

# Magnet therapy has attractions for medical world

**M**AGNET therapy is not new. It has been around since 2000 BC. It has been used in Chinese medicine for thousands of years.

It is also documented that Cleopatra slept on a magnetic stone to keep herself youthful.

More recently magnet therapy became popular in the 1700-1800s in Europe. Today magnet therapy is used worldwide and is a licensed medical device in 54 countries.

Recently magnet therapy has been brought to the media's attention, as many celebrities are becoming devotees.

These include Anthony Hopkins, Cherie Blair, Bill Clinton, even the Queen has started drinking magnetised water.

Many professional golfers, tennis players and baseball players use magnet therapy to help heal injuries.

Magnet therapy is a natural way to treat a wide variety of ailments in both humans and animals. It is 100 per cent safe, drug free and has no unwanted side effects.

Small high strength magnets are placed on the body close to the point of pain. They can be applied in the form of straps, wraps, jewellery, insoles, mattress covers and pillows.

Magnets work by increasing blood flow and circulation. They speed up the healing process and alleviate pain. Our bodies contain a magnetic charge that is essential for it to function.

An injury causes the magnetism to become muddled up. Magnet therapy realigns the magnetism,

*The use of magnets to help relieve pain is growing.*

*Debbie Shimadry, a director of South Wingfield firm World of Magnets, gives her views on why the practice is becoming so popular*

returning it to normal.

As a result of this inflammation in the body is reduced, particularly around injuries. Excess fluid retained in the tissues is removed along with toxins stored there.

Magnets also stimulate the blood circulation and increase blood flow through the heart. This results in increased oxygen to the organ and tissues. The blood pressure lowers and energy levels go up.

Certain areas of the brain are stimulated by magnets and they increase the production of serotonin and melatonin levels. These are the hormones that control stress, sleep and mood. An increase in the hormones will reduce stress, cure insomnia, help with migraine, tension headaches and depression.

The following conditions can be

helped by magnet therapy - arthritis, osteoporosis, fibromyalgia, spondylosis, carpal tunnel syndrome, RSI, stroke, ME, MS, IBS, eczema, high blood pressure, PVD, diabetes, tennis elbow, insomnia, migraine, stress, depression, colitis, chrohn's disease, diverticulitis, frozen shoulder and sports injury.

Magnet therapy is a natural, non-invasive, safe way to treat ailments. There are no drugs involved and it does not interfere with any conventional medical treatment.

You have nothing to lose in trying magnet therapy and everything to gain. If you have pain or a long standing ailment just give it a try.

For more information on magnet therapy contact us a World of Magnets, 01773 831806 or via the net on [www.worldofmagnets.co.uk](http://www.worldofmagnets.co.uk)