

Magnets... Magic, Myth or Back to Nature

By Paula Constantino

Since the beginning of time, magnets have appeared to possess mystical qualities often associated with witchcraft and primitive medicine men. The very essence of magnetism has been cloaked in myth and mystery for eons.



Yet when one stops to look beyond this mysticism, it becomes evident that all life, be it plant life, animal life or human life, exists in and responds to the magnetic field of the earth. In fact, we live on a gigantic magnet called Earth, and each and every individual on the earth has been exposed to and has benefited from the earth's natural magnetic energy fields. *Magnetism is an essential part of the earth's energy* and is necessary to sustain life on Earth.

Magnets have been used for health for hundreds of years. The oldest known use of magnetic powers can be traced to Africa where a bloodstone, magnetite mine, dating back approximately 100,000 years, was found. The magnetite was ground up and put in foods, potions and topical applications. Ancient civilizations of Greece, Hebrews, Arabs, Indians, Egyptians and Chinese have all used natural magnets for health.

Humans need internal and external sources of magnetic energy fields for survival. The research and writings of Robert O. Becker, M.D., an orthopedic surgeon and author of scientific books, indicate that while low levels of magnetic fields can be beneficial and aid in healing, electromagnetic fields created by household current can be detrimental to health. Since the human body's ability to generate sufficient negative magnetic energy is limited, adding a negative magnetic field from outside the body can provide anti-stress energy sufficient to aid the body's healing process.

The use of magnets does not actually heal or cure, but the use of magnets supplements the deficient magnetic field providing sufficient energy that body needs to repair itself. Magnetic field therapy is noninvasive but can penetrate every part of the body without the potential detrimental side effects of conventional Western medicine. In essence, the addition of ***magnetic field therapy enhances the body's ability to perform*** as it was designed to but to do it more efficiently and more effectively.

The healing potential of magnets occurs because the body's nervous system is governed at least in part by varying patterns of electromagnetic fields. Magnetic field therapy works because the magnetic fields produced by properly engineered magnets can penetrate the human body affecting the function of the body's nervous system, organs and cells at the level of atoms. When used properly magnetic field therapy has no known negative side effects.

The stress of living in our civilized society with its concrete foundations, metal automobiles and steel buildings can result in a syndrome referred to as

“magnetic field deficiency syndrome” that can cause headaches, dizziness, muscle stiffness, chest pain, insomnia, constipation and general fatigue, often resulting in the development of acute symptoms or chronic degenerative disorders.

In today's society, almost everyone has at least one health concern and quite often a combination of health concerns. For example, insomnia is quite common to one degree or another and can frequently lead to more serious health problems. Studies have shown that the simple noninvasive preventive measure of sleeping on a magnetic pad can improve the quality of sleep, often leading to improved health overall.

The health care industry in the United States alone is estimated to be well over one trillion dollars with only a small fraction of those dollars being spent on preventive or alternative modalities. However, society as a whole is starting to turn more and more to complementary or alternative health care solutions. ***People around the world are now beginning to rediscover the benefits of using magnets for health, often with amazing results.***

Paula Constantino has been an *Independent Wellness Consultant* with *Nikken*, a 30 year old Japanese wellness company, that offers an array of wellness products, including magnetic products, through her company, ***Wellness & Wealth-4-U***. You can contact Paula at pconstantino@comcast.net or check out her website at www.5pillars.com/wellnesswealth4u. Paula is also ***Founder of Women's Support TEAM*** - an online resource for the success of women in life and business - at www.womenssupportteam.com or paula@w-s-team.com.