

Magnets, TFH, and Healing

by Jan Cole

Earlier this year I was invited to speak about magnets and muscle testing to a group interested in natural phenomena including various healing modalities. I asked if the audience knew of a therapy that was:

SAFE, EASY, EFFICIENT, DRUG FREE,
INEXPENSIVE, NATURAL, NON-INVASIVE,
AVAILABLE, NEEDED NO PRESCRIPTION, HAD
NO KNOWN SIDE EFFECTS AND COULD
REPLACE HEATING PADS, HOT TUBS,
WHIRLPOOLS AND CHEMICAL PREPARATIONS
SUCH AS SALVES, ASPIRIN, LOTIONS,
OINTMENTS, LINIMENTS, AND OVER-THE-
COUNTER DRUGS.

They didn't know. Would YOU have guessed
magnet or bio-magnetic therapy?

For myself, magnets have helped primarily with stomachaches, backaches and foot pain. A 1989 rollover car accident left me with several permanent injuries, one being the sub-taylor joint fused to the surgically replaced calcaneus of the left foot. Though I was told I would never dance or ski again, a remarkable recovery, due in part to Touch for Health, has enabled me to do both to some degree. Surprisingly, it hasn't been the right leg that had the ten pieces of metal hardware that creates the most difficulty, but rather the fused left foot. One day after I no longer needed my wheelchair, I fell from a stool reaching in a closet. Immediately the left foot was in terrible pain and began to swell; I was unable to take a single step. For the rest of the day, I kept small healing magnets inside my sock. By bedtime it was 80% better. The next morning the pain and swelling gone.

Last spring after a wonderful day of downhill skiing, I awoke in the middle of the night to excruciating, cramping pain in the same left foot. I keep a high gauss magnet near my bed marked with tape to find, in the dark, the N side from the S. I quickly muscle tested myself for the N or S pole and placed my foot on the N side. To my surprise, the cramp stopped immediately!

One morning after dutch-hop polka dancing last December, I could barely walk; again

successfully used the magnets. I polka danced New Year's Eve and needed to use magnets that night and during the next day before I could folk dance that evening. Now I wear a small, flat, 1000 gauss magnet in my left shoe to keep me dancing.

Several other stories relate how people have used the healing magnets: An eighty-one year old woman, arthritis thirty years, pain relieved in 1 1/2 hours, stopped taking 1,600 mg of Ibuprofen per day seven days later (7/11/90).

A car fell on a 55 year old auto mechanic jamming his head down between his shoulders. After many drugs, several surgeries he finally had complete relief from pain in 6 hours by using a magnet.

Donald Dudley, M.D., a neuropsychiatrist and president of Washington Institute of Neuro Sciences in Seattle treated a 3 year old for seizures he'd had since birth by placing a small magnet behind his left ear. Within 5 minutes they stopped. The child would wear a cap with a magnet inside to control the seizures. Long jump record breaker, 1991 Tokyo, Mike Powell uses magnets for circulation, to loosen up and to relax.

Psychiatrist, allergist and author William Philpott, M.D., who you may recognize from his book, *Brain Allergies*, has successfully treated over 7,000 patients in the last 5 years for numerous problems from headaches to seizures and mental confusion.

Another researcher, Donald Lorimer, inventor, physicist, Bs. in Engineering Physics and MS. in Physics, with 20,000 hours of research into alternative healing modalities throughout the world, witnessed full cures of Aids, cancer, arthritis, MS, restoration of sight and various body parts using magnets.

As you can see, magnets and magnetism are used to assist healing in a wide variety of conditions. The list of possibilities using magnets includes:

MAGNETIC THERAPY BENEFITS REPORTED WITH:

| | | | |
|---------------|---------------|--------------|------------------------|
| ankle | feet | strains | shoulder pain |
| TMJ | neck | joints | back strain |
| wrinkles | swelling | stress | sinus headaches |
| digestion | fatigue | whiplash | stress headaches |
| infections | PMS | fractures | bags under eyes |
| arthritis | nausea | sciatica | muscle tension |
| depression | seizures | angina | carpal tunnel syndrome |
| insomnia | less sleep | chronic pain | increased energy |
| gum abscesses | twisted knee | cramps | lymph drainage |
| acne | allergies | anxiety | faster healing |
| asthma | bedwetting | bronchitis | dental infection |
| burns | bursitis | cataracts | injured tissue |
| colds | colitis | cough | resistance to disease |
| cystitis | constipation | diabetes | reduce rest. heartrate |
| dizziness | earache | edema | reduce muscle soreness |
| emphysema | low energy | epilepsy | dissolve calcium dep |
| flatus | blisters | glaucoma | increase endurance |
| gout | heartburn | hemorrhoids | increase cell oxygen |
| hernias | herpes | hiccups | cleanse aura |
| hot flashes | hypertension | hypoglycemia | hyperactivity |
| cirrhosis | influenza | jet lag | fibroid tumors |
| laryngitis | toxic liver | lymph nodes | learning disabilities |
| menopause | mental fog | spasms | motion sickness |
| nervousness | neuritis | obesity | obsessions-compulsion |
| osteoporosis | cysts | chronic pain | atherosclerosis |
| pancreas | phobias | pleurisy | ruptured disk |
| pneumonia | scars | shingles | shopping fatigue |
| sore throat | tinnitus | toothache | teeth grinding |
| toxicity | ulcers | trauma | weight reduction |
| warts, moles | skin lesions | stiffness | effect hormone |
| inflammation | alter food | wounds,sores | lupus erythematosus |
| balance pH | less scarring | hip injuries | tennis elbow |
| cramps | prostrate | meridians | lung/breast cancer |
| cuts | bruises | boils | insect bites & stings |

Electromagnetic fields are necessary to life; optimum health isn't possible when the fields are out of balance for long time periods. Consider the 4 kinds of "food" man needs:

- 1) Physical -- could survive 60 days without, max. 87
- 2) Liquid -- possibly survive 6 days without
- 3) Air -- 6 minutes without (if you're a pearl diver)
- 4) Electrical --6 seconds!!

Electromagnetic "food", it seems, is a far more important priority. Some feel the negative (as in polarity) magnetic energies are our first line of defense; the immune system the second.

Because all living cells are electrical in nature, the functioning of each individual cell is based on direct current and pulsed DC energy. Each cell possesses a positive electrical charge at its nucleus and a negative electrical charge on its outer membrane allowing it to function in an orderly, healthy manner. When this electromagnetic charge wears down as cells perform their normal bodily functions, the body attempts to revitalize the tired cells by sending pulses of electromagnetic energy from the brain throughout the nervous system to recharge the cells. Rest is one prescription used to recharge the bodies energies. Magnets can speed the process, in general by supplying more negative energy, thereby, increasing the magnetic field which acts as a catalyst to all the chemical reactions in the body.

Magnets themselves do not heal, but stimulate and empower the cells to create an optimum environment for the body to heal itself. Like many forces in nature that are not fully understood, sonar, gravity, love, etc., how and why magnets work is somewhat of a mystery. It is theorized that with magnetic therapy the body's own healing processes are accelerated by increasing the concentration of oxygen and other vital nutrients to the cell while removing waste products that result from injured/fatigued tissue. To enter the bloodstream the energy penetrates the outer layers of skin and fat reaching the capillary network which feeds directly into the bloodstream. An electric current is induced by the constant electromotive force emitted by the magnet. The magnetic polarities create ionic currents and patterns which in turn increase the diameter of blood vessels and movement of the blood. The magnetic energy is conveyed via the hemoglobin in the circulating blood increasing or decreasing the cell's pH levels often out of balance in relationship to illness or abnormal conditions. Blood and tissues are balanced, ionized and

oxygenated, thus improving circulation. When pain or injury exists, positive potentials form around the injured area sending pain messages to the brain for help. Applying the N (negative) pole of the magnet draws out pain by attracting and localizing the positive potentials so the pain messages fail to reach the perception center in the cerebral cortex. Usually within 3-10 days the pain, swelling or infection subsides reverting the positively charged zone back to its normal, more negative polarity. You may need to muscle test to see if the body, after using the N side, is now seeking the S (positive) polarity to restore the normal blood circulation, regenerate cells and commence the healing process.

Several variables when using magnets for assisted healing are:

- 1) Negative versus positive polarity from a magnet with poles on opposite sides (industrial and refrigerator magnets are bipolar and not acceptable as research treatment)
- 2) Placement of the magnet; For infections, negative (biomagnetic North) use continually from 3-10 days or more. Infections in the GI tract need special treatment as peristalsis is stopped with negative (N) magnetic exposure. To prevent this withhold using for the GI tract for two hrs postmeal. Use the S pole cautiously. Most treatments use N.
- 3) Duration or exposure (A Golden Rule is to use for 15 minutes to 2 hours at a time; 5 days for full efficiency)
- 4) Intensity of exposure: 0.2 to 0.12 Tesla (2000 to 12000 Gauss) is the best strength for therapeutic treatment)

As an art, the therapy involves selection of different magnet strengths and poles (N/S) to relieve various ailments. You can MUSCLE CHECK for any of these variables. If there is no change in 48 hours, remuscle test or move the magnet to a new location until improvement is noticed. At times the pain may originate somewhere other than first perceived or too deep to be effected. Magnets work with varying results, as do ALL therapies, conventional or alternative, in differing time frames.

A few DON'TS:

-- Don't use if you have a cardiac pacemaker and/or automatic internal defibrillator without consulting a doctor

-- Don't use S polarity on the head, on cancer, tumors, cysts

-- Don't apply to fresh wounds, sprains or hematomas within the first 24-48 hours, First RICE, then magnets RICE! (R=rest I=ice C=compression E=elevation)

-- Don't confuse alternating electromagnetic fields associated with high tension power lines and our electrical conveniences such as radios, tv's, radar, microwaves, hair dryers, electric blankets, etc. with natural magnetic fields (PMF). A healthy negative PMF can help counteract effects of AEF's. Alternating EF's have a current frequency of 60 CPS, which is 7.66 times too fast for the average body organ resonance frequency of 7.83 and can cause cell fatigue.

-- Don't use on the abdomen during pregnancy

-- Don't use or lay magnets near audio or video tapes

"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

References

- BECKER, ROBERT O & SELDEN, G. *The Body Electric: Electromagnetism & the Foundation of Life* 1985
- BRODEUR, PAUL, *Currents of Death: Power Lines, Computer Terminals & the Attempt to Cover Up their Threat to Your Health*, 1989
- DAVIS, AL & RAWLS, WALTER, *Magnetism & Its Effect on Living Systems; The Anatomy of Biomagnetism*, 1975
- DAVIS, AL & RAWLS, WALTER, *The Magnetic Blueprint of Life; The Magnetic Effect*. 1975;

Compiled from researchers including Davis, Becker & Philpott

**NEGATIVE MAGNETIC FIELD
Biomagnetic NORTH**

- 1) Pulls fluids and gases
- 2) Reduces intracellular edema;
- 3) Increases cellular oxygen
- 4) Encourages restorative sleep
- 5) Reduces microorganism growth
- 6) Reduces inflammation
- 7) Relieves/stops pain
- 8) Relieves withdrawal symptoms
by reducing inflammation
- 9) Alkaline metabolic response
- 10) Can alleviate symptoms
- 11) Supports biological healing
- 12) Promotes bright happy affect
- 13) Promotes mental acuity and
reasonableness
- 14) Reduces/dissolves fatty deposits
- 15) Inhibits cancerous growth
- 16) Fights infection;
- 17) Normalizes/tranquilizes

**POSITIVE MAGNETIC FIELD
Biomagnetic SOUTH**

- 1) Pushes fluids and gases
- 2) Increases intracellular edema
- 3) Decreases cellular oxygen
- 4) Encourages wakefulness
- 5) Increase microorganism growth
- 6) Increases inflammation
- 7) Increases pain
- 8) Relieves withdrawal symptoms
by endorphin production
- 9) Acidic metabolic responses
- 10) Can intensify symptoms
- 11) Inhibits biological healing
- 12) Promotes depressed effect
- 13) Promotes mental overactivity
and unreasonableness
- 14) Encourages fatty deposits
- 15) Increases cancer cell growth
- 16) Accelerates microorganisms
- 17) Overstimulates all systems

References (continued)

DAVIS, AL & RAWLS, WALTER, *The Rainbow in Your Hands*, 1976

HALLETT, M., MD. & COHEN, LEONARDO, MD., *Magnetism: A New Method for Stimulation of Nerve & Brain*, Journal of AMA, Vol 262:4, 7/28/89

HANNERMANN, HOLGER, *Magnet Therapy*

NUNEZ, PAUL, *Electric Fields of the Brain: Neurophysics of EEG*, 1981

PAYNE, BERYL, PhD, *Biomagnetism; Getting Started in Magnet Healing; The Body Magnetic*

PHILPOTT, WILLIAM, MD., *Biomagnetic Handbook: A Guide to Medical Magnetics, the Energy Medicine of Tomorrow*, 1990

| |
|--|
| Magnetic products currently on the market include: mattresses, pillows, comforters, pads, cushions, strips, cards, wands, wafers, insoles, bracelets, necklaces, body wraps (wrist, ankle, thigh, waist), pulsars-magnetic field generators. |
|--|