakurpukur, Kolkata, West Bengal - 700 063, India
Phone: +(91)-(33)-24530788  Fax: +(91)-(33)-24530788
Mobile: +(91)-9831052162
Website: http://www.indiamart.com/company/112861/

Accupunturist, Smile Tai Ji & Sujok Consultant
Involved in offering magnet therapy, meditation services and yoga services.
Address: E - 604, Redwoods, Vasant Garden, L. B. S. Road, Mulund West, Mumbai, Maharashtra - 400 080, India
Phone: +(91)-(22)-25648698  Mobile: +(91)-9820431626
Website: http://www.indiamart.com/company/1100228/

Bhagat & Co CP
Engaged in import and supply of magnetic equipment like magnetic therapy equipment, magnetic field systems for horses. Also supply veterinary medical equipment, soft lasers, therapeutic lasers, cold lasers, blood analyzer and electrical tooth rasps.
Address: 42, Municipal Market, Opposite York Hotel Connaught Circus, New Delhi - 110 001, India
Phone: +91-(11)-23363887  Fax: +91-(11)-23363885  
Mobile: +91-9810370215  
Website: http://www.indiamart.com/bhagatcompany/

Sujok Association Of India

Offering services such as Sujok therapy, acupuncture, acupressure, magnet therapy, moxa therapy, seed therapy, smile meditation, twist therapy, towel twist, towel twist, Sujok acupuncture, Sujok acupressure, yoga and color therapy.

Address: C 27, Panchsheel Enclave Near Chirag Delhi Flyover, Delhi, Delhi - 110 017, India  
Phone: +91-(11)-42567066  
Mobile: 9891084540  
Website: http://www.indiamart.com/company/1067767/
Acknowledgement

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