

Rediscovery Of Magnetic Health

The Experts

"Magnetic energy has a beneficial effect on blood circulation, lymph flow, hormone production, nerves and muscles."

Dr. Ulrich Warnke, M.D., Magnets to Overcome Pain. The New Healing Method

"The application of a magnetic field has the virtues of simplicity, freedom from danger and low cost. It offers the lay man or woman a suitable form of self treatment for the minor ills of everyday life."

Dr. Evelyne Holzapfel, Magnetic Therapy

"The magnetic field will in due time develop into a powerful new analytic and therapeutic tool of medicine."

Dr. Madeleine F. Barnothy, Biological Effects of Magnetic Fields

"I can't say anything officially yet, but let's face it: this treatment (magnetic therapy) is a Godsend. It's good for almost anything."

Dr. Kenneth S. Mclean, MD, Bioenergy Newsletter, Feb. 1986

"Besides being easy, efficient and inexpensive, magnet therapy holds, furthermore, a total guarantee of safety."

Dr. Louis Donnet, M.D., Magnets for Your Health

"Magnetic therapy in Japan and elsewhere in parts of Europe and Asia has become a kind of folk medicine, a reliable form of medical self-care."

Richard Leviton, "Healing with Nature's Energy" East-West Journal, June 1986

"We now stand on the verge of a great new age in magnetic science and its applications - a tool that has been provided by Mother Nature herself."

Dr. Ralph U. Sierra, Power in a Magnet to Heal

"The astounding results obtained through magnet therapy gives it a place of considerable importance in the field of therapeutics."

Neville S. Bengali M.D., Magnet Therapy: Theory and Practice

"This is a revolution in the therapy for muscle injuries, joint pain and posture problems. We have treated 4000 patients with whiplash injuries by means of the magnets and cured 80 percent."

Dr. J. B. Baron, M.D., Medical Convention at the Baylor College of Medicine, Texas

"This is the most exciting thing I have seen since I discovered chiropractic for the first time. All chiropractors should know about magnet therapy."

Dr. George A Rolfs, D.C., Energy Therapy

"Every family should have a couple of magnets and know how to apply them in minor ailments and infections."

Dr. A. K. Battacharya, M.D., Healing by Magnets

"It is hoped that the use of magnetic energy can be kept non-prescriptive for easy availability for home and self use."

Dr. William H. Philpott, M.D., NEW HOPE: Magnet Therapy

History of Magnetics

The use of magnetic therapy was recorded by the Chinese in the *Yellow Emperor's Book of Internal Medicine* at approximately 2000 B.C.

Magnetic energy has been used therapeutically throughout the world for hundreds of years. Scientific medicine is currently in a state of rapid change, and several magnetic instruments have now passed FDA approval for both safety and therapeutic claims. Non-union fractures have been treated magnetically for over 40 years, with an overall success rate of more than 80%, when other procedures had failed. Over 4,000 medical and scientific papers have been published on the use of magnetics.

Authors/researchers George J. Washnis and Richard Z. Hiram say that "Very vital magnetic energy enters our bodies from the earth's natural magnetic field. Unfortunately, the earth's field has been declining over the centuries, as much as 5% in the past century alone. And its effect is further reduced by reinforced concrete buildings, elevators and autos. Somehow we have got to make up the difference, as well as fight off the effect of certain adverse electromagnetic fields from high power transmission lines, computers, microwaves and other household appliances.

Magnetic therapy can relax tense muscles, relieve muscular and skeletal pain, and accelerate the healing process. The treatment involves the placing of the simple, natural magnets of the correct configuration on the body tissue, allowing the body to heal itself.

Millions of Americans use natural alternative medicine. Worldwide, over 100 million people use magnetic therapy: 30 million in Japan alone, where 10

million sleep on magnetic beds to counter the effect of stress, fatigue, arthritis, sciatica, carpal tunnel, asthma, migraines, and more."

According to Dr. William H. Philpott, an Oklahoma psychiatrist and neurologist who has researched biomagnetics for many years, "A magnetic field applied to our body stimulates the sleep hormone, melatonin, and promotes more restful sleep."

Champion golfer Jim Colbert relies on magnets to keep playing without back pain and discomfort, as well as increase energy. He damaged a disc in his lower back when he was 15, and played in constant pain until he discovered magnets.

"I would not think of playing without magnets. I play with a bioceramic (F.I.R.) belt under my shirt and travel with the magnet sleeping pads," says Colbert.

Experiments at Loma Linda University, M.I.T., and several European universities have proven that certain magnetic devices increase the blood flow. The proposed pathological mechanism behind many orthopedic and congenital problems is a lack of vascular flow and a disturbance of neural tissues. In other words - proper **nutrients were not getting to the cells!** Several theories have been proposed, but the end result has tended to fall into the following categories:

1. **relief of pain and inflammation**
2. **stimulation of tissue**
3. **increased blood circulation**
4. **increased oxygen to the tissues**
5. **rehabilitation**

From the standpoint of biophysics, magnetic therapy polarizes anions and cations. That is, the tissue salts are brought from a state of inactivity and stagnation to order and alignment within the cells and tissues. Injury depolarizes damaged cells. Magnetic stimulation gets the tissue fluids flowing again, waste products are removed, edema and congestion is regulated, and so cell metabolism soon reverts back to normal.

Magnetic fields, therefore, are simply very useful forms of physical therapy. Most benefits are due to a biophysical field which allows cellular functions to improve considerably. So when field lines impact on the animal organism, or on parts of it, they absolutely permeate these areas. Within the range of

the magnetic field, all parts of the body are penetrated equally.

We know that magnetic therapy is as natural as nature. Without pills or drugs, we are influencing the healing and regenerative powers already within the genetic makeup of any organism. And that is a truly holistic approach to health!

Sleep Your Way To Youth

Dr. Philpott is chairman of the Bio-Electro Magnetic Institute in Oklahoma City. He is a Psychiatrist and Neurologist who received his medical degree from Loma Linda University, and is the author of "Brain Allergies" and "Victory over Diabetes."

by WILLIAM H. PHILPOTT, M.D.

The human body itself is an electromagnetic machine. Each body cell has a positive and a negative field and physical and mental functions from the brain and central nervous system. Moreover, all life— plant and animal, including human— exists in and responds to the magnetic field of the Earth. For instance, Earth's magnetism activates the enzyme system in fruits and vegetables that causes normal ripening. And homing pigeons are magnetically guided back to the coop.

In just the past decade, we have begun to realize that, since magnetic energy influences our health, it can be used to intentionally improve our health. Indeed, enough is already known for me to outline to you why this is so and what you might want to do about it.

As electromagnetic systems, our bodies exist in balance between and under the influence of negative and positive magnetic forces. The Earth's crust exerts a powerful negative magnetic field, while during the day we experience the sun's opposite, positive magnetic force. At night, the Earth's negative magnetic energy increases cellular oxygen, encourages deep restorative sleep, supports biological healing, reduces inflammation and relieves pain. But when the sun comes up, its positive magnetic energy decreases cellular oxygen, stimulates wakefulness, inhibits biological healing, increases pain, and can increase inflammation.

All life—plant and animal, including human— exists in and responds to the magnetic field of the Earth.

The pineal gland in the center of our heads controls hormones, enzymes and immune function, and is itself a magnetic organ containing magnetite crystals. It is acutely sensitive to magnetic energy and produces its most

important and characteristic substance, the sleep hormone melatonin, almost entirely during the night when the Earth's negative magnetic field is dominant. In turn, human growth hormone, which is produced by the hypothalamus as we sleep, appears to be strongly influenced by melatonin levels.

It may startle you to learn that the negative magnetic field of the Earth can be duplicated and enhanced with the aid of simple commercial magnets. There is no fundamental difference between Earth's negative magnetic terrestrial field, with all its effects, and the negative magnetic field in any magnet, with its negative force on one side and its positive force on the opposite side.

Without discussing the wide range of illnesses— from arthritis and atherosclerosis to schizophrenia and sleep disorders—that can be treated with magnets, I'd like to simply illustrate how the negative field of magnets stimulates the pineal gland's production of melatonin and the hypothalamus' production of human growth hormone.

As electromagnetic systems, our bodies exist in balance between and under the influence of magnetic forces.

As we age, we produce less of these essential hormones. But high levels of melatonin are necessary for adequate sleep, and human growth hormone is a controlling factor in hair, skin and muscle mass. It's decline is responsible for the effects of aging. So it may be no exaggeration to say that magnetic stimulation of the pineal gland could slow the aging process. I have seen many people (including myself) whose hair and skin became healthier as a result of magnetic therapy. Some people show signs of hair returning to its normal color. Because of the increase of human growth hormone, older subjects typically show an increased rate of hair and nail growth.

There are two simple bedtime uses of magnets.

Place a magnetic pad on your mattress. This will keep your entire body in a magnetic field. The idea of magnetic therapy may seem novel and perhaps even disarmingly simple, but I can assure you that my experiences with several thousand patients support its very real effects.

Moreover, the FDA has officially declared that magnetic therapy carries no health risks.

Electromagnetism and its effects on the body may be one of the most exciting scientific breakthroughs in current research. Since 1989, when the FDA was among the sponsors of the first Conference on Emerging Electromagnetic Medical Technology, it has approved an Institutional Review Board for the research projects.

Magnets And Biology

What Are The Biological Effects Of Magnetism?

by Ken Wiancko, MD

The question whether alternating or pulsating magnetic fields have a biological effect, can be answered positively, in as much as the physical entity "magnetic field" is in a position to affect the organism in a bioenergetic way.

We know that with many diseases the surface potentials of the cells in the organism seem to vary when compared with the normal values.

The magnetic field completely permeates the body and thus every single cell.

The ions in the cells and the colloidal system are influenced, as we know, by magnetism and are moved in accordance with the magnetic pulsation that passes through them.

Furthermore, recent experiments proved that the partial pressure of oxygen in the tissue may increase up to 1,000% compared to the initial value under the influence of pulsating magnetic fields of a certain intensity and frequency.

Thus the pulsating magnetic field enables an effective therapy which can be used for a broad range of indications. The changes in the surface potentials of the cell, the colloidal state and the degree of ionization of the tissue, that occur in many diseases are markedly influenced by the entire body in rapid pulsation.

This causes a better blood circulation in the vessels and capillaries, increasing the partial pressure of oxygen in the tissue and resulting in an accelerated transportation of metabolic waste products - a basic requirement for every healing process.

Measurements by means of highly sensitive thermography devices showed a significantly improved circulation.

Magnetic fields permeate the whole organism. when intensity and frequency are controlled properly, energy is accumulated in all tissues of the body.

As a result of long-lasting changes in the condition of the colloidal tissues increases in cell activity and membrane potential will occur. In addition, intra-corporeal electric processes will intensify again and a regeneration of all functional parts and organs of the body can be clearly noted.

Magnets And Pain

MAGNETS HELP BANISH ACHES AND PAINS! Sports heroes, superstars and doctors all say there are no negatives, and a lot of positives, about the latest way to treat aches and pains---**with magnets**.

Supporters such as Academy Award winner Anthony Hopkins hail the age-old method of natural healing as a miracle cure for twinges and the physical symptoms of stress, like headaches and depression. "I tried everything but nothing seemed to get rid of the pain," says Hopkins, who used magnets to end a bout of shoulder pain. "When I heard about the magnetic treatment, I jumped at the chance to try it. It answered my prayers."

And Dan Marino of the NFL's Miami Dolphins swears that magnets strapped to his fractured ankle not only helped the bones to heal more quickly but also eased the pain.

Even golfers find magnets attractive. According to Golf Magazine, 90 percent of the senior pro golfers use them to stay limber on the links.

"Magnetic fields can be localized and targeted," says neurologist Michael J. McLean, MD of Vanderbilt University Medical Center, in Nashville, Tenn., where more than 5,000 patients have been treated with magnets.

According to a book, *The Pain Relief Breakthrough: The Power of Magnets*, co-authors Julian Whitaker, M.D., and Brenda Adderly say magnets can also help headaches, arthritis, menstrual cramps, carpal tunnel syndrome and a variety of other ailments. "My patients have reaped the benefits of magnets, and I believe that millions more can experience these miraculous results as well," says Whitaker, director of the Whitaker Wellness Institute in Newport Beach, Calif., and founder of the American Preventative Medicine Association

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