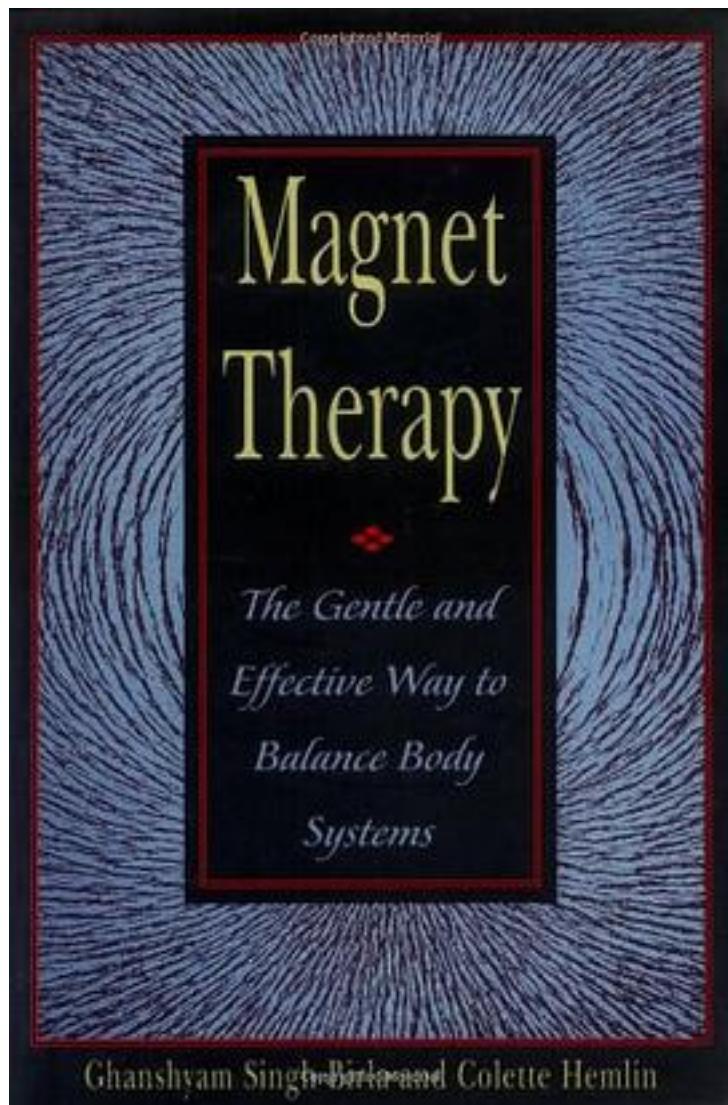


# Magnet Therapy



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The recent discovery of magnetic receptors in the human brain has confirmed what the ancient Chinese, Indians, Egyptians and Greeks always knew : that human beings are strongly influenced by the Earth's magnetic field and that, by subtly altering our own energy fields with magnets, we can restore proper balance to our body systems. This science of magnetotherapy has already been successfully used by millions of people worldwide. Numerous scientific studies show that many cases of stiff shoulders, back or neck, unexplained chest pain and frequent headaches, as well as insomnia and general fatigue are actually caused by what is known as Magnetic Deficiency Syndrome and double-blind tests reveal that magnets have brought rapid relief in 90 per cent of these cases. MAGNET THERAPY presents the history and science of this fascinating subject, explaining why magnets increase oxygenation in the blood, lower cholesterol and blood pressure, reduce pain, enhance cellular regeneration and may even inhibit tumour growth. The authors detail methods for treating symptoms ranging from asthma to toothaches and weigh the benefits of magnetic necklaces, belts and magnetised water, as well as traditional bipolar magnets. For devotees of alternative medicine, Birla and Hemlin explain how magnetotherapy fits into the context of other practices, such as Ayurveda and traditional Chinese medicine and how it can be used in conjunction with acupuncture, massage and other therapies. Complete with case studies and resource listings MAGNET THERAPY is the comprehensive guide to what promises to be the next

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