

# MAGNET THERAPY



## What is Magnetic Therapy?

Magnetic therapy possesses an ancient heritage and has occupied a central role in Chinese medicine for over 2000 years. Magnetic therapy utilizes the natural energy of magnetism that is important to human existence and overall health. Magnetic Therapy is a non-medical method for the treatment of pain and/or discomfort and promotes the body's natural healing process.

Studies show that magnets can be an effective therapy for the pain relief. By creating a magnetic field, magnets are believed to attract and repel charged particles in the blood creating movement and heat. This causes the blood vessels to widen which can accelerate the healing process by increasing blood flow to the affected area. The improved blood flow and fluid exchange to the injured tissue helps reduce discomfort and inflammation. The magnetic field is also thought to stimulate the nervous system, triggering blockage of discomfort sensations.

## INDICATIONS

### Pain Relief

- Carpal Tunnel
- Arthritis
- Fibromyalgia
- Back
- Sciatica
- General Aches and Pains

### Increased Blood Circulation helps

- Diabetes
- High Blood Pressure
- Lowers Cholesterol
- Reduces swelling
- Promotes sound, restful sleep
- Calms the nervous system
- Assists in relief of addictive tendencies

## TREATMENT

Magnets are available in a wide-range of materials, strengths, and shapes:

I use small 2500 and 800 gauss magnets that are applied to appropriate acupoints with a circular band aid that can be worn home by the client for anywhere from 24 hours to 5 days to enhance the effects of a acupressure treatment. The magnets are typically applied at the end of the treatment, although they can be applied without a treatment.

**CAUTION:** Clients with implantable medical devices (pacemaker, defibrillator, insulin pump or liver infusion pump) may not be eligible for magnet therapy. These clients are advised to discuss magnet therapy with a qualified health care provider before starting treatment.