

About Magnet Therapy

A (very) Brief History

Used around the world for centuries, magnetic therapy has proven effective for relieving pain and inflammation. In the last 50 years, stronger magnets in smaller size and weight have caused a resurgence in magnet therapy and today more than 120 million people rely on magnetic therapy to improve their health and enhance the quality of their lives.

Why Magnetic Therapy Works

Research tells us that when the body is injured and tissue is damaged, pain and inflammatory related electro-chemicals move to the site of injury and cause an imbalance in our electromagnetic fields, triggering pain and swelling.

Thermographic imaging reveals that magnets applied to an injured area seem to relax capillary walls and the surrounding muscle and connective tissue, resulting in increased blood flow. Increasing blood flow supplies more oxygen and nutrients to the injury site and removes pain and inflammatory chemicals. This restores normal cell membrane potential and electromagnetic balance at the injury site. The **overall effect is relieving pain and inflammation** and promoting rapid healing naturally.

Pain Relief

Magnetic therapy is ideal for pain relief. Whether you suffer from back pain, knee pain, arthritis, tendonitis, or even migraines, magnets are a safe, easy and effective (modality) (method) for achieving pain relief. In most cases, magnets are placed directly over the area where you're experiencing pain. Magnets can also be used on acupuncture points in certain areas of the body. (link to thera-dots page? Or asterisk to say which areas?)

Using magnets for pain relief offers a huge advantage, they're safe, natural and have no side effects! Research studies and doctors agree that you can use magnetic therapy as often as you need to. When high quality magnets are properly applied, they are effective up to 90% of the time.

Please note: not everyone can use magnets - there are a few [restrictions](#).

How do Magnets Work to Relieve Pain?

Current research suggests that magnets affect *ion channels* which can reduce and/or block nerve pain signals. Ions are electro-chemicals that have either a positive or

negative charge. Their movement (ion channels) controls pain signals, muscle contraction, and other biological processes. Ions can be affected chemically (by drugs for example), electrically, or magnetically.

Magnet Therapy for Healing After Injury or Surgery

A major key to healing is increasing blood flow which provides greater comfort and faster healing to an injured area. Ice and heat are effective, but both take time to radiate through muscle tissue and affect blood flow. Ice and heat also require pauses in treatment that can allow swelling to return.

Magnet therapy provides the exact same benefits of ice and heat, but works much faster. Studies and clinical trials (on humans and animals), have shown that properly calibrated magnets can quickly reduce swelling, bruising and pain, and can significantly speed healing from bone fractures and surgical wounds.

Strong magnetic fields work fast because they reach deep muscle tissue immediately. They affect more blood flow in less time, leading to faster relief. Magnets can also be used for as long and as often as necessary, without any pause in treatment that could slow recovery.

Magnet Therapy to Improve Your Sleep

Poor sleep can result from physical stress and tense muscles. Magnetic mattress pads improve your blood circulation, relaxing muscles throughout your entire body. This helps reduce the stress and tension that causes poor sleep, while helping your body recover from aches and pains.

Also, research suggests that applying a strong magnetic field near the head stimulates the pineal gland, which produces the natural hormone, melatonin, which prepares the body for sleep. Magnetic therapy improves melatonin levels - making it easier to fall asleep and rest through the night.

Melatonin also regulates *circadian rhythm*, our natural sleep/wake cycle. During winter months, and as we grow older, the pineal gland produces less melatonin. It takes longer to fall asleep, and becomes more difficult to sleep through the night.

Several 6-12 month clinical trials have found that sleeping on a magnetic mattress pad or pillow can greatly improve quality of sleep.