

## **Transcript of workshop training session recorded on 5<sup>th</sup> October 2004**

### The History of Magnets

Magnets date back to around 2500 years ago. They were first discovered in Asia Minor where lodestone, the first magnetic substance was identified. There was a boy called Magnes, a Sheppard boy, who was walking with sandals that contained iron. He was walking on Mount Ida and he found that walking was not easy he had to put in extra effort and as he walked his feet were sticking to the rock. The rock in fact was lodestone which was found to have magnetic properties. Lodestone was the first documented magnetic material and it was named magnet after the Sheppard boy Magnus.

The first magnets used in healing purposes are documented in Chinese medicine they were used in conjunction with other alternative medicines such as Acupuncture and reflexology and the Chinese call magnets Chu Sui. Aristotle and Plato were also known to be talking about magnetic properties in their works.

In the 1500's a Swiss physician Paracelsus recognised the therapeutic powers of magnets and wrote papers to document this.

In the 1600's Dr William Gilbert an English physician wrote a scientific study on electricity and magnetism and wrote a leading book called De Magnet.

Later in England in the 1700's a scientist Dr Michael Faraday made discoveries into Bio magnetism and he became the father of Bio Magnetism. He wrote that all matter was either attracted or repelled by magnetic forces. His work still holds the foundations of modern Magnetic therapy today.

Dr Messmer who is known as the father of Hypnotism or "mesmerism" was also one of the main pioneers of magnetic therapy as we know it today.

### **How Magnets Work.**

The blood contains both iron and positive and negative ions. Magnets have a positive effect on both iron and ions in the body. Magnets create a magnetic field that is believed to attract and repel charged particles in the blood leading to a production of heat this causes the blood vessels to widen which accelerates the healing process by allowing more blood to pass through the capillaries improving blood flow which help take away toxins in the system and brings in nutrient rich blood around the area. The improved blood flow helps fluid exchange in the tissues which reduces inflammation and swelling around the area. The magnetic field is also thought to block the nerve signals thus blocking the pain stimulus. When placed on the body magnets create a magnetic field. The magnets attract the iron particles in the blood. As the iron particles are stimulated the blood flow increases. The oxygen content is thus increased. Increased oxygen around the tissues speeds up the healing process, increases the circulation and increases the body's amount of natural painkillers, endorphins.

Every cell in the body has positive and negative ions. The cell itself has a positive and negative side. When the body has a chronic ailment or injury swelling occurs around the area. The swelling around an injury presses on the nerves causing pain inflammation pushes the positive and negative

ions out of the cell. When magnets are placed around an area of pain they create a magnetic field. The magnetic field pulls the positive and negative ions back into the cell and realigns the cell, pushing the excess inflammation (fluid) out of the cell. When the excess fluid (swelling) has been reduced the pressure is removed from the nerves and the pain is alleviated.

The effects of magnetism are not instantaneous. It is not like taking a paracetamol or brufen tablet where you wait 15 minutes and the pain is gone but after 4- 6 hours the pain comes back again. Magnets do not work like this they can take up to 4 weeks to have an effect. Everybody reacts to magnets in a different way. Some people feel the benefits very quickly and their pain will be gone in 48 hours but this is not the normal. At the other end of the scale some people are very slow to absorb the magnetism and they can take up to 4-6 weeks to feel the benefits but they are not the normal either. Most people will feel the benefits with in 2 weeks; this is the average time it takes to feel the results. We cannot identify which person will absorb the magnetism quickly and who will take the longer time span. Every person has their own individual reaction and it is impossible to gauge how someone will absorb magnetism until they start to use it. The results can last for several months unlike conventional painkillers which only last for a few hours. Once the pain is alleviated the magnets can be removed and placed in a safe place but as magnetic therapy is not a cure only a treatment for the symptoms the pain will eventually come back and then you will need to put the magnets back on at the first niggles of pain. It can be weeks or months before the pain comes back.

### **Different types of magnets.**

There are several different types of magnet.

- 1. Ferrite**
- 2. ceramic**
- 3. flexible rubberised**
- 4. Neodymium.**

Not all magnets are equal.

Ferrite magnets are predominately used in industry. They are not the highest grade magnets and are not always the strongest magnets for healing purposes. They can be used in medical devices but their life span is limited and does not last for the maximum ten years that other healing magnets last. Although you will find them in some healing magnets, they can have their uses providing they are a high enough strength.

Ceramic magnets are used for light industrial and domestic purposes and you are most likely to find them on your fridge as fridge magnets. They are usually a low strength and they have a limited life span. You will find them in magnetic eye masks as they have thermoceramic properties that is useful in creating a soothing warming effect around the tired facial muscles. The thermo ceramic properties will also stimulate they eye area to reduce fine lines, wrinkles, dark circles and bags. Ceramic magnets are not used for any other healing purposes.

Flexible rubberised magnets have a multitude of industrial, domestic and healing purposes. Their main advantage is that they are soft and flexible so they can be used in areas that bend, stretch and move a lot such as the feet. The best magnetic insoles are flexible rubberised as the magnets are moulded into the rubber and this means that they can be made very thin only 2mm thick and the magnets are very tiny compared to other foam based insoles. Their main disadvantage is that the

rubber is prone to splitting and cracking. If they are exposed to extreme high and low temperatures they can split and crack. Also people who are very heavy footed can prematurely age the insoles. Providing that care is taken the insoles will last a few years and they are the most effective method of treating lower leg problems. Rubberised magnets have also be found in knee straps and back belts but they crack and split very easily due to the sheer volume of bending at these areas. They are not advisable for these areas of the body.

Neodymium magnets are the longest lasting and the hardest wearing of all healing magnets. They are the true rare earth magnets and neodymium is the closest substance that is man made, to the original lodestone. Neodymium is made from an iron and boron mixture which gives it the longest lifespan of 10 years. These tend to be the highest strength magnets and can be super strength magnets and they are the preferred type of magnet for healing purposes.

Magnets get their magnetic charge by being rubbed against a very large and powerful magnet. All magnets whether they are ferrite, ceramic, rubberised or neodymium are magnetised by repeatedly passing them over a large magnet. This is a very similar process to the science experiments we all tried at primary school were you magnetised a paper clip by rubbing it against a magnet. The magnetism behaves like a photographic image, an imprint on the metals surface. Different types of magnets keep their magnetic charge or imprint for differing lengths of time. Neodymium magnets will keep their magnetic imprint for 10 years, after this time the image or imprint will begin to fade just like a photographic image fades and yellows with age. As the magnetic imprint fades the strength of the magnet weakens and soon it loses its charge altogether. When your magnets no longer stick your fridge their lifespan is over and they have to be thrown away. You can not re-magnetise healing magnets, they have to be replaced.

### **Tesla and Gauss.**

Tesla is an industrial measurement of magnetic strength and is a very large unit of measurement. To large for medical purposes. Gauss is the oldest unit of measurement of magnets and was named after Frederick Gauss whom invented the measurement system. He calculated the strengths of magnets back in the 1800's. Gauss is not used in industry any more but it is still used in healing magnets as it is a smaller unit of measurement and therefore more accurate for calculating healing doses. Gauss is used for measuring the strength of magnets, the higher the number the stronger the magnet. As an example a fridge magnet will be around 150 -200 gauss which is not very strong. A medical magnet must be at least 800 gauss to be able to penetrate thought he skin and into the tissues. The size of the magnet is not related to its strength. A super strength magnet of around 2500 – 3000 gauss may only be 3mm by 2mm which is far far stronger than a larger sized magnet that may be 18 mm but only 800 gauss. If you are unsure about the strength of a magnet then don't use it. It is important that you always know the strength of the magnet that you are using and that each magnet is at least 800 gauss per magnet that you are applying.

### **Uses and applications**

Medical magnets come in a wide variety of different forms. There is no one device that is best for everyone. Each individual will require a different prescription of magnets. Magnets are very individual to the user. One person's prescription is not always the same as another person's, even if you have the same complaint. Everybody requires different strengths and positioning of magnets. Some will require stronger magnets because their condition is worse or they are slow to

absorb the magnetism. So if one person wears magnets in one area of their body it is not so that you will wear them the same way. Which is why we always recommend that each person has a consultation with a trained therapist to determine which is the best prescription for their individual problems taking into consideration their medical history and any conventional treatment they may be taking.

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:

1. **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
2. **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.
3. **Skin disorders.** These include Eczema, Dermatitis and Psoriasis and any inflammation with in the skin.
4. **Strain injuries.** Typically repetitive strain injuries from work related repetition such as carpal tunnel syndrome or RSI or sporting injuries such as tendonitis, ligament damage, Achilles tendon damage.
5. **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.
6. **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.
7. **Neurological disorders.** These include M.S., stroke, Peripheral neuropathy and epilepsy and any disorder where there are disturbances in the neurological pathways.

Regardless of the condition to be treated magnets must always be placed as close to the point of pain as possible. I can't stress this point often enough, magnets are only effective on the local areas to where they are placed. It is not possible to treat the whole body with a magnet in only one area. I wish I could stand here and say that I could but I would be lying. You may be told by a wealth of market stall holders or craft fair stall holders who have a wide range of bracelets that if you just wear a wrist strap or a bracelet it will take all the pain away from all over your body no matter how far away from the magnet it is. This simply is not true. I would love it to be true because my job would be so much easier if it was true but it simply isn't. Magnets have a very localised effect, so if you have a painful knee you need to place the magnets on the knee and if you have a bad back you place them on the back over the area of pain and so on all around the body. Where ever your pain is you need to get the magnets as close to the point of pain as possible. Now you do have

people who say that they have a painful shoulder and they don't want to wear magnets on the shoulder or around their neck and they want to wear only a bracelet. The answer to this problem is yes they may work if placed on the wrist but only if you have the correct type and strength of magnets. If you have what is called super strength magnets that are between 2500 – 3000 gauss and you are wearing sufficient amounts of them on your wrist, then you may well be able to treat your shoulder pain, but the results will not be as fast or as strong. Because the magnetic field is strongest at the point of the magnets. So the magnetic field strength at the wrist will be 2500 – 3000 gauss but as the magnetic field widens and gets farther away from the source it becomes weaker so by the time it reaches the shoulder it is no longer 2500 -3000 gauss but it is much weaker and may only be 800- 1000 gauss. Which is why we always say wearing the magnets at the point of pain to get the best results.

**There are four main ways to apply medical magnets:-**

1. Single high strength magnets can be placed in a circular pattern around the area of pain when I say single high strength magnets, they can be bar magnets or they can be circular dot magnets however, if you are using spot magnets as they are known in the industry, please, please, please be aware of the strength not all spot magnets are high strength typically the average gauss rating of a spot magnet is around 500 gauss and, as discussed previously, you will know that the minimum required gauss to penetrate through the skin is 800 gauss so therefore, if you use spot magnets of around 500 gauss there would be no effect from them at all and you might not bother wearing them. You can get spot magnets that are high strength and do come in around 1000 gauss strength and they will be able to be applied in circular patterns around the area of pain. However, probably the best way to apply them is to use high strength single magnets which can be available in bars or circles which will be around 2500 to 3000 gauss and they can be placed in a circular pattern around the area of pain encircling the area of pain thus creating a large magnetic field surrounding that area of pain. They are not the easiest to use because even if you get them on plasters or if you have them singly you would need to tape them on to the skin using surgical tape or an Elastoplasts type tape which is readily available from chemists. Micropore is one particular brand but you do not have to use that brand, most chemists have their own generic brand which is a lot cheaper. The problem is that once you start sticking magnets to your skin, every time you bath or shower you would have to remove them until you had dried off and then replace them and sticky tapes do tend to need to be renewed on a regular basis every few days therefore they are not always the most applicable type of way to use magnets although if you have an area of pain which is hard to reach with another magnetic device then they can be very very useful. People who have pain in the base of their shoulder blades can find it very difficult to apply magnets directly to that area of pain therefore single spot magnets or bar magnets applied with tape can be very efficient, similarly with hips it is not always possible to get right to the area of pain with painful hips therefore you can stick magnets on to the hip area right on top of the area of pain and they can be very efficient for these purposes.
2. Magnets placed into straps, wraps or supports which are worn over the area of pain. These are probably the easiest way to wear magnets on the body as they can be worn right over the area of pain and they are usually stretch elasticated and Velcro fastenings that are easily adjustable. The magnets are actually sewn into the straps or supports and they do come into contact with the skin right over the area of pain probably the most useful and well

known way to use magnets and you can get them that come in a variety of sizes, shapes and forms so we can actually get straps, wraps and supports to you to cover most areas of the body if you do not have wraps straps and supports to cover the body they can actually be made and designed specially for other areas of the body so it is possible to get supports or straps on most areas of the body.

3. Magnets sown inside pillows mattress covers and bed or chair pads, the function of these is to cover a wide area of the body all at once they are not appropriate for everybody, not everybody needs these type of application of magnets although they are very effective. When we place magnets inside pillows you actually put them in your pillowcase and you rest your head on them and they are very beneficial for anybody suffering from neurological problems or hormonal problems such as insomnia and migraines they way they work is that the magnets crease a large magnetic filed around the head the brain has many centres of the brain that are stimulated by magnetic fields therefore they encourage the brain to secrete more hormones that are required for essential body functions to release the hormones that regulate migraines depression and insomnia pillows placed at other points in the bed they can be placed on top of your mattress or under the sheet to get other areas of specific pain such as painful legs restless legs chronic back pain, hip pain and aches and pains you tend to have whilst you are sleeping if you place a pillow pad and lie on top of it on the area where you have pain they are very ,very effective. Mattress covers, have a very large amount of magnets in them in, a single mattress will have around 70 x2600 gauss magnets a double 100x 2600 gauss magnets and a king size 120 x 2600 gauss magnets so that you can see that the magnetic field you are creating from a mattress cover is very very vast and the magnetic field is strong enough to encompass the whole body from top to toe. The benefit from this is that people who have severe chronic pain, people whose pain has been chronic for a very long time period of time by this I mean years and pain that is in multiple points round the body if you have arthritis or fibromyalgia if you have any other condition where you have pain in multiple places in the body it can be hard to treat with spot magnets single magnets or even a strap you can find you can end up wearing multiple straps all over your body. Not everybody wants to do this and not everybody feels comfortable walking around with maybe 8 to 10 straps or sets of magnets placed on their body. If this is the case the mattress cover can be very effective in that you get so much magnetism during the night that you do not have to wear the magnets during the day. The best time to use the magnets is actually during the night because that is when the body does most of its healing and you get the best benefits from wearing your magnets during the night, which is why we always say to people, always wear your magnets during the day and the night. People who have long standing chronic pain and all over body pain will definitely benefit from the mattress cover because it will treat all those areas at once. That is not to say that everybody needs a mattress cover. If you just have a bad back or a bad knee or an area of pain then you don't actually need a mattress cover. The other option is chair or bed pads these tend to be long pads that will actually go from the base of the pillows down the length of the bed they are very good if you have a spouse or partner that does not want to or cannot use magnets then you can actually still benefit from the magnets. They are also very useful if you have pain when you sit for long periods of time, if you are one of these people who have pain whilst you are sitting in the car on any journey whether it be a 10 - 15 minutes or a long journey. If you have pain when you are sitting in the evening reading or watching television, then bed and chair pads are very effective because you can be sitting on them whilst you are travelling or whilst you are

sitting on the sofa in the evening and they will take away the pain while you are sitting there so it makes it much more comfortable, they can be used whilst sitting in wheelchairs as well.

4. Magnets placed into jewellery. These will only affect the area in which they are worn and can be useful in long term use of magnets. Magnetic jewellery is probably the most readily available form of magnets and it is probably the most well known, most people have seen magnetic bangles either copper or gold plated, most people have heard about magnetic jewellery. A lot of people believe that magnetic jewellery is a weaker strength and tends to be worn only for cosmetic purposes but that is not always the case, you can find that a lot of market stalls, craft stalls, craft fairs and shopping centre stores that do have very weak gauss jewellery. My advice to you is to ask if it is a reputable magnetic medical device, it should say the strength of the product on the packet. If it does not the person selling it should be able to tell you, if a person selling you a magnetic product cannot tell you the strength of the gauss or looks blank when you mention the word gauss – buyer beware if they cannot tell you the strength of the product do not buy it because you may well be getting a product that is no stronger than a fridge magnet and is not going to do you any good. Always buy magnetic jewellery from someone that can verify and guarantee the strength of that jewellery and understands the strength process in magnetic jewellery. Having said that you can get very high strength and high quality jewellery which is as effective as wearing magnets on the skin with plasters or wearing straps or using them in bed, you can get high strength stainless steel jewellery that is long lasting and can be worn all the time. You can get magnet jewellery bracelets and necklaces that contain 3000 gauss magnets although if you want 3000 gauss magnets you will have to come to us because we are the only magnetic suppliers and manufacturers in the country that use 3000 gauss. The majority of suppliers use a maximum of 2000 gauss, there is a lot of difference between a 3000 gauss magnet and the 2000 gauss magnet. The reason we use the 3000 gauss magnets is because we understand the benefits of the high strength and we understand the way the magnets penetrate into the skin and into the body and we know that there is a phenomenal difference in benefits from a 2000 to a 3000 gauss magnet, they will penetrate such a wider area and they will have a larger depth of penetration therefore they will work quicker and last longer which is why we use them and we have them custom made for us.

The amount of magnets placed in any one area of the body depends on the strength of each magnet, as a rule of thumb the weaker the magnet the more magnets you will need in any one area to bring about a result therefore the stronger the magnet, the fewer magnets you will need. In general terms although it is very specific to each person and each person's individual complaint which is why it is so important to get a consultation with a therapist so that you know what strength of magnet and how many you need, the rule of thumb is if you are using 800 gauss magnets you need between 6 and 12 placed around the area of pain to get good results and if you have generalised pain that is not severe and not so chronic then yes 800 gauss magnets will be sufficient if you use 6 or 12 of them around the area of pain. The weaker the magnet the greater the number of magnets will be required to relieve the pain, that is, something to always remember. For severe pain 1000 gauss to 2000 gauss magnets can be used to give a faster and stronger result, these can be worn around the point of pain and between 8 and 10 of these magnets should be sufficient for severe pain. For the maximum benefit for the shortest period of time or for severe chronic pain in multiple points 3000 gauss magnets have the best healing capacity possible they are unrivalled, they are the ultimate, if you are using 3000 gauss magnets you will get a

quicker result because you have more strength there and you will get benefits for a longer period of time that is they will last for a lot longer. The general rule is the stronger the magnet the greater the pain relief and the results will last for much longer.

There is one group of magnets we have not discussed and it is very important to discuss and that is using magnets in water. Let me first explain how tap water comes to be. All water coming out of our taps has a source from a river or a reservoir whether man made or natural. All water that comes from a natural source has at some point in the river, stream or spring if you are using spring water, has actually come into contact with the earth and the earth's core at some point and whether you know this or not, it is important to know that the earth is actually a large magnet. Gravity is magnetism so we are standing here or sitting here and not flying about in the air because of gravity because of the magnetic field that is surrounding this earth. The earth's core is magnetic and holds a magnetic charge. When the water is grounded into the earth it actually takes up the magnetic charge from the earth's core similarly in reservoir's it has the same effect and it is magnetic so if you drank water straight from a river, it might be very dirty and it might be full of pollutants but it would actually be magnetised, such is the same with water if you were to drink it from a spring, if you went to Buxton spring or Malvern spring and drank the water straight from the spring itself, that water is magnetised. When you buy bottled water on the shelves it is no longer magnetised. When the water is taken away from the source and has been away for three days it loses its magnetic charge similarly when water goes through to the water treatment plants for processing it is chemicalised, it is boiled, heated and treated and is stripped of its essential minerals and magnetic content so when the water comes out of your tap it is no longer magnetised. Obviously Mother Nature intended us to drink magnetised water because there is a wealth of benefits from drinking magnetised water. When we drink water that is magnetised and is very easy to magnetise water once it has come from the tap it is very easy to re-magnetise it you simply place magnets of a sufficient type and strength in the water and these tend to be Neodymium magnets and they have to be coated in rhodium type substance to actually stop them from rusting. You place the magnets in water the easiest way is to use what is called a water wand or a coaster which is placed into the water or you place the water on a coaster. The difference between using a wand to a coaster is, when you place the wand into the water the magnetism is taken quicker because the wand is placed directly into the water. If you place your glass or cup or your bowl or jug of water on to a magnetic coaster it takes a lot longer for the magnetism to go through because it has to penetrate through the vessel's layer whether it be glass or plastic to actually get the magnetism into the water so you would need a stronger magnet to actually do the job so it is better to use a wand that actually is immersed into the water. Generally in a glass of water you would immerse the wand for 15 minutes or in a large volume of up to 2 litres would take one hour. So once you have placed the wand in the water for 15 minutes or one hour the water will then take up the magnetic charge and it would then be magnetised. You should not have to worry about leaving magnets in the water too long because the water is like a sponge it will only take up as much magnetism as is needed and then it will stop absorbing it so if you left your magnet in the water overnight it is not going to have any detrimental effect if you use a jug which you constantly top up from the tap such as a filter jug or a normal water jug or one you boil water in, you can leave the wand in there permanently if you wish and just keep topping up. Just always make sure the wand has been in there for at least an hour before you drink the water.

When you drink the water it goes from your stomach into the bowel and in our bowel we have an area where the nutrients are absorbed from the bowel into the blood stream. The same happens with magnetised water, the magnetic charge is passed through from the bowel into the bloodstream and is then rapidly distributed around the body to all the major organs and tissues. The effects of this are the same as the magnets have on the skin, in that it increases

blood flow, reduces inflammation and re-oxygenises the blood and the cells but what the magnetised water also does that the magnets placed on the skin do not do, is when you drink the magnetised water, it actually eliminates toxins from the body it detoxifies the body, we all keep toxins trapped inside our body from whether we use pain reducing medication, pain killers, tablets or high blood pressure or other medication we get toxins that are stored and trapped in our body because the liver cannot detoxify them properly, environmental pollution also causes toxins to be trapped in our body and similarly, additives and chemicals in food also cause toxins to be trapped in our body. We can actually be walking around with an excess 2 litres of fluid in our body that we do not actually need that is holding the toxins in our body. So what the magnetic water does is actually detoxifies the body and safely gets rid by excreting through the kidneys those toxins so they are weeded out over a period of days and we can actually lose up to 2 litres of fluid and provided you continue drinking the water you will not retain that fluid back again. The effects of this is that the heart has a break, we take the pressure off the heart, it does not have to beat so many times a minute to do its work, it does not have to work so hard, blood pressure naturally begins to come down which is why magnetised water is excellent for people with high blood pressure if you have normal blood pressure it won't reduce your blood pressure to dangerously low levels the body won't allow this to happen, all it will do is just help take the pressure off the heart. The blood pressure comes down the effects of this is we do not feel so tired because the heart is not working so we sleep better, we have less headaches, we feel less stressed, we have more energy. You have more energy when you go to bed and when you wake up next morning, you feel refreshed, you have a feeling of well-being, it can also help with blood sugars for people with diabetes because of the positive effects of the hormone insulin in the body. So magnetised water sounds as if it is a cure for all, it isn't a cure for all, it is a great overall body tonic but it is not going to take all the pain away from all over your body just by drinking the water because it simply is not strong enough but it is a great, great back up for using magnets placed on the body and for detoxifying. So if you are using magnets on the skin, if you place them on your knee, on your back wherever you are placing magnets on the skin, if you drink magnetised water as well, magnetised water will increase the strength of the magnets placed on your skin by the power of 10. That means they are going to work much faster with a much stronger result you will get pain relief quicker and you will see the benefits last for much longer. If you use magnets on the skin and your pain is reduced, you can then take your magnets off and you can place them in a drawer, wash them whatever, if you carry on drinking magnetised water every day and you only need four glasses a day, it is going to be a lot longer before your pain starts to come back again because you are continually, regularly on a daily basis topping up your magnetism which means it could be several months before your pain symptoms creep back in because once you take your magnets off, pain will gradually creep back in because magnets are a treatment for the symptoms of chronic ailments they are not a cure, we cannot cure things like arthritis, osteoporosis, multiple sclerosis, and diabetes unfortunately, there is not a cure we can only ever treat the symptoms whether its with drugs or whether its with magnets so drinking magnetised water will dramatically lengthen the time you have before you have to put your magnets back on. So if you are using any magnets on the skin you should really be drinking magnetised water with it. Even if you don't have anything wrong with you, if you have family members that do not have ailments but just want an overall tonic, an uplift, they want to reduce stress, they want to have less headaches and more energy, magnetised water is great for everybody and everybody can use it and the great thing is the magnets will last for ten years so you can use as often as you want for ten years.

The other thing to mention is that magnets need to be worn 24 hours a day seven days a week this does not mean that you have to wear them 24/ 7 every day, all day for the rest of your life this is

another common misconception about magnets most people think you have to wear magnets and leave them on permanently, you don't, although you should wear them 24 hours a day, seven days a week for the first four to six weeks, that is what we recommend. The reason for that is you need to let the magnetism get on board, you need to absorb the magnetic field and you need to let the magnets do their work. Now you may find that your pain is relieved within a few days or within a couple of weeks if that is the case, great, brilliant but leave your magnets on for another couple of weeks afterwards just to get you absolutely topped up with magnetism. After that you can take them off, you can wash them because they are machine washable, put them away in drawer, keep them safe but when the pain starts to niggle back in, as soon as you feel that twinge, then you should pop them back on again. Obviously if you are drinking the water it is going to be a lot quicker for the results to work, you won't have to wait days or even a couple of weeks they will work pretty quickly. Some people choose to wear their magnets all the time, a lot of people wear knee straps or a back belt all the time simply because they don't want that pain to start niggling back in and that is fine as well, it is very, very personal and individual, everybody's experience of wearing magnets and of using magnets is very, very personal and individual, one person may keep their magnets on all the time and another person will take them off at regular intervals, that is o.k. everybody can use magnets in a different way, as long as the way you use them is correct for you, which is another reason why it is so important to get trained advice before you start using magnets because we need to know which is the best way for you to wear your magnets and which is the best type of magnet to use.

### **Safety Precautions**

Magnets are totally natural and there are no chemicals or drugs involved They are perfectly safe to use with all conventional medicines and treatments and by all conventional medicines, I do mean all, a lot of people have worries that they won't be able to use them because they are on high blood pressure medication, because they are on warfarin or aspirin for thinning the blood, it is absolutely safe to use magnets with all tablets and all conventional treatments. You do not have to stop using what the doctor has prescribed you before using magnets. Having said that, you should always carry on taking your medication whilst using magnets, if you find that you have got good results and your pain is going, then you can start to reduce the pain killing medication if you want to if it is Paracetamol, or if it is anti-inflammatory such as Ibuprofen you can start to reduce them, if it is medication that you need to be weaned off, you should go to your G.P or Practice Nurse and ask them to reduce the doses for you. Never reduce diabetic medication or high blood pressure medication yourself because this is something very, very dangerous and, even though you might be feeling very much better because of the magnets, you should always go to your GP or your Practice Nurse to have your medication reduced if it is high blood pressure medication, diabetic medication or any medication which regulates your heart rhythm at all, you should not reduce medication like that yourself, you should use a doctor or a nurse to reduce the doses because most doses have to be reduced slowly and over a period of time. We have had literally hundreds of people with high blood pressure and diabetes whose medication has been significantly reduced and in some cases actually stopped altogether because they are using magnets and that is absolutely brilliant and that is the result that we look for and hope for in every single case but, as I have said, these people have gone to their G P and have had it done in conjunction with their GP. You do not have to worry or be afraid to tell your GP that the reason for your medication being reduced is because of the use of magnets, some people think they should not have to tell their GP that they are using magnets, well that is absolutely and entirely up to you, if you do not want to tell him then, ok don't tell him but don't be afraid to, not all GP's are old 'foggies' and stuck in their ways, some

GP's yes they will scoff and say "oh its all in your head, its stuff and nonsense that is their opinion that is because they have not actually had any training in magnetic therapy and they don't know how magnets work so it really is not their fault and don't hold it against them if they do scoff and mock at you. Just say "well I feel its actually working for me and that's ok and I want to carry on using it." That is absolutely fine, you do not have to have your GP's permission to use magnets, and you can use them without his permission though I do not advocate cutting yourself off from your GP by saying I'm not using my GP because I want to use magnets the two should be used in conjunction. I myself, if I have a headache I am just as likely to use a paracetamol tablet occasionally as much as anybody else. I do not only advocate alternative medicines and not conventional medicines I think you should use a combination of the two. So as for telling GP's its absolutely fine tell him if you want to, if you don't feel comfortable then, ok don't tell him but do get your blood sugar levels checked regularly and your blood pressure checked regularly if you are on medication and you are using magnets. Most people who are diabetics will either be checking their blood sugar levels themselves with a home using a machine, or will be going to the nurse, or the district nurse will be coming to them to check their levels and similarly with high blood pressure, most people will have their blood pressure checked by a practice nurse at least every 4 to 6 weeks and you should carry on with these checks.

There are no side effects from using magnets and there is no maximum time span for usage, that means that you cannot overdose on using magnets, its perfectly safe to wear as many as you like, people think that if they have lots of magnets on different places on their body then they are going to have too much, you can't actually overdose on magnetism, it is perfectly safe. A lot of you will have heard of an MRI scanner, it's a scanner where you lie on a bed and then you are zipped into a tunnel that then scans your body its called an MRI scanner and that stands Magnetic Resonance Imaging scanner now, these scanners actually use magnets to scan the body and if you will imagine that the strength of an MRI scanner is equivalent to around half a million gauss now, you can cover your body from head to foot in magnets and I can guarantee you won't actually ever come anywhere near to placing five hundred thousand or half a million gauss on the body. It is perfectly safe to use MRI scanners, people go in and out of them every single day of the week and they are not harmed by them so it is perfectly safe to wear as many magnets on the body as you want don't worry, you won't overdose. Similarly you don't have to wear them for a period of time and then stop there is no maximum time for usage, you can wear them for as long as you like. If you want to permanently wear magnets to keep yourself topped up like a lot of people do with bracelets, that is absolutely fine. You won't get to a point where you get dependant on them. It's not like morphine based drugs or harsh pain killing drugs where, the more you use them, the more you have to have in strength. It does not work like that with magnetism. The strength you need is always the strength you will need and you don't get a dependence on them so there is not a maximum time for usage.

The only people who should not use magnets are:-

- (a) Anyone with a pace maker or internal defibrilator. By this I mean anybody who has had an operation to have a little pace maker box surgically inserted into their chest Now the reason you would have one of these is because you don't have normal heart rhythm or your heart keeps stopping by itself and you need a pace maker to trigger the heart to keep on beating a normal rhythm and similarly with an internal defibrilator, it's a little box that is impregnated into your chest by surgery that actually electrically zaps your heart back into a normal rhythm or back into normal beating every so often, these

are not so common but you must never, never wear magnets or drink magnetised water if you have one of these devices because the magnets will interfere with the electrical pulses that these machines send to the heart and the result could be that your heart could stop or go into an irregular rhythm. If you are married or if you have a partner who has a pace maker or an internal defibrillator you personally can use magnets, the magnetism will not jump from your body to them it is safe for you to use magnets the only precaution for you to take is during intercourse you must remove your magnetised devices and you can replace them after intercourse so, don't use your magnetic devices during intercourse with somebody with a pace maker or defibrillator.

- (b) Women during pregnancy should not use magnets; the reason for this is magnets are known to stimulate new cell growth that is one of their actions. If you are pregnant you do not want to stimulate new cell growth in an embryo because that has not been proved to have any negative effects but there is always the chance that if you increase new cellular growth in an embryo or foetus you will have abnormal cell growth, so you should not use them during pregnancy although it is absolutely fine to use them during breast feeding.
- (c) People having chemotherapy or radiotherapy for cancers. It is safe to use magnets if you have cancer or leukaemia provided you are not actively in a course of chemotherapy or radiotherapy. The reason behind this is exactly the same as in pregnancy, because magnets stimulate new cellular growth and you do not want to actively be stimulating new cellular growth during chemotherapy and radiotherapy because the action of chemotherapy and radiotherapy is to actually stop cell growth and kill cancerous cells.

You need not worry that wearing magnets whilst you have cancer or leukaemia will increase the amount of cancerous cells that you have growing, it won't, because studies in America that are not finished yet they are ongoing studies although the preliminary results are very, very positive, show that a magnetic field actually stunts and stops the growth of some cancerous cells. It has not been tested on all cancerous cells and as you know, there are literally hundreds of varieties of cancers and different types of cancer out there but tests on certain types of cancer cells have shown that magnetic fields do actually have an action of stopping and stunting the growth of cancerous cells so there are future implications for magnets in the use of treating certain types of cancer cells, although there is nothing actually published yet, because the study is still ongoing so it is safe to use magnets if you have cancer but not whilst you are undergoing active chemotherapy or radiotherapy treatments.

O.K, I think we are just about done now and I am at this point going to open up the floor for questions and hopefully we are going to have lots of questions on any points that I may have missed.

### **Questions and Answers.**

Q: If I use a water wand can I put it in a hot drink like tea or coffee?

A: No you can't use the wand in hot drinks because heat actually destroys the magnetism so you can only use the wand in cold liquids.

Q: What about other cold drinks can I put it in milk?

A: Yes you can put the wand in milk and in fact you can magnetise all cold drinks even alcohol. As long as it's cold you can magnetise it.

Q: Can I wash the Magnetic straps at all?

A: Yes all the straps are machine washable at 40° C but they can not be put in the tumble dryer as the intense high temperature will damage the magnets. Also it is best to drip dry as radiators can damage the magnets as well.

Q: I have problems with my feet they are always cold and the doctor says the veins in my legs are narrowed. What would be the best way for me to use magnets?

A: Right well if you've got circulatory problems in your feet then the best product for you to use would be the magnetic insoles because they have around 50 magnets per foot and they radically increase the circulation in the feet and all the way up to the knees. So you are actually increasing the circulation all the way up the leg. They are excellent for anyone with cold feet, cramps nerve pain or restless legs. A lot of people who have had cold feet for years find that within hours their feet are warm and they stay warm for as long as they are using the insoles.

Q: How do I know when the magnets are working and when do I take them off?

A: Well using magnets is not like taking a pain killer where you take one and wait for 20 minutes and then the pain is gone for 6 hours and comes back again. Magnets take longer to work but the effects are more long lasting. The effects are gradual and get stronger as the days go by. When you get to a point when you think the magnets have worked to their maximum, where all your pain has gone or most of your pain has gone or you are not getting added benefits each day then you have probably got the maximum out of the magnets and you can remove them if you wish and wash them and put them away. As it is a treatment of symptoms and not a cure the pain will eventually creep back and at this point you simply put the magnets straight back on again and leave them until the pain has gone.