

## The Theory of Magnetic Therapy

Magnetic Therapy utilizes the power of magnets as a treatment to alleviate pain throughout the body. With a long history, magnets are believed to possess healing powers, especially effective in treating muscle pain and stiffness. "Lodestones" or stones that were recognized to have magnetic properties have been used by the ancient Egyptians, the ancient Chinese, and their use has been mentioned in the treatment of diseases in the Vedas, ancient Hindu scriptures.

In the 17th century, Sir William Gilbert was purported to utilize magnets to relieve Queen Elizabeth I's arthritic pain. In modern times, American interest grew in magnetic therapy starting in the 1990s when professional athletes attested to the power magnetic devices had in alleviating pain.

Advocates of Magnetic Therapy attribute many benefits to the use of Magnets: pain relief; reduction of swelling; restful sleep; increased tissue and cellular oxygenation; improved blood circulation; improved tissue alkalinization; and relief of stress.

Fundamentally, magnetic therapy operates under two sets of theories. One theory asserts that magnets create a small electrical current, which stimulates the body's natural painkillers at the site of application. The second theory argues that magnets cause the area's cells to boost blood circulation, oxygen flow, and ion exchange to the painful area. The boost in oxygen present in the tissues and bloodstreams is purported to increase how quickly the body heals.

SOURCE: Magnetic Therapy - Encyclopedia of Alternative Medicine by Kim Sharp