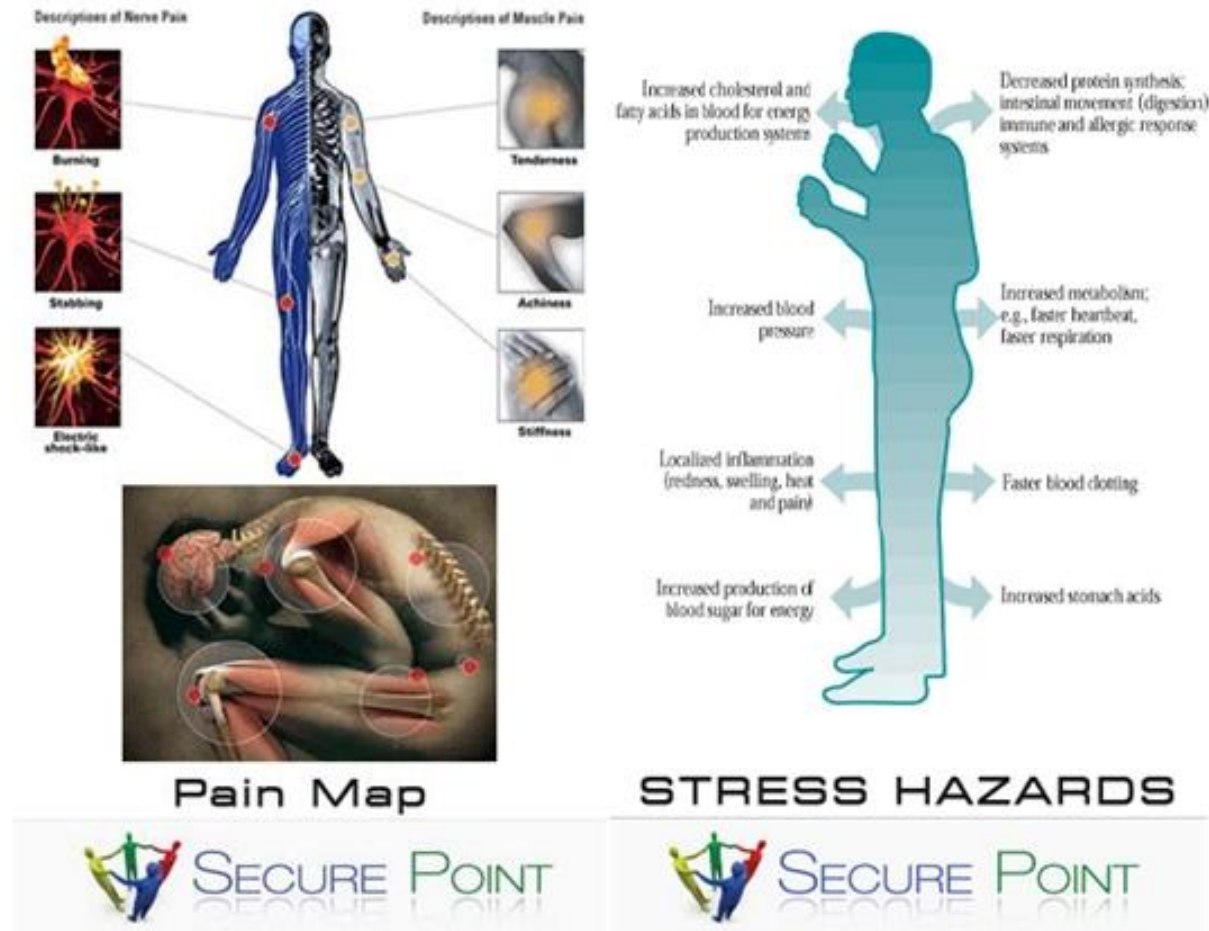


Health Benefits of Magnetic Bracelets



Arthritis

Magnetic bracelets work by using magnetic fields, which are generated by the earth's magnetism, solar storms, power lines, electrical devices, and even by the chemical reactions of the human body (within the cells and the nervous system). Studies have shown magnetic bracelets to have health benefits. With continued use, these include effects on physical and mental well-being.

Headaches

Magnetic bracelets have been shown to help joint, bone and muscle pains--the principal complaints of arthritic diseases. The magnetic property appears to supplement additional treatment to improve the well-being of the arthritis patient

Chronic Pain

Chronic headaches, especially migraines, can have a deep effect on quality of life. Some patients wearing magnetic bracelets have found decreases in the number of headaches or their severity.

Stress Relief

It is thought that a negative magnetic field will normalize disturbed metabolic functions that cause certain painful conditions such as inflammation or cell degeneration.

Cancer

Magnetic bracelets have been thought to decrease stress and improve sleep. Magnetic fields put directly on top of the head have been proven even more useful for their calming effect.

Considerations

A 1974 study by Albert Roy Davis, Ph.D, showed magnets to kill cancer cells in animals. While there is no proof that it can cure cancer in humans, the use of magnetic bracelets has been recommended by some as an additional element in the treatment of cancer patients.

There are many studies proving the benefits of magnetic bracelets. They may not actually cure diseases, but they seem to have no harm when used under a doctor's care in conjunction with other treatments for various ailments.

About Magnetic Bracelets & Weight Loss:

Magnets have been used for centuries to improve a person's health. From the ancient Egyptians to modern medicine, practitioners have been constantly attempting to discern the real effects of magnets on the human body, and to find ways to enhance those effects for the benefit of all. One of the more modern crazes, though it's been popular for much longer, is to wear magnetic bracelets.

Origin

1. Magnetic jewelry is not a new craze, or even a new idea. Records indicate that ancient Egyptian physicians often used lodestone, natural magnets, on areas of their patients' bodies. The effects of these magnets supposedly ranged everywhere from curing disease and skin condition to slowing the effects of aging.

Effects

2. Modern science, through the use of refined magnets and technology, has been able to determine more specifically the effects of magnets on the human body. Magnets have been shown to increase a person's blood flow, reduce inflammation, relieve pain and in some cases to improve healing.

Bracelets

3. Among all of the current popular choices for magnetic health aids, magnetic bracelets are some of the most common. The location of a magnetic bracelet at the wrist, a major confluence of veins, is supposed to enhance its effectiveness even more.

Weight Loss

4. Wearing magnetic bracelets, and other magnetic jewelry, is supposed to benefit those attempting to lose weight. There is a school of thought that may support this as well. Enhanced blood flow is not only healthy, but can help those who are eating well and exercising keep up their metabolism and burn more calories and fat. However, this does require a person wearing a magnetic bracelet to do more if they intend on losing weight in any noticeable way.

Dangers

5. While there is a great deal of talk about magnetic bracelets and their effects, no hard evidence has shown that they produce any really noticeable effects. Additionally, no peer reviewed, scientific studies have been done on the effects of magnetic jewelry, insoles, or other similar items to prove their effects beyond a reasonable doubt.