

The healing power of magnets – a brilliant idea!



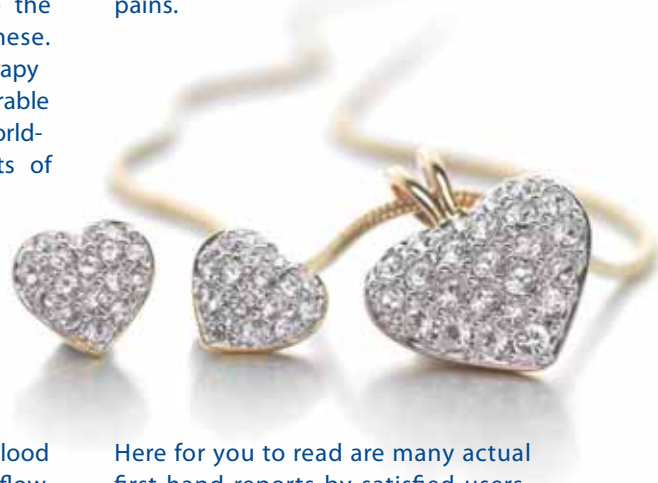
The beneficial influence which magnets could have over how the body functions was already known to the ancient Egyptians and Chinese. Magnets are a universal natural therapy for your health, without undesirable side effects. Millions of people worldwide rely on the positive effects of magnets to:

- Promote wellbeing
- Ease pain
- Reduce stress
- Gain energy
- Alleviate depression

Magnets improve the system's blood circulation. They raise the blood flow and the oxygen supply to the cells.

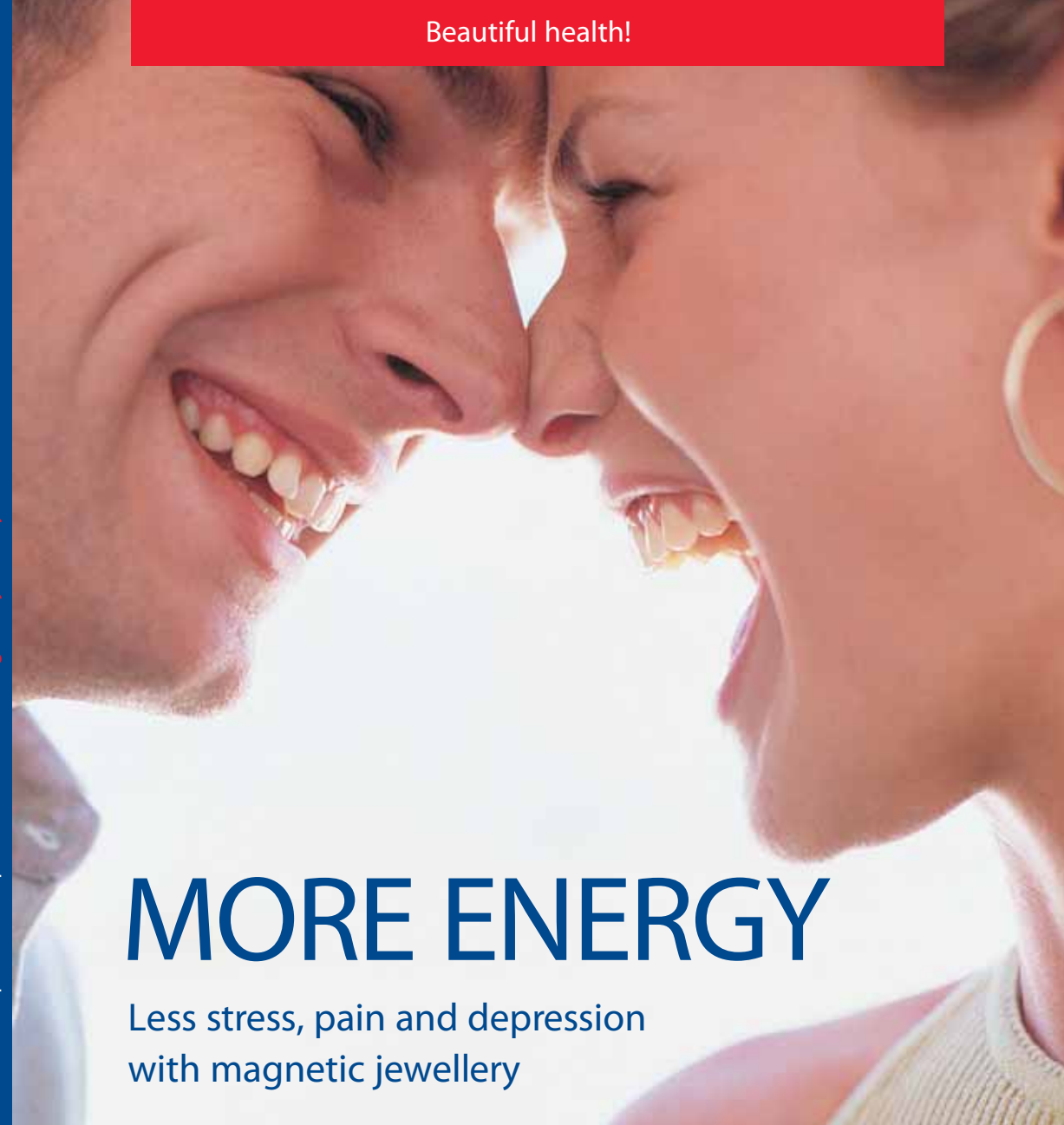
Wearing magnetic jewellery has produced positive results with a wide range of ailments such as: Arthritis,

rheumatism, insomnia, nervousness, migraine, tennis elbow, back or period pains.



Here for you to read are many actual first hand reports by satisfied users of magnets. Astonishing successes are reported with healing for animals as well as people when wearing magnet therapy jewellery and accessories.

Beautiful health!



# MORE ENERGY

Less stress, pain and depression with magnetic jewellery

Millions of people use the effects of magnets to relieve:

Athritis, Stress, Depression, Nervousness, Fatigue, Migraine, Rheuma, Back pain, Insomnia ...



magnetic jewellery

More Energy – Less stress, pain and depression with

# More Energy

Less stress, pain and depression  
with magnetic jewellery

Beautiful health!

## Acknowledgements

My special thanks go to the homoeopath Anton Schwenk for his continuous encouragement, collaboration and specialist advice. With his suggestions and the clear illustrations of Tommy Mühlbauer it has been possible to present this complex topic in a comprehensible and entertaining way for both the lay person and specialist therapists. I would also like to thank the kidney specialist Dr. Jean Francois Desassis for his research into certain medical aspects. Thank you as well to Mirjam Fäßler for her administrative support. I would also like to thank the ENERGETIX Magnet Therapy company for providing photos of magnetic jewellery.

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## Foreword

### The healing force

The highest ambition of someone who really cares about his fellow men, is to protect them from suffering. When such a person learns of suffering, he feels a real need to help the healing process and to ease the pain. Research must really focus on and strive towards this goal. It is due to the variety of life on our planet that there is not just one but several possible methods.

The faith placed in invisible powers is growing. Magnets have always been of special interest to mankind throughout the ages due to their special properties. Magnet therapy, now being integrated more and more into modern methods of treatment, uses the preventative and healing effects of magnets.

Magnetic fields have a positive effect on our systems; they re-establish the energy balance. Based on this, it can be empirically ascertained that magnets:

- are effective with a variety of ailments
- relieve pain
- have a positive, invigorating effect
- increase resistance to stress
- help with insomnia
- improve circulation

Finally, and this is the reason for such hope, magnetism induces a fantastic feeling of wellbeing. It protects against nervous disorders and increases potential energy.

Magnetism is a method of treatment with a future.

Gérard Archirel PhD  
Pharmacist

Magnetism induces a fantastic feeling of wellbeing. It protects against nervous disorders and increases potential energy.

Gérard Archirel has for several years been successfully recommending magnetic jewellery in his chemist's in France.



## Ancient knowledge rediscovered

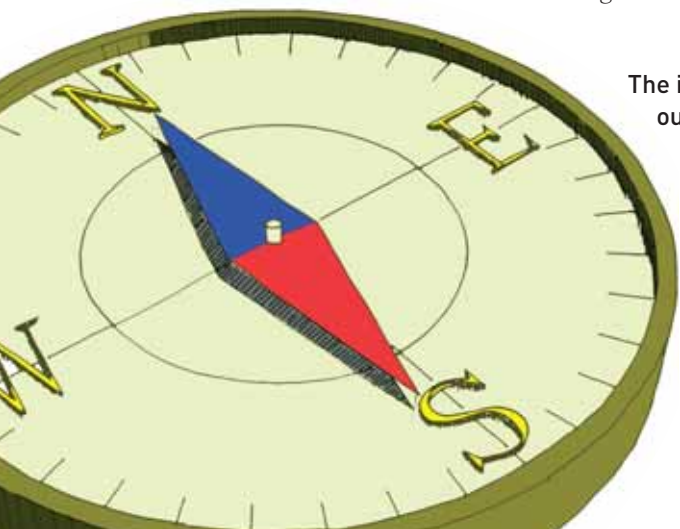
### The history of magnet therapy

Knowledge about the healing powers of magnets is not new. Magnetic healing effect was already known about thousands of years ago by the Schamans, medicine men, the Egyptians, as well as the Greeks and the Chinese. In antiquity magnetic stones were specifically placed on painful areas of the body. The magnetic powers of magnetic stones were administered externally and internally in a powdered form by the traditional doctors.

In Europe, healing magnetism had its heyday from the 16<sup>th</sup> to the 18<sup>th</sup> centuries. The most important forerunner of modern age magnetism was the Swiss natural pathologist and doctor Paracelsus (1493–1541). A few centuries later, Doctor Franz Anton Mesmer (1734–1815) gave renewed momentum to the medical and therapeutic use of magnetism.

With developments in chemistry, the rise of the modern pharmaceutical industry and the constant discovery of new drugs such as antibiotics and cortisone, in the Western world many old healing methods were forgotten during the course of the last century and became lost to us.

In Asia, China, Japan and many East European countries, however, they continued to use the natural, effective and inexpensive method of magnet therapy.



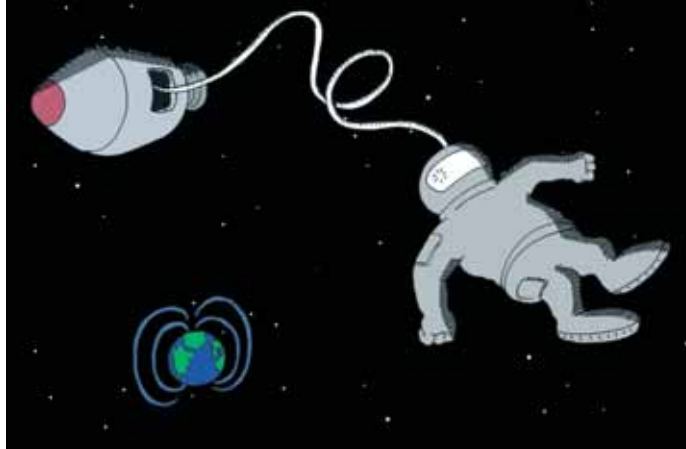
### The importance of magnetic fields for our health

It is not just compass needles that the force of the earth's magnetic field moves. It also plays an important role in our health.

In 1964, Linus Pauling was awarded the Nobel Prize in Chemistry.

He discovered the magnetic properties of red haemoglobin. An important and significant aspect for understanding the medical effect and the use of magnet therapy.

The importance of the earth's natural magnetic field for life became clear in manned space travel. When the first space men returned to earth they were suffering from various health problems. They complained of insomnia, tiredness, lack of concentration and depression, which were not immediately explainable to the specialist space medics. Later it was known that the main problem was energy depletion. This weakness was put down to the absence of the effects of the earth's magnetic field.

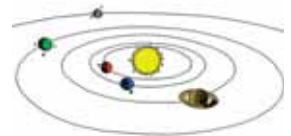


Following this realisation in the early 1960s, science began to take another look into the biological effect of magnetic fields on the human body. There is now a wealth of important knowledge about the fundamental importance of magnetic power for our health.

A variety of possibilities for the use of magnet therapy were developed on the basis of this knowledge and practical experience. Being a natural and stimulating method with holistic effects, the use of magnets is ideally suited to health care.

### **Magnetism is everywhere**

Magnetism is the power that ensures order is maintained in the universe. It makes it possible for the stars and planets to maintain their positions despite the incredible speeds at which they circle in space.



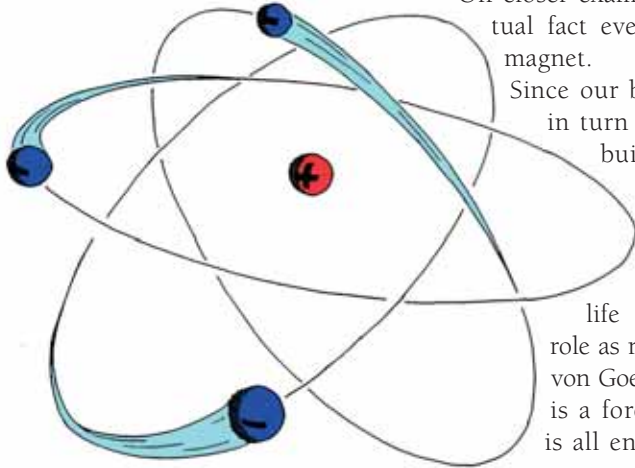
Magnetism is a fundamental principle that we are effected by at all times, even the smallest building blocks – atoms are influenced, then molecules, cells, organs and the whole body is equally effected not just by the earth's natural magnetic field, but also the sun's and that of the universe as a whole.

Magnetic force has an effect on every single cell of human and animal bodies, which is why there is such a variety of possibilities for the use of magnet therapy.

The sun's magnetic field is 100 times stronger than that of the earth. The earth's magnetic field is a few billion years old and as such has been in existence much longer than any form of life on our planet.

Without magnetic force life on earth would be impossible. The earth's natural magnetic field is very weak and only has a strength of about 0.5 gauss. Yet it still protects us from the influence of the sun's very strong field. The ability to survive and the wellbeing of human beings, animals and the plant world all depend on this force. Magnetic force has an effect on every single cell of our bodies; human beings and animals alike. It is the basic pre-requisite, which enables magnet therapy to be used in such a variety of ways.

### Atoms and magnetism



On closer examination, it was noticed that in actual fact every single atom embodies a small magnet.

Since our bodies consists of cells, which are in turn composed of molecules and their building blocks, atoms, so the human organism as a whole also represents a magnetic field.

So magnetism is inseparable from life and magnetic power plays a key role as regards our health. Johann Wolfgang von Goethe (1749–1832) wrote: “Magnetism is a force with a general effect. Its effect is all encompassing. It effects everything, every person and all plants and animals...”.

## Why we need extra magnetic force today

### The earth's magnetic field



Scientists have confirmed that the earth's magnetic field has been decreasing in intensity over the last few centuries.

During his numerous expeditions through South America, Cuba and Mexico (1799–1804), the natural scientist Alexander von Humboldt discovered that the earth's magnetic field varies with the degree of latitude. With a value of 0.3 gauss at the equator, it is considerably weaker there than at the North Pole or South Pole with approx. 0.7 gauss. In Europe it has an average strength of 0.5 gauss.

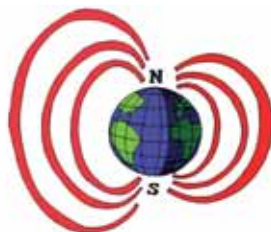
The earth's natural magnetic field is also subject to changes depending on the time of day. On the night side of the earth it is about 0.1 gauss weaker due to the lack of sunshine.

A phenomenon, which remains unexplained to this day, is to be found in some regions and locations on the earth, where the strength of the natural magnetic field is sometimes up to double the normal strength. Hundreds of thousands of people visit these locations, as they are known for the fact that forces emanate from them, which have a positive effect on health. One such location, well known far beyond the French border, is Lourdes.

### Lack of movement and shielding through reinforced concrete

By nature, the human being is always a very active creature. Modern life is keeping us more and more imprisoned in closed buildings, shielded from the earth's natural magnetic field.

Most of us are not active enough and do not spend enough time out in the open countryside. We often work, live and sleep in reinforced concrete buildings, and when leaving the house, take the car, the bus, or the train, to commute to work, spend



During the day, the earth's magnetic field measures 0.5 gauss, during the night it measures 0.4 gauss.



The effect of the natural magnetic field is constantly reduced by a “shield layer of concrete and steel”.

the whole day in reinforced concrete offices and factories and then go home again in the evening. The effect of the earth’s natural magnetic field is constantly reduced by a “shield layer of concrete and steel”.

In addition, the percentage of oxygen and the natural amount of ions in the air in closed rooms are considerably lower than outside in the open. All too rarely a few of us manage to achieve the balance actually required through outdoor activity.

### Survival and adaptation stress

To be healthy means, that the body is able to react to external influences as well as internal activity, and to then adapt itself in order to maintain the body’s equilibrium.

It is precisely this equilibrium that is in ever-growing danger today due to many stress factors.

Our lives are overrun by hectic pressure and stress. Our environment is being increasingly contaminated with harmful substances. As a whole, modern life is putting ever more strain on our bodies. Increasing electro-smog from computer screens, radio and television sets, mobile telephones, heated pillows, microwave ovens and all modern, electrical appliances represent additional disturbance factors.

**Tip:** Turn appliances off after use and unplug them. Do not sleep or sit for long periods near to electrical night storage heaters – whether in the same room or directly behind the wall of a neighbouring room.



So called geopathic disturbance zones, such as underground water-courses, faults, etc. also have a negative influence on the human body.

**Tip:** Diviners can show where these disturbance zones are, so that you can avoid these locations or at least move your bed or your desk. Plants and trees also thrive, if these disturbance areas are avoided.



It is precisely this equilibrium that is in ever growing danger today due to many stress factors.

## Research into magnetic field therapy

### A study of magnetic field deficiency syndrome

Dr. Kyoche Nakagawa, M. D., head of the Isuzu hospital in Tokyo (Japan) describes an illness, which he calls magnetic field deficiency syndrome, in a published paper. The symptoms were:

- stiff shoulders
- back problems with headaches
- fibromyalgia
- insomnia
- digestion trouble
- circulation problems
- general tiredness

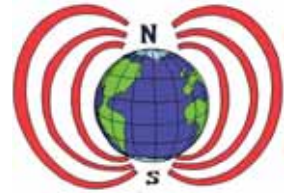
Within the framework of his investigations, a truly unique operation to date was undertaken, involving sending out questionnaires to a total of 11,648 users of magnet therapy\* and then evaluating the data. The results showed that more than 90% of those users questioned considered the effects to be positive and only 10% of the experimentees felt there was no effect. Side effects were not reported!

\* *Magnetic plaster: North pole directed to the skin, strength of magnet: 590 gauss*

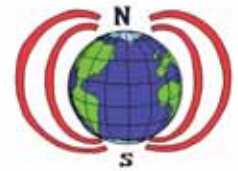
### A study using magnetic belts

The Japanese doctor Dr. Yoshia Oay carried out a double-blind study in 1986, in which eighty people with problems in the lumbar vertebrae participated. Fifty participants received a magnetic belt with a magnet strength of 1,500 gauss, the remaining 30 patients were given a belt with the same appearance with a lower magnet strength of just 200 gauss (placebo). A much higher effectiveness with a significant improvement in the symptoms was recorded in the patient group treated with the strong magnets. In the group with the weaker belts or placebos, however, no effect or improvement was achieved.

(Source: Dr. E. Helzaptel, P. Crepon & C. Philippe Magnet Therapy, Thorsons Publishing group Ltd., 1986)



Intensive magnetic field  
500 – 1000 years ago.



Significantly reduced  
magnetic field today.

The results showed  
that more than 90% of  
users questioned  
judged the effect as  
positive.

Within the framework of the survey carried out by ENERGETIX, the users evaluated the effect of the magnetic jewellery, using an evaluation scale typical for such investigations.

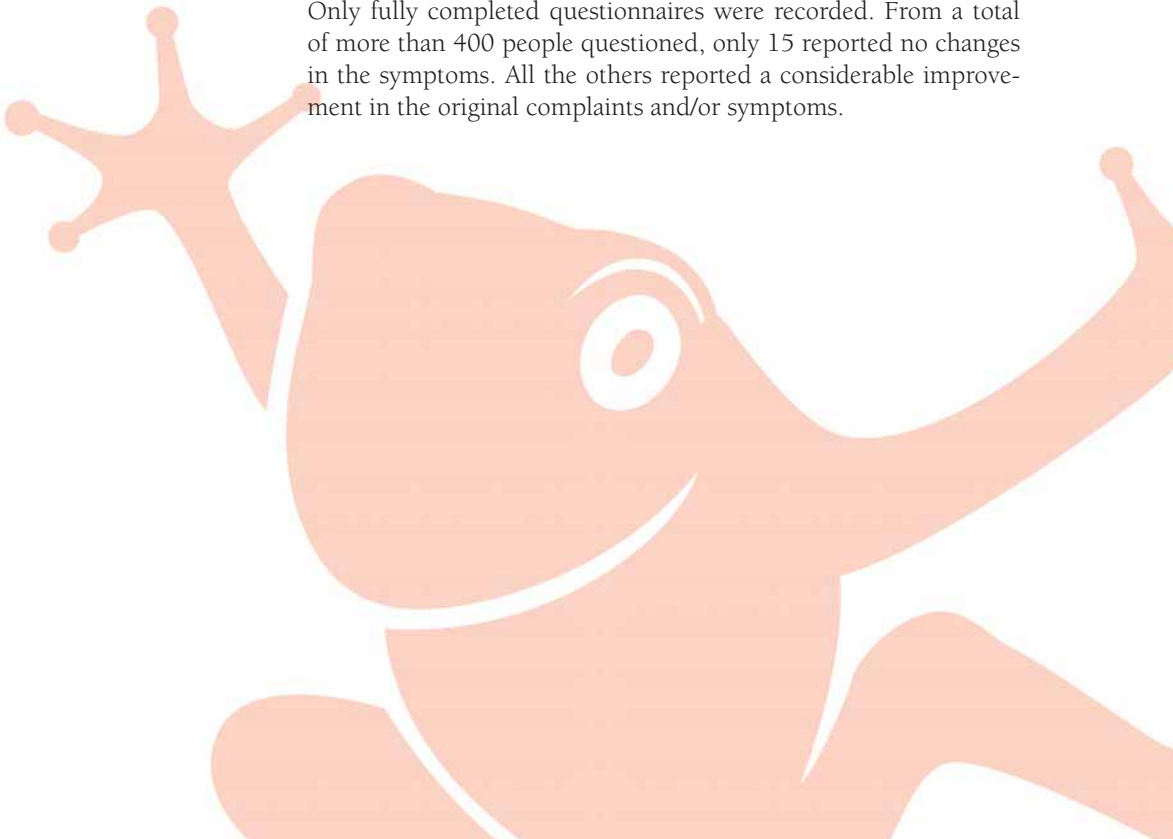
### User study with magnetic jewellery

The ENERGETIX Magnet Therapy company carried out a survey in 2003 using a very clearly structured questionnaire given to over 400 users of magnetic jewellery. Men and women were questioned. To evaluate their symptoms they used a scale from “one” (none/no symptoms) to “ten”(very strong/permanent symptoms). Within the framework of this survey, the users assessed the effect of magnetic jewellery, using this evaluation scale typical for such investigations.













The symptoms were recorded before beginning to use magnet therapy and four weeks later a new evaluation was carried out.













The magnetic jewellery used and the accessories were polarised with the north alignment used in the direction of the body. The strength of the magnets in the jewellery was at least 1,200 gauss.

Only fully completed questionnaires were recorded. From a total of more than 400 people questioned, only 15 reported no changes in the symptoms. All the others reported a considerable improvement in the original complaints and/or symptoms.



Significant statistical results were achieved with the 403 people questioned, who wore the jewellery for at least 4 weeks

Women					
<b>Number of symptoms*</b>					
Headaches	110	0	8	3	99
Migraines	49	0	8	0	41
Melancholy	30	0	2	1	27
Insomnia	130	1	14	9	106
Tension in the neck	144	0	8	11	125
Back pain	129	0	7	15	107
Joint pain	118	0	7	6	105
Lack of rnergy/tiredness	145	0	8	10	127
Menstruation problems	54	0	9	3	42
Total:	909				
Men					
<b>Number of symptoms*</b>					
Headaches	10	0	0	0	10
Migraines	4	0	0	0	4
Melancholy	2	0	0	0	2
Insomnia	15	0	1	0	14
Tension in the neck	16	0	0	0	16
Back pain	15	0	1	0	14
Joint pain	15	0	1	0	14
Lack of rnergy/tiredness	14	0	1	2	13
Total:	91				
Non-gender specific					
<b>Number of other symptoms*</b>					
Circulation	4	0	0	0	4
Skin problems	3	0	0	0	3
Snoring	1	0	0	0	1
Nicotine withdrawal	1	0	0	0	1
Nerves/stress	6	0	0	0	6
Menopausal problems	2	0	0	0	2

-    worse
-    no change
-    up to 20% better
-    over 20% better

\*Multiple answers allowed

It is not only research undertaken in China that shows that magnetic water has a positive influence on human health.

### The effect of magnetic water

The influences of magnetic water on urinary calculus was studied in an experimental and clinical study, by the urological section of the Surgery Department of the Tongji Hospital in China. Since 1979, a varied range of pure research has been undertaken:

- The solubility of Oxalate, uric acid and phosphate-urinary calculus was tested in conventional water and in magnetic water. It was discovered that phosphate-urinary calculus proved to dissolve better in magnetic water.
- The physical and chemical properties of magnetic water were examined, and it came to light that calcium crystals also dissolved better in that type of water.
- Experiments with fish in magnetic water showed that the calcium crystal content in their kidneys and the calcium level in the tissue structure were lower than in fish that lived in normal water.

In the last few years, numerous Chinese hospitals have used magnetic water to treat urolithiasis with good results.

(Source: *Zeitschrift für Urologie und Nephrologie*. 80(9):517-34, 1987 Sep. – published in Germany)



## Magnetic field deficiency syndrome

### Magnet field deficiency syndrome: a high price

Working hours lost due to illness represent considerable costs for companies and the economy as a whole.

Just the costs for wage continuation on absence from work amounted to approximately £20 billion in Germany in 1999. Besides these direct costs, companies also have to cover indirect costs, which are hard to quantify,

such as additional personnel costs, loss of production, problems with scheduling and additional organisational expenditure.

In his report »Gesundheit im Betrieb« [Health in Business], Franz Decker calculated that through the illness of workers at all economic levels, in Germany, alone the cost is more than 45 billion Euro per year in loss of production.

Swiss headache specialists found out with the framework of their “nomig” (for “no migraine”) campaign, that just in Switzerland loss of production costs amount to 537 million francs due to migraine. In the future, illness prevention in the work place is inevitably going to develop into a key subject.

Only those who feel well remain healthy and can perform at their best, which is why employers should take the need for health care for their employees seriously.

For those employees not themselves afflicted and unable to work, the fact that colleagues are absent from the workplace due to illness means that they themselves often suffer from additional stress and difficulties.

Considering that in many instances this concerns perfectly “avoidable” complaints, our quality of life should also be taken into consideration. We are giving away what could be a valuable part of our lifetime, by suffering from various complaints unnecessarily.



In his report “Gesundheit im Betrieb”, Franz Decker calculated that through the illness of workers at all economic levels, in Germany alone, the cost is more than 45 billion Euro per year in loss of production.

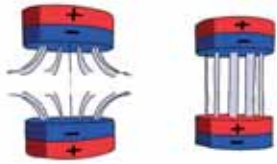
## Magnet therapy for prevention and relief

Millions of people worldwide use magnet therapy:

- to improve wellbeing
- to relieve pain
- to reduce stress
- to increase energy
- to alleviate depression

Magnets improve blood circulation and increase the supply of oxygen and nutrients to the individual cells. Toxins are eliminated naturally and more quickly. The energy balance is improved and the body's self-healing forces are strengthened.

### What is a magnet?



Positive and negative parts attract each other. Magnetism thereby holds the material together.

The term comes from Greek: a magnet has the property to attract substances such as iron, nickel and cobalt. The space around a magnet, the area in which magnetic forces can be determined, is called a magnetic field.

A magnet is made of very small parts, like every other material, and these are called atoms. An atom is the smallest magnet. Atoms look like the solar system we live in: with the sun in the centre (= atomic nucleus) and the planets (= electrons), that rotate in orbit. The atomic nucleus is positively charged and the electrons in the shell are small negatively charged parts. Positive and negative parts attract each other. Magnetism thereby holds the material together. This is a feature of magnets and the more atoms a magnet has with the same polarity, the stronger it is.

Materials such as plastic or rubber are not magnetisable, as the atoms and the molecules cannot be polarised, so they remain unorganised and no magnetic effect is possible.

The field lines of a magnet constitute a closed loop. They leave the magnet at the north pole and return to it at the south pole. The

magnetic field is at its strongest close to the pole. Magnetic fields effect the smallest charge carriers, the ions. (Ions = positively or negatively charged atoms)

### The polar principle

It is known that each magnet has two poles: a north pole and a south pole. Opposite poles attract each other and like poles repel each other. Examples of the polar principle are to be found in our life in the form of night and day, warm and cold, good and bad, right and wrong, etc. In the Far Eastern philosophy and in the acupuncture in Chinese medicine, duality, the principle of “Yin = negative” and “Yang = positive”, is central.

The magnetic lines of force that run from pole to pole move in a three-dimensional turning and spinning movement. In the magnetic field of the north pole electrons move anti-clockwise and in the magnetic field of the south pole they move clockwise (Electron-Spin).

The different biological forces of both the magnetic poles was discovered and described back in 1936 by Albert Davis. Within the framework of his research Davis carried out experiments with mice and plants.

### The importance of the poles in magnet therapy

#### North pole

The magnetic north pole is said to have stronger healing powers. It brings equilibrium and generally regulates the system. It increases energy, alleviates pain, reduces swelling, regulates blood pressure and has a positive effect in cases of infection. Furthermore, it has a positive influence on oxygen supply and the acid-alkaline balance. Injuries, dislocations and broken bones heal better.



In the Far Eastern philosophy and in acupuncture in Chinese medicine, duality, the principle of “Yin = negative” and “Yang = positive”, is central.





### South pole

The magnetic south pole activates the metabolism and with it growth. Which is why these stimulating components of the magnetic force can cause inflammatory conditions to worsen.

This is also the reason why therapists hardly ever use south-polarised magnets.

### Polarity of magnets

Magnets can have very different compositions. With so-called unipole magnets, the south pole is on one side of the magnet and the north pole on the other side of the magnet. With bipole magnets, two different magnetic poles are on the same side of the magnet, and with multipole magnets, several north and south-polarised magnets are lined up next to each other.

Normally the north pole is on one side and the south pole on the other side of the magnet. Only man has produced artificial magnets with different polarisations.



Magnets can have very different compositions. Only man has produced artificial magnets with different polarisations.

### This is how to test the polarity of the magnet

It is easy to determine the polarity of a magnet. To do this, just hold a small pocket compass on the surface of the magnet. If the compass needle points “north” then your magnet has a “north polarity”. The compass needle is attracted to the north pole of the earth. However, the material used to make the magnetic needle has the opposite polarisation, namely “south”.

Some manufacturers use colour coding for larger magnets:

- North pole (negative): blue, white or green
- South pole (positive): red or black



## Types of magnet

Various materials are used to make magnets. One thing they all have in common, however, is that it is possible to align their atoms in rows either permanently or temporarily.

### Natural magnets

Natural magnetic stone (magnetite) is formed from lava containing iron, which comes from middle of the earth, and atmospheric nitrogen. The cooled lava retains the earth's natural magnetism and people were using this for therapeutic purposes thousands of years ago.



Natural Magnet

### Permanent magnets

These are technical magnets industrially manufactured using various materials. They have their own magnetic force; they are not energised by electric current.

Permanent magnets include:

- Ferrous-magnets. They consist of barium and iron carbonates and are very fragile
- Strontium-ferrite magnets consist of a strontium-iron alloy
- Alnico magnets are made from an alloy of aluminium, nickel, iron, cobalt and copper. They are approximately ten times more powerful than ferrous magnets and one hundred times more powerful than the earth's magnetic field
- Neodymium magnets are the latest, most powerful and most expensive magnets. They can only be produced in relatively small sizes. They consist of an alloy of about one fifth boron and four-fifths neodymium. They are often used in the production of magnetic jewellery. They only lose a very small amount of their magnetic force per year.



Neodymium Magnets

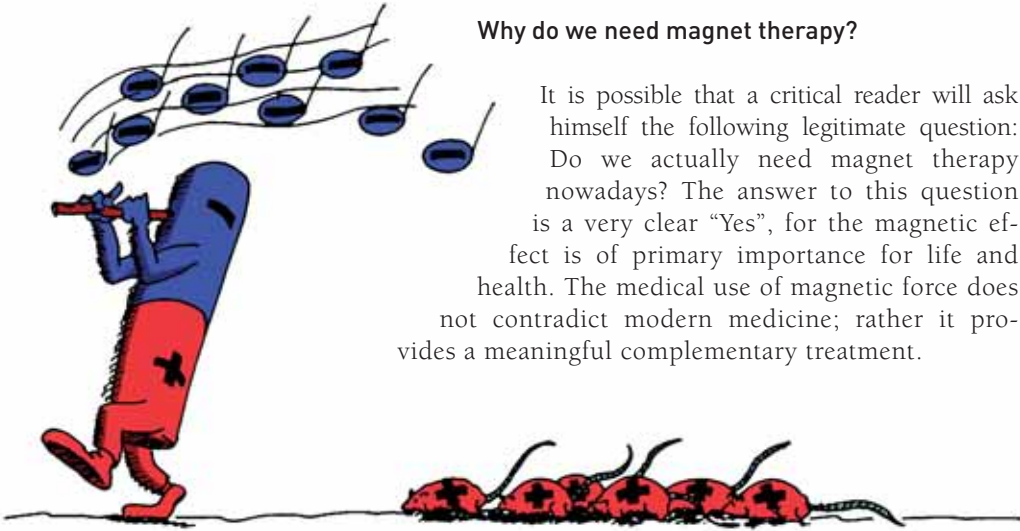
### Electromagnets

These magnets are created through induction; i.e. they are made using electricity. An iron core, surrounded by an insulated electrical conductor, becomes a magnet through electrical current. The current magnetises the core.



Electromagnets

## Magnet therapy and health



Human beings and animals fundamentally need the positive effect of magnets for their health and life.

### Why do we need magnet therapy?

It is possible that a critical reader will ask himself the following legitimate question: Do we actually need magnet therapy nowadays? The answer to this question is a very clear “Yes”, for the magnetic effect is of primary importance for life and health. The medical use of magnetic force does not contradict modern medicine; rather it provides a meaningful complementary treatment.

According to recent findings in the world of physics, the cosmos, (the whole universe) originated from fields of energy. Long before there was life, magnetic fields of energy already existed. Each magnetic field has an energetic strength and therefore has a specific and focused effect, comparable to a piece of information.

This is why people not only refer to magnetic field therapy, but also energy and information therapy. The medical use of the energy and information effect of magnetic fields is playing an increasingly important role. Not least because civilised man is less in contact with the natural magnetic field, which leads to a magnetic field deficiency.

### The regenerating strength of magnetic fields

Magnetic fields effect the body as a whole. They travel through tissues and cells. In this way they naturally regulate and stimulate many vitally important chemo-electrical processes in the cells of the body.

Cells are the smallest living building blocks from which the body is built. The earth's magnetic field and to the same extent an artificially generated therapeutic magnetic field can have an influence on the metabolism of the cells. Metabolism is a primary requirement to uphold life in general.

It is the metabolism in the cells that guarantees that the body has the required amount of energy to ensure all of its functions.

A good comparison can be drawn between the function of a cell and that of an oven.

Every oven requires fuel for heating as well as a sufficient influx of fresh air (= oxygen), in order to create heat.

In order for our bodies to maintain the "fire of life", our cells also need supplies that meet their requirements. If the cells that constitute our various organs, such as the liver, kidneys, muscles and nerves, are full of energy and vitality and are generally fit, then we feel healthy and the organs function as they are meant to.

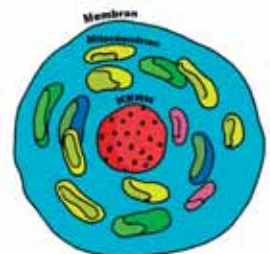
### The structure of a cell

Despite their variety of shapes and functions, cells are all similar in structure. They have a cell nucleus, the control centre for the cell functions and so-called "organelle", which are comparable to the organs of our body. The cell nucleus and the cell organelles are surrounded by cell liquid, which accounts for approximately 50% of our body weight. A cell membrane, comparable to our skin, gives the cell its shape and support and separates the inside of the cell from the outside.

Mitochondria are among the most important of organelles, for they act as mini power stations, the actual batteries in the cell. They are responsible for storing the energy gained through metabolism and making it available for the cell to function. For healthy cell metabolism, a sufficient supply of fuel (glucose), building material (protein) and vital elements (vitamins, enzymes and trace elements, etc.) is of utmost importance.



In order for our body to maintain the "fire of life", our cells also need supplies that meet their requirements.



### The normal cell function



Each cell generates enough of its own energy to carry out its work. In addition, each cell ensures that it renews itself in time. Cells are continually renewing themselves by division. From one cell, two new ones are produced. Older cells, with less energy, renew themselves more slowly, and the new cells generated by cell division are already handicapped in terms of energy.

50% of the available cell energy is used exclusively for cell support and for building up cell tension voltage.

The remaining energy is stored and is available, as necessary, for the cell's work. The purpose of magnet therapy is among other things to improve the power of cells to regenerate.



The functional processes in living cells can be compared to the engine of a car.

The functional processes in living cells can be compared to the engine of a car. If the battery is fully charged, the car starts more easily. When driving normally the battery is recharged ready for starting the next time. The energy balance of a cell is responsible for the correct functioning of the body and ensuring that it performs well. To generate energy for our bodies, just as with a car, good fuel is necessary to supply energy oil for lubrication and air, i.e. oxygen for combustion. Not to be forgotten: disposal – the disposal of exhaust fumes through the exhaust pipe.

### How our cells generate energy

Energy and the ability to perform are the result of good health. Magnetic force activates the energy metabolism and with it the body's regeneration. This is very important nowadays, as chronic complaints and "degenerative" diseases (the so-called diseases of civilisation, such as diabetes, back problems, arthritis, osteoporosis etc.) are among the most common problems.

Healthy cell metabolism is the basis for vitality and health.

Activating the body's growth, its regeneration – the opposite of degeneration and decomposition – is from this point of view an

optimal form of health care. Regeneration begins in every individual cell; it always starts in the smallest building block of life. So healthy cell metabolism is the foundation for vitality and health.

The generation of energy in the cells serves to maintain life.

**Oven:**

- Fuel for heating/wood
- Oxygen
- Inflammable material/paper
- Match

**Cells:**

glucose, carbohydrates, fat  
oxygen  
vital material and enzymes  
cell energy

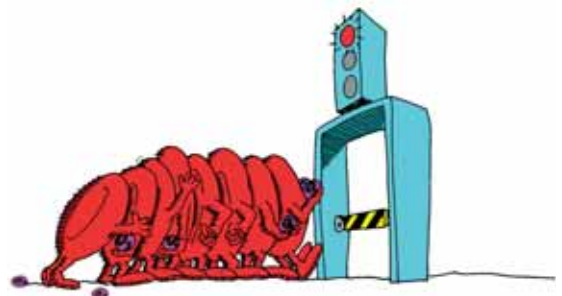
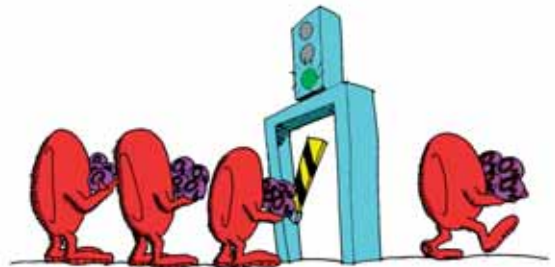
**Oxygen provides power**

In order for our cells to be able to fully take up their varied tasks, they need as optimal a supply as possible of building materials, nutrients, fuel and oxygen. Oxygen plays a key role, especially for the energy production in the mitochondria.

Sick cells or those unable to perform their function correctly, differ from vigorous and healthy cells, in that the oxygen exchange is reduced. In consequence: the performance of the organ concerned is reduced, similar to an oven or a fire with a reduced influx of air. This, in turn, means that the expulsion or the disposal of toxins is also made more difficult.

This results in a so-called clogging up of the tissues with a multitude of negative consequences for the health.

Sick cells or those unable to perform their function correctly, differ from vigorous and healthy cells, in that the oxygen exchange is reduced.





### Oxygen transport

The supply of oxygen to the body occurs through absorption in the lungs, and the distribution of oxygen to the blood vessels – blood circulation. Red blood corpuscles are responsible for the actual transport from the lungs to the distant organs, tissues and cells.

Besides the improvement in the transport of oxygen, there is also an improvement in the cells' supply of vitamins, enzymes, hormones and trace elements.

The elimination of waste products and carbon dioxide through the veins and the lymph system is also facilitated.

A key function in the transport of oxygen is carried out by haemoglobin. This contains iron and is the pigment that gives blood its red colour. Whilst the blood is passing through the lungs, the haemoglobin in the blood absorbs the oxygen ( $O_2$ ). It releases this later in the terminal vessels (the capillaries) and then absorbs the carbon dioxide ( $CO_2$ ), in order to remove this gas from the body through the lungs.

The oxygen made available for the cellular energy metabolism finally reaches every individual cell through the connective tissue.

## The miracle of blood circulation

### Blood circulation

Through blood circulation the whole body is supplied with vital nutrients. A single blood cell takes only a minute to pass from the heart to the wrist and back to the heart again. Blood circulation is maintained by the even strength of the heartbeat.

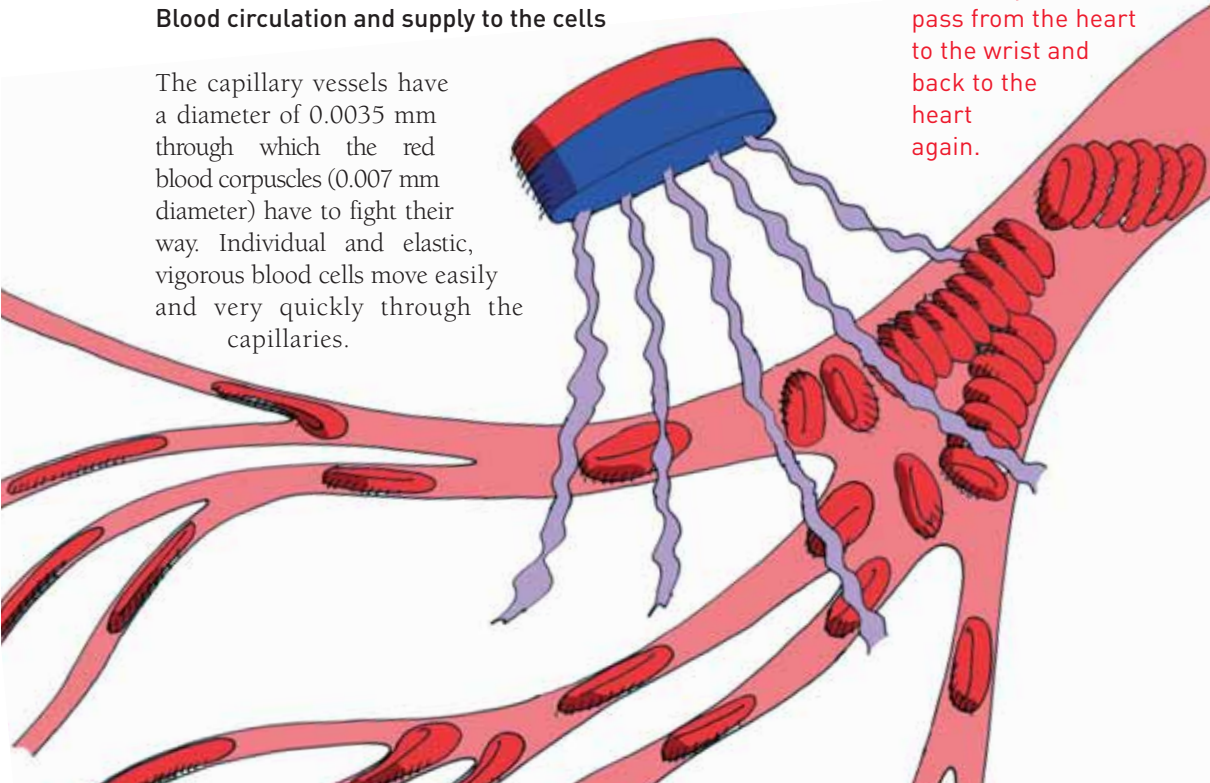
From the heart, blood is transported to the lungs, where it absorbs oxygen. It then passes through the aorta into the circulation system and flows through the arteries and into smaller and smaller vessels until it reaches the capillaries, effectively the end of the line.

Only once it is there, are the nutrients and oxygen delivered, transferring through the connecting tissues to every cell of the individual organs of the body.

### Blood circulation and supply to the cells

The capillary vessels have a diameter of 0.0035 mm through which the red blood corpuscles (0.007 mm diameter) have to fight their way. Individual and elastic, vigorous blood cells move easily and very quickly through the capillaries.

Through blood circulation the whole organism is supplied with vital substances. A single blood cell takes only a minute to pass from the heart to the wrist and back to the heart again.



Red blood corpuscles are disc shaped, but they are changeable shapes, with four “arms”, comparable to the extremities of our body, that make it easy to absorb oxygen and transport it in the blood.

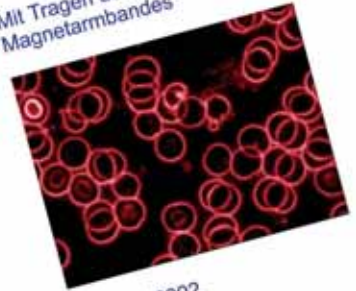
# Verbesserte Durchblutung

Vor Tragen des ENERGETIX Magnetarmbandes



24 / 03 / 2002

Mit Tragen des ENERGETIX Magnetarmbandes



14 / 04 / 2002

Deutlich sichtbar ist das Verschwinden der Geldrollenbildung der roten Blutkörperchen. Somit können diese mehr Sauerstoff und Nährstoffe aufnehmen und an die Körperzelle abgeben. Auch Schlackestoffe werden nun effektiver abtransportiert.  
Fazit: Einige Tage nach Tragen des ENERGETIX Magnetarmbandes verschwanden die Schmerzen Probandin (chronische Wirbelsäulenprobleme, Kopfweh - Ischialgie - Schmerzen im Daumen-Grundgelenk) und es trat eine Stabilisierung ein.

The ENERGETIX company has shown how magnets can contribute to improving oxygen transport using a dark field microscope.

For this, the blood cells elasticity and ability to change shape are necessary. Due to their own diameter and size, without being able to change shape they would not fit through the smallest vessels. This elasticity and flexibility is only possible if the blood cells do not stick together.

If the red blood cells have a sufficient bio-electrical charge potential, then they repel each other (in the same way as like polarities repel each other) and move as individual red blood corpuscles in flowing blood. This avoids blood cells sticking to each other, and the formation of plaque-/calcium-deposits in the blood vessels. In this way the fluidity and flow speed are improved. Only in this way is the transport of oxygen into the smallest blood vessels possible.

Besides improving the transport of oxygen, there is also an improvement in the cell's supply of vitamins, enzymes, hormones and trace elements. The elimination of waste products and carbon dioxide through the veins and the lymph system is also facilitated.

### Reduced transport of oxygen

Various factors and causes are known to reduce the speed at which the blood flows and so lead to a reduced supply in general. A significant reason is the formation of red blood corpuscles into so-called rouleaux (coin stacks), which means that the red blood corpuscles clump together and form stacks rather like coins. The causes for this are, on the one hand, a lack of physical movement, insufficient liquid intake, but also the increasing artificial, technically produced electro-magnetic load (electrosmog).

When red blood corpuscles are stuck together they can no longer change shape and are then too big to be able to flow through the smallest blood vessels. The capacity of oxygen to be absorbed is reduced.



A significant reason for a decreased speed of blood flow is the formation of red blood corpuscles into so-called rouleaux (coin stacks).

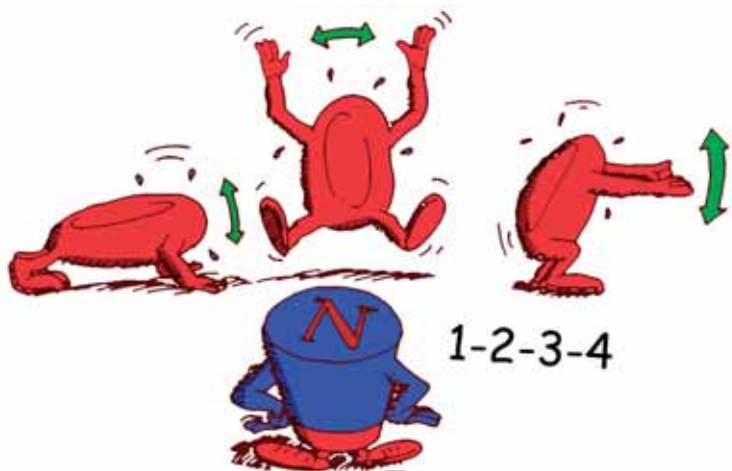
Tissues are not supplied with sufficient oxygen and the cells suffer from a lack of oxygen. The absence of vital oxygen for “burning” leads to the metabolism “burning on a low flame”.

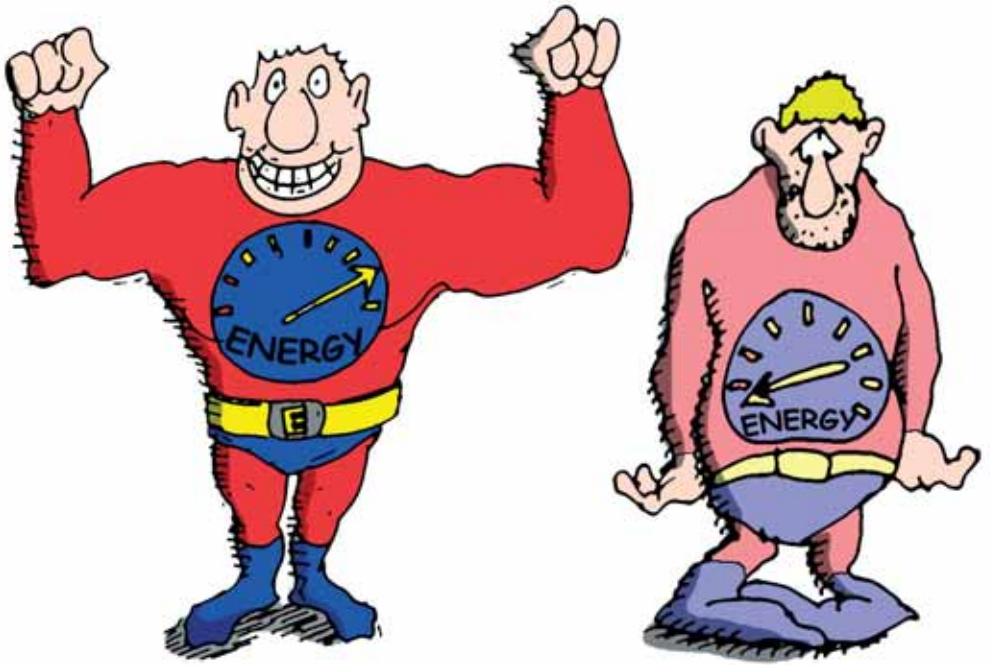
This does not only have negative effects on the cellular energy metabolism; the deficit in oxygen supply also puts a strain on the acid-alkaline balance, which leads to numerous well-known problems. It is not hard to see that the consequences of a reduction in the transport of oxygen can be far-reaching!

### The effect of magnet therapy on the transport of oxygen

Magnet therapy regulates the natural charge potential of cells and thus helps to reduce the tendency of red blood corpuscles to stick together. It improves the blood flow and along with it the transport of oxygen and the cells’ supply of vital “combustible material”. Improving blood circulation helps to provide a general feeling of wellbeing, the ability to perform well and the natural self-healing powers of the body.

Medicus curat, natura sanat! (The doctor cures, nature heals)





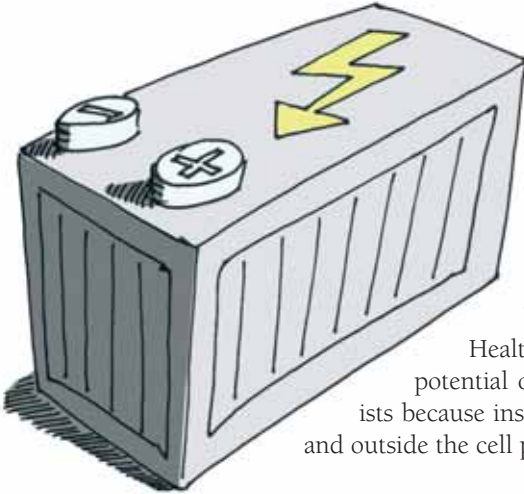
### Health and happiness – a question of energy?

Health and happiness are closely related! Illness and happiness do not go very well together. If somebody feels ill and has health problems, they will definitely not be happy with the situation. Health and happiness are however directly related to energy, vitality and strength! Have you ever been vigorous, full of energy and drive, but at the same time, dejected, unhappy and depressed? Surely not!

From this point of view it makes sense to concentrate first of all on the energy balance and the energetic condition of the body. With magnetic force you too can activate the cellular energy metabolism and improve your feeling of wellbeing.

With magnetic force you too can activate the cellular energy metabolism and improve your feeling of wellbeing.

### Magnetic fields and energy metabolism



In order to have a better understanding of the holistic effect of magnetic field therapy, we need to take a trip back to the cells.

The human body consists of building blocks, these are some 70 billion cells or so. Our cells cannot only be compared to an oven, but also to a battery. Each battery has two poles, with a voltage between them.

Healthy cells also have a certain voltage, a charge potential of approx. 60–110 mV. This cell voltage exists because inside the cell there are negative-charge carriers and outside the cell positive-charge carriers.

If the “cell battery” is fully charged, there is sufficient energy available. The cell can perform its work well. On the other hand, if there is insufficient energy available, this is reflected in a reduced working capacity, which means the cells work badly. This, in turn, leads to the functioning of the organ in question being impaired. The one and only way to ensure that the “cell battery” is always recharged is through the natural cell metabolism and the correct supply to the cells of nutrients, water and above all sufficient oxygen.

If the “cell battery” is full charged, there is sufficient energy available. The cell can perform its work well.

### Prevention through nutrients and magnets

Every living creature needs nutrients (raw materials) to survive. As with animals, we get these nutrients through food consumption. Foodstuffs contain three main categories of nutrients: proteins for growth and our body’s regeneration, fats and carbohydrates which are both fuel and are important for generating energy.

The body requires other vital substances in smaller amounts. These include vitamins, minerals and trace elements. Such substances that are required to make important chemical compounds and for reactions and processes in the cells.

A pre-requisite for a healthy metabolism is that the substances absorbed with food in the digestive tract are digested and split into their building blocks. This is what enzymes (special proteins) do. These split, for example, carbohydrates, into much smaller molecules, which the body can then absorb and process.

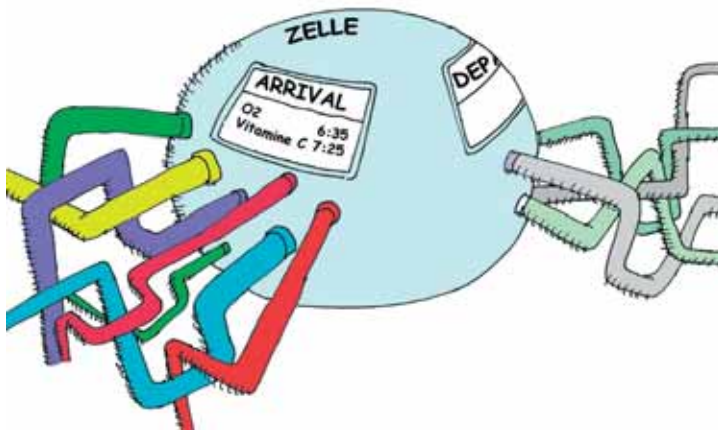
Digestion is the most important first step in generating energy.

The amount of vitamins and minerals etc. contained in our modern, and in part technically produced food, is nowadays often insufficient. The substances required for our metabolism and vitality must now be supplied to the body in the form of natural food supplements.

Ever-increasing numbers of people are today aware of this fact due to the numerous reports in the press and the media. Millions of people on their own initiative take vitamin and mineral supplements daily for their health. The state health authorities recommend taking a daily dose of vitamins and minerals (RDA). If our bodies are getting insufficient vital nutrients, then it is not possible to supply them using magnets alone. It is only when the body has an adequate supply of vitamins and minerals that magnet therapy can be used successfully and effectively.



A pre-requisite for a healthy metabolism is that the substances absorbed with food in the digestive tract are digested and split into their building blocks.



## Energy supply – an overview

### The key foundations of a vigorous energy balance

1. Sufficient supply of food and vitalised water
2. Natural regeneration through sufficient rest and sleep
3. Detoxification and elimination of the metabolism's waste products
4. Physical movement and functional use of the organs
5. Magnetic force

If our inner forces are balanced, we are healthy. In the case of illness, the organism loses its equilibrium

### “Energy thieves” in everyday life

What applies to the ecosystem in our environment, applies just as much to the ecosystem in our bodies. This is determined by the equilibrium of the inner forces. If these are balanced, we are healthy. In the case of illness, the body loses its equilibrium and an energy deficiency is quick to emerge.

and an energy deficiency is quick to emerge.

Individual reasons for this can be:

- Delayed elimination of waste products
- Incorrect eating habits and lifestyle
- Strain due to food additives
- Strain due to harmful substances in the environment
- Strain due to heavy metals
- Strain due to permanent stress
- Lack of oxygen
- Electro-magnetic smog
- Geopathogenic zones
- Scars  
(can disturb the flow of energy)
- Psychological factors  
(anxiety, fear, grief)
- Substances for pleasure and dependencies  
(tobacco, alcohol, drugs, etc.)

## The consequences of insufficient energy

- metabolism problems
- defence and immune deficiency
- blood circulation problems
- fatigue and tiredness

## Sour makes merry!

With this assertion, for once, the old wife's tale is wrong!

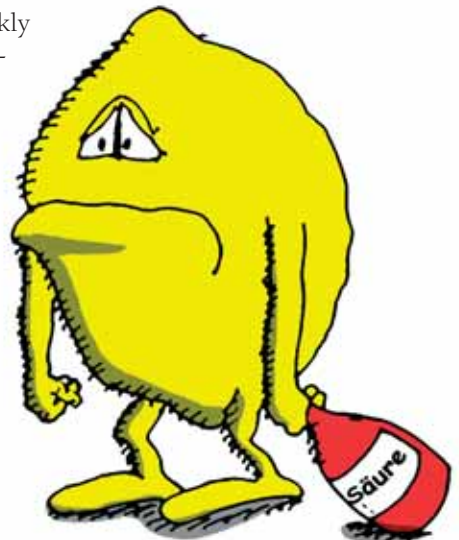
For many of modern mankind's chronic diseases, excessive acidity is a factor that should not be neglected. Unfortunately, it is not easy to detect when the acid-alkaline balance is out and the actual physical symptoms often only occur much later on.

Acids, also referred to as "tiring substances" in traditional medicine, disturb the natural processes in the body.

Besides disturbance of the acid-alkaline balance due to food intake, other causes related to waste disposal and the metabolism should not be overlooked.

In the normal course of metabolism "acidic" waste products are produced and these should be removed through the body's own disposal system as quickly as possible. Acids, also referred to as "tiring substances" in traditional medicine, disturb the natural processes in the body. By improving the oxygen situation, the natural burning process in the cells is enhanced. Less aggressive acids are produced.

Of course the acid-alkaline balance is to a large extent influenced by eating habits and the sufficient intake of liquid in the form of pure water. For more detailed information, please refer to the extensive specialist literature available. The positive supporting effect of magnet therapy should also be mentioned at this point.



## Magnetism in modern medicine

### Diagnosis systems with magnetic fields

It is no longer imaginable to have modern clinics without various technical diagnosis systems. Much of this highly complex equipment is based on using magnetic fields and the so called magnetic resonance principle.

Magnet applications are good value for money, do not strain the organism in any way and are pain-free. An all-round safe, but effective therapy.

This includes amongst others:

- The Magnetic Encephalogram (MEG) for measuring the brain's activity
- Nuclear Magnetic Resonance (NMR)
- Magnetic Resonance Imaging (MRI) for three-dimensional representation of organs. Used in explorative surgery and to depict the brain. It can replace X-rays that are harmful to the cells.
- The Superconducting Quantum Interference Detector (SQUID) used to measure the brain's electrical activity and that of other organs. In the case of death, SQUID registers a complete absence of magnetic energy in the human body.

### Magnet therapy: simple, cheap, painless and comfortable

Magnet therapy is a natural therapy, very simple and without complicated equipment. It can at all times be effectively combined with acupressure, acupuncture, homeopathy, hypnosis and with any kind of diet.

Magnet use is cheap, creates no stress for the organism and causes no pain. An all-round safe, yet effective therapy. By using magnet therapy the decontamination organs are not burdened with chemicals.

A magnet is the only tool used. The achievable effects are not magic; today they can be scientifically explained. The magnetic force itself does not heal; it is more the self-healing powers of the body that are gently encouraged. Even magnets worn per-

manently on the body, whose magnetic fields travel through the skin and have an effect deep down in the tissues, have absolutely no side effects.

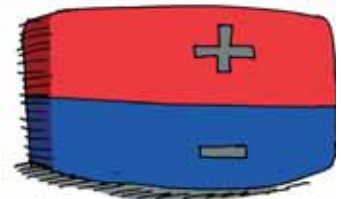
Magnet therapy is not dangerous. Complicated instructions and precautionary measures are therefore unnecessary. The method is safer than many other forms of therapy.

A lot of information now points to the fact that even electrically generated therapeutic magnetic fields can be used very effectively to treat many complaints and especially painful conditions, just as successfully as static permanent magnets. They are ideally suited to re-establishing the energy reserves and strengthening the immune system.

The magnetic force itself does not heal; it is more the self-healing powers of the body that are gently encouraged.



**Keine Fragen**



Even if a frog can be exposed to a magnetic field of 160,000 gauss with no side effects, for the purposes of magnetic jewellery a magnetic strength of at least 500 gauss is sufficient.

### No side effects – risk free

An interesting scientific experiment:

During an experiment in the Netherlands, a live frog was levitated in a strong magnetic field of 160,000 gauss. It was reported that the frog apparently felt at ease in the magnetic field and that afterwards he happily re-joined his fellow frogs back in the biology department. The frog subsequently showed no side effects!



Since 1978, the **FDA** (U.S. Food and Drug Administration) recommends the use of electro-magnetic equipment to treat broken bones and for pain therapy. The positive effects on the blood flow and the transport of oxygen can be observed both with static and pulsating magnetic fields (Research: Eutropa).

## Magnetic jewellery for beauty and health

### Jewellery and therapy

Jewellery and therapy have been harmoniously combined since primeval times. Stones are attributed with various healing powers. The most effective is magnetite (a natural magnetic stone), already supposed to have been worn by Cleopatra as an amulet on her forehead, in order to preserve her beauty. In the 18<sup>th</sup> century, magnetic jewellery was recommended by Franz Anton Mesmer. In the 19<sup>th</sup> century, magnetic jewellery was a popular product with traders in the USA and later in the mail order trade. The times in which magnetic jewellery was simple and not necessarily a joy to behold are over. Today beautiful designer magnetic jewellery exists, which takes aesthetics into consideration as well as effectiveness.



People have decorated themselves for thousands of years. Long before mankind discovered and processed metals, the skin was colourfully painted and leaves, roots and bones were used for decoration. Jewellery served: as a status object, to show the talents of a hunter, as a talisman (said to attract good spirits), as an amulet (said to ward off negative spirits) and as a religious symbol or even as an investment.

The mythology of good luck charms for mankind is full of fascinating secrets. Here is a short representation of the meaning of the main animal symbols used.

### Good-luck charms and their symbolism

#### Frogs

Frog amulets are much sought-after talismans, with different meanings the world over. Wearing a frog amulet protected the Romans from lost love and other disasters. In ancient Egypt, they were meant to protect a girl from losing her virginity and from infertility. In China, the amulet guaranteed a long life and great wealth. In Italy, Greece and Turkey, it was worn for good luck, in order to bring its wearer health, richness and a wealth of earthly goods.

### Snakes

In many countries and at different periods in time, the snake was perceived to have holy powers of protection. It was combined with the Goddess of healing and made into a symbol of long life and immortality.

Over 3,000 years ago, snake amulets were already worn to ward off illness and any form of weak health.

### Owls

The magic owl has a long history to look back on.

In ancient Greece, it was dedicated to “Athene” the Goddess of Wisdom. As a good luck amulet it was mainly used to protect against ignorance and helped to increase wisdom. The “wise, old owl” had a role as a protector.

### Fish

In the last few years the fish has seen a comeback as a symbol of protection. In many western countries stylised fish on the rear window of cars are meant to protect the driver from disaster. Various cultures saw the fish as a symbol of fertility, creativity and rebirth, which is why today fish amulets are still worn to protect from infertility.

### Cats

In Japan, the most popular good luck charm is called “maneki neko”, which can be translated “winking cat”.

The “winking cat” is worn as a protective amulet and fulfils two functions: it attracts good luck and staves off bad luck. Worn around the waist, it protects the wearer from pain and indisposition.

### Elephants

The elephant, worn as an amulet around the neck was once looked upon as the guardian of the house by the Indians. It was meant to provide protection against bad luck and bring good luck. “Ganesha”, the Indian God with an elephant head, is the ancestor of the western version of the elephant good luck charm. Buddhists also wear an elephant round their necks in the form of a protective amulet.



## Materials and qualities

Magnetic jewellery is available in various designs and qualities. Even items that look exactly the same to the naked eye do not always have the same quality. The higher the gold, silver or rhodium content, the higher the price, and the longer you will enjoy your piece of jewellery.

Jewellery decorated with crystals should not be worn in the shower, bath or in the swimming pool. Crystals that have been glued could become unstuck over time in very warm or chemically treated water (swimming pools). Chlorinated water and salt water in the sea can damage the surface finish, which is why it is strongly recommended to take (magnetic) jewellery off before going swimming.

Magnetic jewellery is available in various designs and qualities. Even items that look exactly the same to the naked eye do not always have the same quality.



If one prefers to wear the same piece of jewellery every day, then copper magnetic bracelets or steel jewellery without crystals are recommended. Magnetic fashion jewellery is often made with stainless steel or materials such as brass (bangles, chains etc.) or with an alloy of tin and other metals.

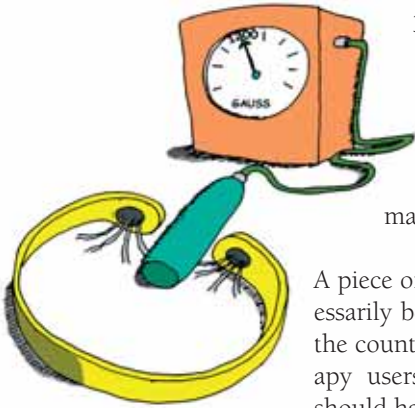
Crystal jewellery, which is beautiful and elegant, is particularly suitable for embellishing eveningwear.

In the jewellery business it is normal to speak of precious metal jewellery, whereas in colloquial language the term real jewellery is used to mean the same. This however is incorrect, for all metals are real metals. Which means that every piece of jewellery, irrespective of what metal it is made out of, is a real piece of jewellery.

### Magnet strength

If a piece of jewellery has a stronger magnet, this is not necessarily better for you.

The gauss strength indicated by serious magnetic jewellery makers refers to the gauss strength per magnet. If a bracelet has two magnets with 1,200 gauss each, this does not mean that the magnetic flux density is doubled. Even if two or more magnets of the same size, strength and quality grade were put on top of each other, the magnetic force would increase by a maximum of 30% and no more.



Magnetic jewellery is for the most part made with neodymium magnets. Neodymium exists in various quality grades. These serve, amongst other things, to indicate up to what maximum magnetic strength the initial material can be magnetised.

A piece of jewellery made with stronger magnets is not necessarily better for you. More is not always better! In Japan, the country with by far the highest number of magnet therapy users, it is recommended that therapeutic magnets should have a strength of at least 500 gauss.

If a magnet is too strong for somebody, they feel it very quickly. An unpleasant pulling is felt in the underarm away from the joint where the magnet is located, often even when just trying on a magnetic bangle or bracelet. This is a relatively uncommon occurrence and more often than not in the presence of high gauss values of 2,000 or more.

In matters of magnet strength, more is not necessarily better.

How strong the effect of a magnetic field is, for example, in the skin tissue, depends on the size and the strength of the magnet.

### Which jewellery is most effective for me?

The recommendation is very simple: First of all you should like the piece of jewellery! For you will only wear your jewellery regularly if you really like it. And this is the only way to ensure that the magnetic effect of the piece of jewellery can be fully effective.

It does not matter where you wear your magnetic jewellery, the effect of the magnetic force will be the same. In Japan and other Asian countries, magnetic necklaces are preferred, whereas at the moment Europeans prefer to wear bracelets and bangles.

It does not matter where you wear your magnetic jewellery; the effect of the magnetic force will be the same.

JANUAR		FEBRUAR	
1. Do	Magnetschmuck tragen!	1. So	Magnetschmuck tragen!
2. Fr	Magnetschmuck tragen!	2. Mo	Magnetschmuck tragen!
3. Sa	Magnetschmuck tragen!	3. Di	Magnetschmuck tragen!
4. So	Magnetschmuck tragen!	4. Mi	Magnetschmuck tragen!
5. Mo	Magnetschmuck tragen!	5. Do	Magnetschmuck tragen!
6. Di	Magnetschmuck tragen!	6. Fr	Magnetschmuck tragen!
7. Mi	Magnetschmuck tragen!	7. Sa	Magnetschmuck tragen!
8. Do	Magnetschmuck tragen!	8. So	Friseur! Magnetsch. tragen
9. Fr	Magnetschmuck tragen!	9. Mo	Magnetschmuck tragen!

### Bracelets and necklaces

Many enthusiastic users of magnetic jewellery begin with a magnetic bangle or magnetic bracelet. Attractive designer magnetic jewellery is often combined with other jewellery such as a matching necklace. Magnetic bracelets can also be worn next to a watch without a problem.

### Earrings



Many people believe that in the case of migraines or headaches they should wear earrings because they are close to the painful area. This is not the case, as headaches and migraines generally react positively to magnetic jewellery, irrespective of where it is worn. What is much more important is that the magnetic jewellery is worn for several hours a day. Earrings, bangles and necklaces all have the same effect. What should be taken into consideration is that usually earrings are changed more often in order to match the clothes.

### Finger rings

Finger rings with integrated magnets are especially offered as fashion jewellery. They normally have one magnet on them and are made out of different materials such as copper, brass or stainless steel.

### Brooches

Brooches with magnets are normally offered in combination with magnetic necklaces or other pieces of jewellery. In order for the magnet therapy to work effectively, the brooch must be worn as near to the skin as possible and not on an outer item of clothing.

For headaches or migraines it is unnecessary to wear magnetic jewellery directly on the head. Independent of where it is worn, the jewellery is effective.

## Watches

Some watchmakers integrate magnets directly into the watch housing. On the jewellery market various watches for men and women are available in attractive designs with interchangeable straps and magnetic accessories to attach to the straps. Magnetic accessories for watches are particularly suitable for people who do not like wearing jewellery. As watches are usually worn the whole day on the wrist, a long period is guaranteed for the magnetic force to be effective.



## Belts

Magnetic accessories are either included in the belt itself, or can be attached to the belt, which means that they can be used with different belts. The magnets are placed near the painful area, which enables the magnetic force to be active throughout the day.

## Magnetic jewellery for children

Parents have reported that children are better able to withstand high stress at school through wearing magnetic jewellery. The magnetic force helps to reduce anxiety before exams and improves concentration.





### Accessories for animals too

Special magnetic accessories are now available for animals, to be worn, for example, on the collar.

Magnetic force is not only important for people; it is also used more and more often by animal owners for their loved ones. Absolutely amazing results are often achieved. The positive results seen with animals prove that the magnetic effect is not a placebo effect.

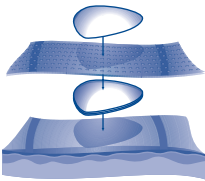
For pets, many items in various sizes are available, including therapy mats and designer accessories, either as magnetic collars or in the form of attachments for collars.

A new and much appreciated trend for animal owners is the collection now available, with partner jewellery for the animal and his master or mistress. The magnetic accessories that a person wears, for example, on a watch strap, is worn by their dog or cat on their collar.

### Magnetic accessories to treat localised pain

For localised use, special magnets or accessories are available with larger and stronger magnets than those usually used for jewellery. These accessories were specially developed to provide local deep action for specific painful areas.

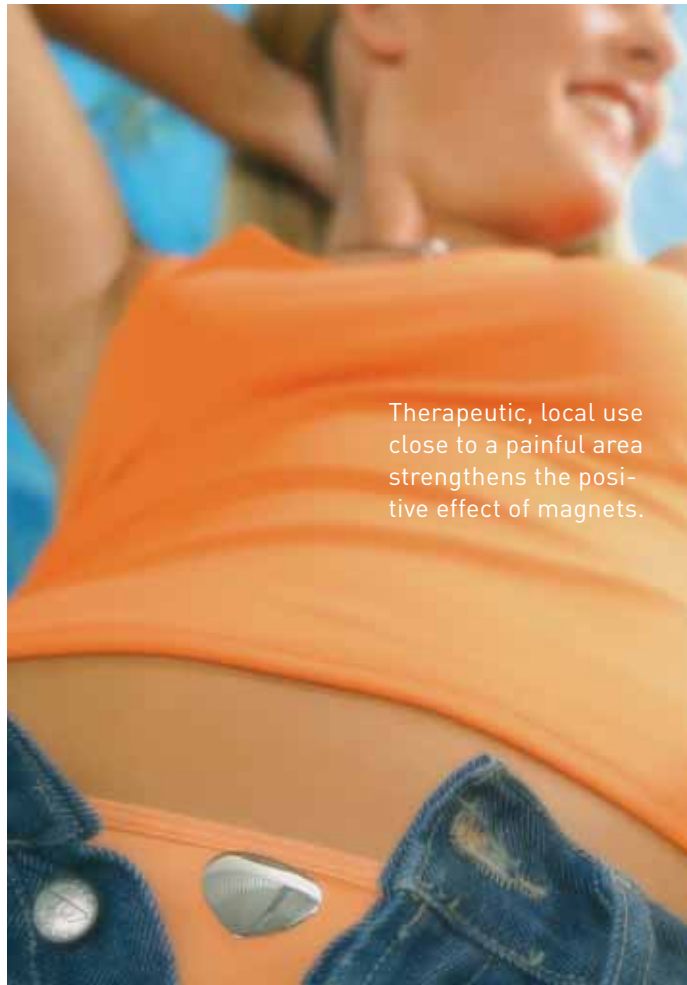
The local use of stronger magnets is useful for menstruation problems, tension in the neck and shoulder area, back problems and painful joints e.g. the knee. This therapeutic use close to a painful area strengthens the positive effect of jewellery worn elsewhere.



Magnetic accessories are worn with the magnet directed towards the body and can be fixed in a variety of ways. Either using a bandage, a plaster or by using an appropriately shaped piece of steel under the clothing.

In order to reduce menstruation problems naturally and gently, one just has to fix the magnet accessories to the underwear at the beginning of the period, or even better 1–2 days before the period.

The north pole should always be orientated towards the body.



Therapeutic, local use close to a painful area strengthens the positive effect of magnets.

## Magnetic jewellery and its materials

### Copper magnetic jewellery



Cuprum (Cu) is the Latin term for copper. The metal Cu protects the water element and at the same time transfers its oscillation information. Copper is the oldest metal to have been worked and processed by mankind. It has always had a valuable place in or world alongside gold and silver.

Copper is a significant component of quite a few of the enzymes in our bodies and therefore essential for many vitally important processes.

The copper trace element increases the production of anti-bodies in our defence system. It has an anti-inflammatory effect, which means that it can be a very useful therapy for rheumatic conditions.

Progressive loss of memory and confusion are the most noticeable symptoms of Alzheimer's disease. Researchers at the University of Homburg and the FU Berlin have demonstrated on "Alzheimer" mice that copper slows the build up of the deposits, typical of the illness, in the brain. Scientists suspect that copper can also improve the level of health in human beings. Even if it is only possible to slow down the progress of the disease or to treat it preventatively, much progress will have been made.



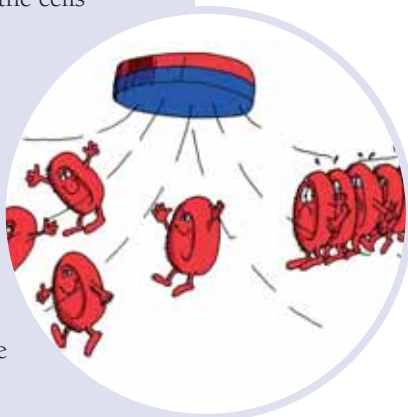
### How is copper absorbed by the organism?

Human beings and animals obtain copper from various sources. As a natural element copper is contained in many foodstuffs and in drinking water. The digestive system absorbs a sufficient amount to stay healthy through an efficient absorption system, homeostasis. Excessive copper is eliminated. Copper is of vital importance for growth, development and strengthening the bones.

### How does copper magnetic jewellery work?

1. How copper works: As opposed to many other substances, copper can be absorbed through the skin. It increases the iron absorption of the haemoglobin contained in the red blood corpuscles. Haemoglobin is necessary to ensure that sufficient oxygen is absorbed in the lungs and that it can be transported through the blood vessels into the smallest capillaries. This is the only way to guarantee that the cells of various organs are correctly supplied.

2. How the magnets work: When you are wearing copper magnetic jewellery, the blood and its red corpuscles flow through the energy field created by the magnets. The magnetic force creates a polarisation and the tendency for the blood corpuscles to stick together is reduced. Due to the high rate of flow, wearing a magnetic bracelet on the wrist, for example, is sufficient to achieve this positive and holistic effect.



Copper is of vital importance for growth, development and strengthening the bones.

*When wearing copper magnetic jewellery skin discoloration is possible. This is a natural reaction between your skin and the copper and it can be easily removed by washing with soap and water. In exceptionally rare cases allergic reactions may occur (red patches) which disappear quickly when the jewellery is removed.*



### **Stainless steel**

Stainless steel is appreciated in jewellery design for its delightful effects, its hard surface and its resistance to corrosion.

Particularly modern, easy to care for and always popular are magnetic jewellery and accessories in attractive stainless steel designs. Stainless steel is much appreciated in jewellery design because of its delightful effect, its hard surface and resistance to corrosion. Optically steel is very similar to platinum and is currently experiencing a revival in jewellery making. Back in the middle of the 18<sup>th</sup> century steel was a much-loved material in England. If it continues to develop, steel will overtake silver in its popularity. Stainless steel jewellery is particularly favoured by men due to the “Techno-Look”. Steel jewellery is also particularly suitable for people with sensitive skin and a tendency to develop allergic reactions.



## Titanium

Titanium was only discovered in 1965. Technically, it is an extremely interesting material. It is particularly suitable for making jewellery due to the different colour effects which can be achieved from yellow through dark blue to violet.

Titanium is also used for a variety of medical implants (in dentistry and the hip joints, etc.).

With titanium jewellery there are never any allergic skin reactions. Titanium is used for high quality stud earrings. However, due to its high price titanium jewellery is not so common.

## Gold

Gold is the metal of the sun and the material around which so many myths have grown up. Back in antiquity in Egypt the precious metal was obtained from gold ore to make jewellery.

As pure gold is very soft and easily worn away, for jewellery alloys are normally used with copper, silver or palladium, in order to give finished pieces of jewellery more solidity.

White gold is often covered with a layer of rhodium, in order to achieve a better shine and to increase hardness.

High quality magnetic fashion jewellery is often gold-plated and is available in a wide variety of designs.

Titanium is particularly suitable for making jewellery due to the different colour effects which can be achieved.

Gold is the metal of the sun and the material around which so many myths have grown up.



Like gold, platinum is unaffected by water, oxidisation and acidity.

### Platinum

Platinum is a silver white colour and hard to work. Today it is not only used for making jewellery, but also has an important role in the chemical industry and medical world.

Besides platinum, there are also the so-called “platinum metals”: osmium, iridium, rhodium and palladium. These are used when working white gold. Like gold, platinum is unaffected by water, oxidisation and acidity.

The Latin term for silver is *Argentum* (Ag), which means “bright” or “light”.

### Sterling silver

Since antiquity, silver has been known about and has always represented things noble. The Latin term for silver is *Argentum* (Ag) which means “bright” or “light”. The effects of sulphur in the air give silver its infamous tarnishing. In top quality jewellery, this is prevented by using a special rhodium-precious metal coating.

Today silver jewellery is often combined with cubic zirconia, the best “copies” of diamonds. Precious metals are characterised by their natural shine and rarity. Silver is the precious metal most used for making magnetic field jewellery. It is also very popular to finish sterling silver with gold plating.

### What you need to take into consideration when purchasing magnetic jewellery and accessories



- Possibility of testing the product with the right to return after two weeks (often offered in return for a small administrative charge)
- Information on the strength of the magnets used
- Information on the polarity of the magnets used
- Select a piece of jewellery that you like and that is comfortable to wear, for only then will you wear your jewellery regularly

## The effect of magnetic jewellery

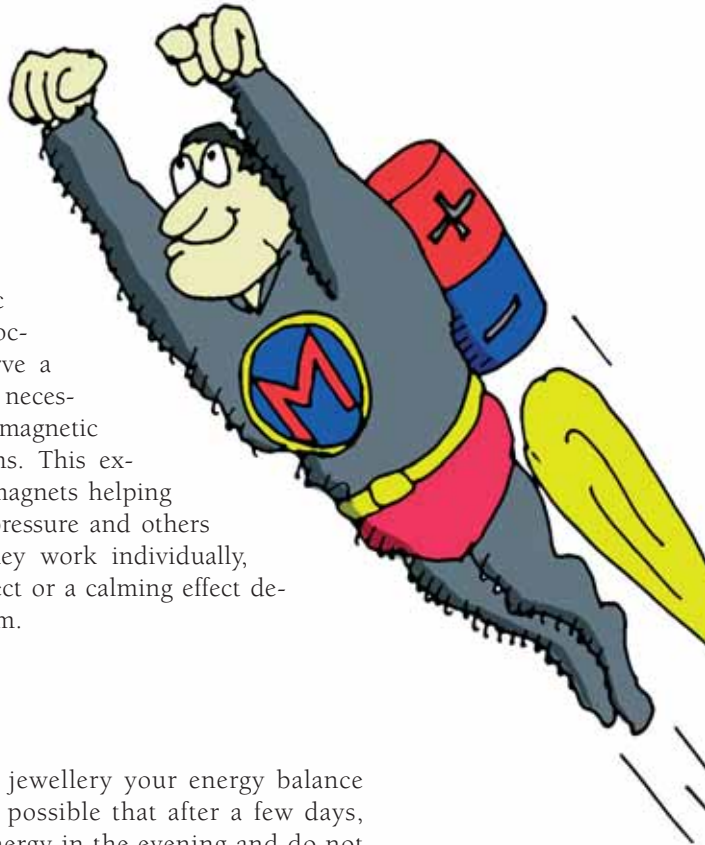
### Holistic therapy

Magnet therapy is a holistic, balancing therapy. It is not used as a symptomatic treatment, i.e. headaches are not directly treated as when you take tablets, but rather wearing magnetic jewellery prevents headaches occurring. It is normal to observe a multitude of effects, so it is not necessary to use different items of magnetic jewellery for different problems. This explains phenomena such as magnets helping some people with low blood pressure and others with high blood pressure. They work individually, and can have a stimulating effect or a calming effect depending on who is wearing them.

### Energy

Through the use of magnetic jewellery your energy balance becomes shipshape. It is also possible that after a few days, you even feel fit and full of energy in the evening and do not become tired so early. In order to reduce this stimulating effect you should remove your magnetic jewellery at night. It is unnecessary to wear magnetic jewellery all day and all night. Your body is naturally conditioned to receive less magnetic force during the night. The earth's magnetic field measures 0.4 gauss at night, which is 20% weaker than during the day.

If you are unable to wear magnetic jewellery in the day for professional reasons, then it makes sense to wear it in the evening after work and maybe during the night too.

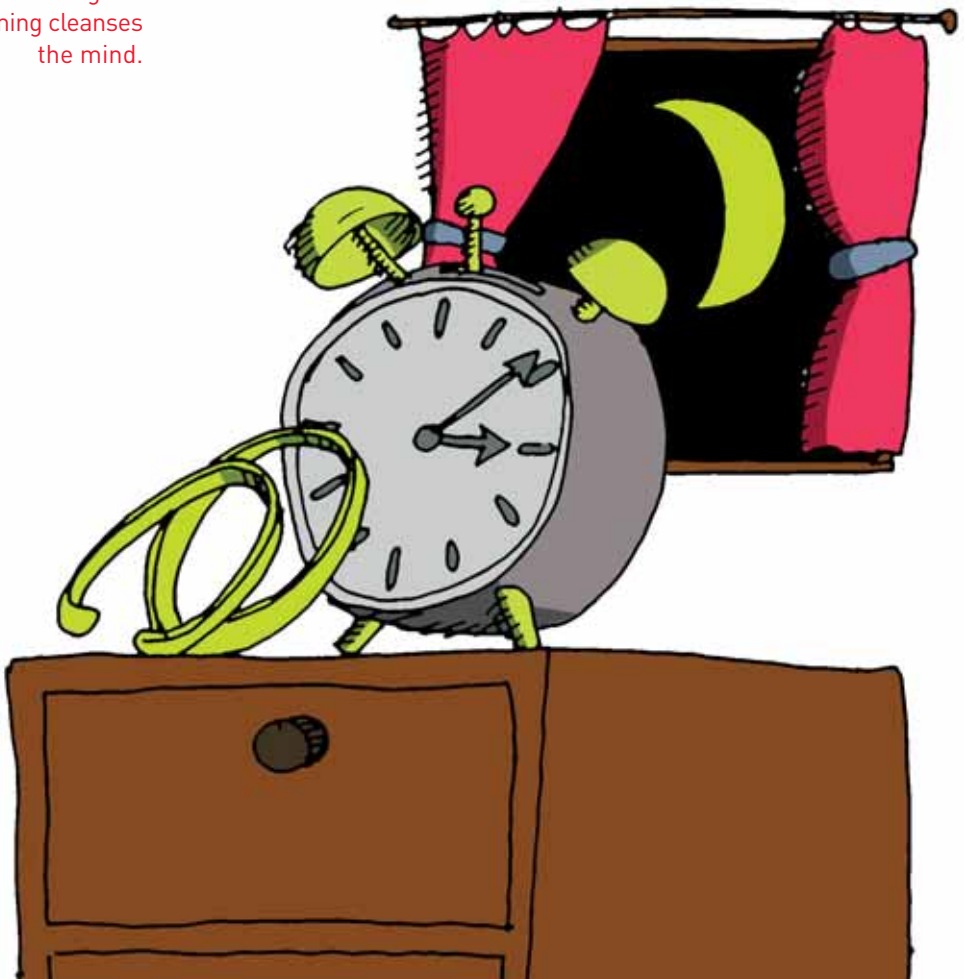


It is unnecessary to wear magnetic jewellery all day and all night.

## Dreams

Some people have more intensive dreams when they wear magnetic jewellery at night. You can value this as an invitation to an enhanced dream world or if you do not wish to, you can remove the jewellery at night. Dreaming cleanses the mind and through active dream control you can have a much more positive effect on your physical and mental wellbeing. It is not unusual for old worries and subconscious problems to be resolved step by step.

It is said that dreams are important for processing what we experience during the day. Dreaming cleanses the mind.



## Feelings

Through wearing magnetic jewellery sometimes, much to the surprise of the user, suppressed emotions and feelings can come to the surface. The magnetic force not only regulates bodily functions, but also affects thoughts and feelings by way of the energy paths. With sufficient energy daily life is easier to organise.

## Feeling of warmth

Some people experience often only shortly after putting on the magnetic jewellery a pleasant feeling of warmth or even a slight prickling in the head or in the fingers and hands. The reason behind this is the improved circulation due to the magnetic effect. This effect is desirable and clearly signals the effectiveness. The majority of users do not feel anything, which does not however mean that the magnets are ineffective.

## Tranquillity and relaxation

Magnetic jewellery has a calming and balancing effect comparable to medical magnetic



The positive force of the magnets not only regulates bodily functions, but also affects our thoughts and feelings by way of the energy paths.

By using magnetic force you can organise your day in a more active and dynamic way.

field therapy. It is not unusual for users to be aware of and hear their own heart beat for the first time. The perception of one's own heartbeat becomes normal after a while and is no longer noticed.

### Increase in performance

By using magnetic force you can organise your day in a more active and dynamic way. The need for sleep is reduced and the readiness to perform increases. Users report a new feeling of health, vitality and zest for life.

### Healing reaction

In rare cases, as with other natural therapeutic processes, there can be strong initial reactions. However, this does not happen very often.

In the case of physical reactions, wear the magnetic jewellery only an hour at a time and drink plenty of water, so as to facilitate your body's decontamination work and metabolism.



### Advantages of magnetic jewellery

The advantages for our bodies of wearing magnetic jewellery can be summarised in eight points, as follows:

- Easily tolerated
- No side-effects
- Positive effectiveness
- Comfortable and simple to use
- Cannot be forgotten
- Pain-free use
- Looks attractive
- Good cost-effectiveness

## Water – a source of health

### The Elixir of life

We not only live on a water planet, we consist of approximately 70 % water.

Water is the first substance and foundation building block of all living creatures and the most important staple nutrient! But water is not just water, and there are big differences between drinkable, healthy and vitalised water.

Pure uncontaminated water is now becoming more and more rare. What is it that makes good quality drinking water? Many people are able to judge the quality of coffee and wine, but only a few can judge what is good quality water.

For years, the sales figures for water have been constantly increasing. Many people believe that the only way in which to obtain good quality drinking water is to buy water in bottles.

Gain your independence in matters of water, by cleaning and vitalising your most important foodstuff yourself! Naturally and always freshly, when you need it.

### Vitalised water through magnetic force

“Water has a memory like an elephant” – is the famous quote from the physician Wolfgang Ludwig. It is this memory that water has



Water is the first substance and fundamental building block of all living things and the most important staple nutrient!

“Water has a memory like an elephant” – is the famous quote from physician Wolfgang Ludwig.

that keeps our bodies alive. Dr. Alexis Carrell was awarded the Nobel Prize for Medicine in 1992 for discovering that the cell itself is immortal. It is only the liquid in which the cell swims that undergoes degenerative processes. According to Carrell the requirement for the cell's eternal life is the quality of the water in our bodies.

Water from a natural bubbling spring is enriched by the earth's magnetic field. By the time it reaches us through the supply system, it has already lost a lot of its activating force.

The use of magnets to activate drinking water is ancient and magnetically treated water has therapeutic uses not to be neglected. It has been proved that the properties of water change when it is magnetically treated, including its density, surface tension, viscosity, electrical conductivity and its pH value.

Magnets fixed to water pipes can also solve a multitude of technical problems. Water pipes must be regularly scrubbed, in order to cleanse the internal walls of salt and calcium deposits, as these hinder the water flow. Magnetically treated water frees such persistent deposits, dissolves them in the water and avoids further deposits.

The activation of water is unbelievably simple. You can vitalise your drinking water yourself, either in the bottle or indeed in a glass, with the help of a permanent magnet. To get a head start in the morning, Dr. Philpott recommends drinking one glass of magnetically treated water. For water too you should place the negative pole of the magnet towards the liquid.

It is reported that vitalised water activates the intestine and quickly regulates even stubborn digestive problems. Besides water, other drinks can also be energised through magnetic force, including milk, juice and other natural food e.g. fruit and vegetables.



## If there seem to be no results

### Golden rules for your wellbeing

Magnetic field therapy is a natural and holistic healing process with practically no side effects. Almost all human and animal bodily functions are positively influenced by the use of magnetic fields. In order to achieve maximum effectiveness you should take the following points into consideration:

1. It is important for each user to see a doctor in the case of serious health problems.
2. However, the use of magnets can always be recommended to complement any treatment prescribed by a doctor.
3. The best results are achieved through long-term, regular use. If used incorrectly, you cannot expect it to be effective!
4. Water is the most important fundamental substance to ensure a correctly functioning metabolism. In order to achieve maximum effectiveness with the magnet method, it is recommended that you drink at least two litres of water a day, best of all is a small glass of non-fizzy water every hour. Drinks such as wine, beer, coffee, tea or cola are not suitable replacements for pure water, on the contrary, they reduce the body's available liquid.  
In order to improve the taste of the water, a little lemon juice or apple juice can be added.
5. Do not forget either that the metabolism process is helped by a natural and healthy diet with sufficient vegetable foodstuffs. The taking of good nutritional supplements is to be recommended.
6. Congratulations! If you already feel fit and have no complaints, in order to maintain your wellbeing you should nevertheless not forego the use of magnets. You do not wait to start brushing your teeth until you have problems with them.



Six golden rules help you to achieve wellbeing for body and soul.

## Questions and answers

### Answers to frequently asked questions

Magnetic bracelets are so efficient because on the inner side of the wrist a large amount of blood flows past within a very short time and very close to the skin's surface.

#### What is the best way to put my copper magnetic bracelet on?

In order to put a copper bracelet on first open it slightly. Open it, by pulling equally near to both ends.

Then pull it over the narrowest point of your wrist and turn it 90 degrees, so that the opening is below the wrist. Now press both ends together until it is comfortable – similar to a watch.

#### How long does it take for the magnet therapy to work?

Some people feel the first positive effects within a few days. But others begin to feel a difference only 2–3 weeks later. This varies from individual to individual. It depends on various



factors, such as the type of complaint(s) and its duration. Normally, the first signs that the magnet therapy is working are an increase in energy levels and an improvement in general wellbeing.

### Does magnet therapy have side effects?

In very rare cases people have felt slightly nauseous, but this stopped after the bracelet had been worn for just a few hours. Nevertheless, the original symptoms were relieved. After a while the bracelet could be worn the whole day. Furthermore, one should drink sufficient water – ideally two litres per day. Remember that coffee, tea or indeed alcoholic drinks deprive the body of even more water.

### How long do neodymium magnets remain effective?

Neodymium magnets have a life-long guarantee for their magnetic effect (Neodymium only loses approx. 1 % of its strength every 100 years).



Neodymium magnets

### Should I wear my magnetic jewellery all the time?

You can wear your magnetic jewellery all day and night. Some people never take their jewellery off, some wear it just during the day and others just during the night. As the earth's magnetic field is weaker during the night, it normally suffices to wear the jewellery just during the day. Magnet therapy is a natural therapy and individuals react differently to it. Find out what is best for you by trying various combinations!

### Should magnetic jewellery touch the skin?

This is not necessary. You can wear your bracelet loosely around your wrist, for example. The magnets are strong enough to have a positive in-

fluence even if not directly on the skin. The power of the magnet is not transmitted through pressure in the same way as acupuncture.

### Can I wear my bracelet on the same arm as my watch?

Yes. Your watch will only stop if the part of your bracelet with the magnet is positioned directly over the battery; (and then only for as long as the magnet is directly over it). A magnet on the under side of your wrist will not cause a watch to stop that is on the upper side of your wrist. The magnets of the bracelet have no influence on the batteries of the watch at this distance. If by accident you happen to put your magnetic jewellery directly over your watch, then it is possible that your watch will stop. As soon as you remove the magnetic jewellery from the battery of your watch, it will resume functioning perfectly normally. You will just have to reset the time.

A magnet on the inner side of your wrist will not cause a watch to stop that is on the outer side of your wrist.



### Can my wrist become discoloured if I wear a copper magnetic bracelet?

Some people experience discolouring on the wrist due to a natural reaction between the acidity of the skin and the copper. This is a good sign! Copper from the bracelet is dissolved by the sweat and passes through the skin into the blood circulation. Copper can have an anti-inflammatory effect, which is particularly advantageous for people who suffer badly from arthritis or rheumatism. The green discoloration can easily be washed off with soap and water.

Many magnet therapy products however are not made out of copper, as some people do not like this additional supply of copper or do not need it. For technical reasons too, not every design can be made out of copper. In rare cases people have an allergic reaction to copper (red skin), so they prefer magnetic jewellery without copper for that reason. If you do not like the discoloration from the copper and do not require the therapeutic effect of the copper, then you could paint the inside of the copper magnet bracelet with clear nail varnish. This does not reduce the magnetic effect.



Copper can have an anti-inflammatory effect, which is particularly advantageous for people who suffer badly from arthritis or rheumatism.

### How can I clean my copper bracelet?

Take a small piece of lemon or some lemon juice and use it to clean the copper.

Then rinse with clear water. It is also possible to use vinegar, but it does not have the same fresh smell.

### How strong should the magnets used for jewellery be?

The Japanese Ministry of Health recommends a minimum strength of 500 gauss. Normally magnets with a strength of 800–1,800 gauss are

used. The gauss number indicates the number of lines of magnet force passing through one square centimetre.

### Can a magnetic bracelet reduce pain in the knee?

Magnets can increase blood circulation, which facilitates the removal of harmful substances and increases the supply of nutrients and oxygen to all body cells (including those in the knee). The body is then in a better position to help itself. The first stop for headache tablets is your stomach, but your headache disappears nonetheless.

### What is the effect of magnetic jewellery on cancer patients?

According to the results of a study published in 1991 in the “Journal of Traditional Chinese Medicine”, according to which magnets significantly reduce the unpleasant side effects of chemotherapy. From the 161 patients suffering from cancer who were questioned, 99 people no longer experienced nausea and vomiting after wearing magnets. They wore the magnets on the special acupuncture point called “Neiguan”, which is approx. 5 cm away from the wrist, in the middle of the inner lower arm. A further 45 of those questioned had only very light side-effects remaining and just 17 patients experienced no change.

According to a Chinese study, magnets can reduce or eliminate the unpleasant side effects of chemotherapy.

### Safety recommendation

If you are unsure, speak to your doctor before using magnetic products.

People with pacemakers should not wear magnetic products.

## The history of magnet therapy

**Pre-historic:** Magnetite was mined and used in food preparations, worked into creams or rubbed into the hair. Our knowledge can be traced back to the African haematite mines.

**3000 BC:** **Egyptian** documents in hieroglyphics and references in “cuneiform script” show that magnet therapy was used as an indispensable method of treatment for diseases. Graphical descriptions on the walls, columns and in temples confirm its use.

Even **Cleopatra** wore a magnetic amulet, in order to preserve her beauty and youth.

**2000 BC:** **China** “The yellow handbook of internal medicine”, the first written medical report, clearly showed how imbalances in the human body could be eliminated by using acupuncture, “moxibustion” (heat) and with the help of magnetic stones on acupuncture points and meridians.

Chinese medicine is based on the premise that health is dependent on the circulation of energy through determined energy channels paths, the so-called **meridians**.

**Chi** (the Chinese term for vital energy) comes from two opposite influences: Yin and Yang. Diseases occur when **Yin and Yang** are no longer balanced and the natural Chi-flow (energy) through the meridians is blocked.

The worldwide market for magnets is expanding at an incredible speed. In 1998, in North America alone, people spent 200 million US dollars on magnetic products. Worldwide the market is estimated at approx. 5 billion US dollars.



Most of the other ancient civilisations including the **Hebrews**, **Indians**, **Mayas** and **Aztecs** also used magnets for therapeutic purposes.

**300 BC:** **Aristoteles** wrote about the use of magnets for healing purposes.

**200 AD:** **Greek healers** used magnetic rings to treat arthritis.

**400 AD:** **Augustinus** examined the phenomenon of magnetism in his works “De Civitate Dei”(About the state of God).

**1000 AD:** The **Islamic physician Ibn Sina** (980–1037), also known as Avicenna, treated melancholy with magnet therapy.

In the Middle Ages, magnets were attributed wondrous powers, including being an aphrodisiac.

**1250 AD:** In the **Middle Ages**, doctors in Europe reported that magnets not only cured arthritis and gout, but also melancholy, baldness and some cases of poisoning. Magnets were used to remove foreign objects, such as knife blades or arrowheads from the body. Magnets were attributed wondrous powers, including being an aphrodisiac. The persuasiveness of the magnetic phenomenon was underlined by the fact that people such as **Chaucer**, **Bacon** or even **Shakespeare** refer to the power of attraction of magnets.

**1500 AD:** **Paracelsus** (1493–1541), the famous doctor born in Switzerland wrote: “The magnet is the King of all secrets”. He used magnets to cure various diseases and seems to have been the first to



**use the different poles for different occasions.** Whilst Paracelsus knew nothing about the Chinese concept of Chi, he too believed that delicate powers in nature could give humans energy. He called this power Archaeus (Greek word for “ancient” or “first”). Paracelsus believed that Archaeus was mainly influenced by the mysterious powers of magnets which could give the body energy and increase powers of self-healing. He said that all inflammations and many dis-

“The magnet is the King of all secrets”.  
A quotation from the famous doctor Paracelsus.

In 1600, William Gilbert published his important study on magnetism “De Magnete”. This work gave the first rational explanation for the mysterious property of a compass needle to orientate itself north south: the Earth itself is magnetic.

1600 AD:

eases could in any case be cured better using magnets than through medicine. Furthermore, he studied the effects of magnets on epilepsy, diarrhoea and bleeding. Paracelsus believed that humans had the ability to attract both the good and the evil, and this is done in the same way as iron reacts to a magnetic field.

**William Gilbert** (1544–1603) wrote his important study on magnetism “De Magnete” (About magnets) in 1600. The English mathematician and physician at the court of Elizabeth I and James I, carried out systematic studies on magnetism during 17<sup>th</sup> century. He proved that steel retains its magnetic force better than iron and that there is a difference between magnetism and the static electricity produced by rubbing amber. He called this “Elektrika”, from Elektron, the Greek word for amber and showed that other materials also produced this effect. He also discovered that a magnet could be divided into smaller parts without losing its magnetic force, which is how smaller magnets came into being.

1700 AD:

At the end of the 18<sup>th</sup> century therapeutic magnetism was in its heyday. **Franz Anton Mesmer** (1734–1815) successfully treated many diseases in Vienna and later in Paris. Here the “Royal Society of Medicine” studied the use of magnets for therapeutic purposes. It found out that magnets could be successfully used to treat nervous disorders, cramps and pains. Magnetic bracelets, amulets, belts and discs were prescribed. Mesmer wrote a book about the theory of “Animal Magnetism”, which forms the basis for modern hypnosis and sug-

gestive therapy. It is also where the expression “mesmerised” originates from. From his experience Mesmer drew two conclusions: There is a magnetic field around the human body, which he calls “Animal magnetism”. Healing magnets conduct this “Animal Magnetism”. Mesmer also believed that the planets affect humans.



**Mozart** (1756–1791) was so impressed with Mesmer’s success in healing that he refers to the beneficial force of magnets in his opera “Cosi fan tutte”. (Despina sings: “That is the magnet, the mesmerising stone that comes from Germany and became so famous in France.”)

In Mozart’s “Cosi fan tutte” Despina touches the body of the supposedly sick person with a piece of magnetic iron.

The subject of magnetism also fascinated **Samuel Hahnemann**, the founder of the science of homeopathy (“law of similars”). Samuel Hahnemann recognised the magnetic information as a principle of the homeopathic effect.

In honour of Karl-Friedrich Gauss, magnetic flux density is measured in Gauss (G).



Every homeopathic substance has a very weak magnetic field, which alleviates a particular symptom. Various dilution possibilities give the body time to react with as little stress as possible.

**Karl-Friedrich Gauss** (1777–1855) was the most important mathematician of his time. The strength of magnetic fields is measured in Gauss (G) named after him. He studied in Braunschweig and Göttingen, and graduated in 1799 in Helmstedt. From 1807 onwards, he was director of the observatory in Göttingen and a professor at the university.

His talent was already apparent as a child. He is supposed to have correctly added the numbers from 1 to 100 within a few minutes. He retained his ability for mental arithmetic into his old age. Gauss made significant contributions to analytical procedures; his bell curve for normal distribution is legendary.

Those who remember the old 10-pfennig stamps or the 10 German mark notes have seen his portrait.

Both the Englishman **William Sturgeon** (1783–1850) and the American **Joseph Henry** (1797–1878), independent of each other, developed electromagnets by wrapping electrical copper wires around a rod of iron. In this way, the rod became so strongly magnetised that it could lift extremely heavy objects. Nowadays electromagnets are used to move cars around in scrap yards and to put them into the crushers.

The British chemist **Michael Faraday** (1831–1879) demonstrated that a moving magnet can generate electrical current, in exactly the reverse

way that electrical current can generate magnetic fields. Faraday developed the first dynamo, which led to the development of the first electric motor.

**James Maxwell** (Scotland) developed Faraday's theories further. He used mathematical formulae to describe the similarities between electricity and magnetism and the fact that movement of one generated a field in the other.

He showed that light is an electromagnetic phenomenon. His ideas were not accepted outside Britain, up until the discovery of today's radio waves by **Heinrich Hertz**. Hertz established that electromagnetic waves move with the speed of light.

**Galvani, Faraday and Volta** declared that all organisms have and use electromagnetic powers.

**Linus C. Pauling** was awarded the **Nobel Prize for Chemistry** for discovering that haemoglobin in the blood has magnetic properties.

Galvani, Faraday and Volta declared that all organisms have and use electromagnetic powers.



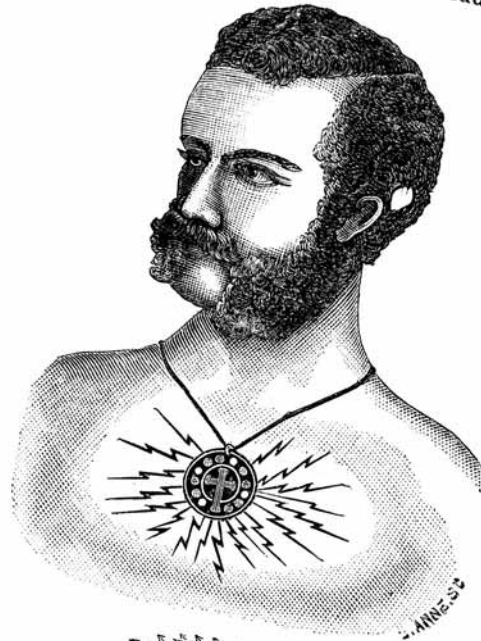
As far back as the middle of the 19<sup>th</sup> century magnetic remedies for men and women were offered through innumerable advertisements.

## The Mid-West discovers the power of magnets

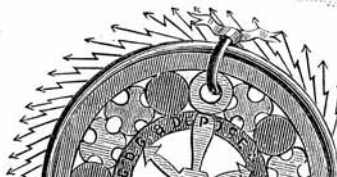
After the American civil war (1861–1865) electro-medicine became well established, especially in the Mid-West.

One reason for this was that living conditions were often unstable, there was a lack of trained doctors and there was a tradition of self-healing. Travelling salesmen and healers sold many different magnetic pain-killers and creams at that time. There were innumerable advertisements, extolling their virtues, for magnetic remedies such as magnetic rings, shoe insoles, belts or attachments for men and women.

FERD. de BOYÈRES, 173, boulevard Mnrat, Paris. 9  
 Un Foie sain fait du Sang pur.  
 Un Sang pur guérit toutes les maladies guérissables.



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Richardson.**

Ce modèle ne peut être vendu qu'en **FRANCE**

Towards the end of the 19<sup>th</sup> century electrical and magnetic forms of treatment were given more consideration within conventional medicine. A great variety of scientific treatises and books strengthened the role of electro-magnetic therapy in medicine.

Scholars and institutions such as, the famous Salpêtrière Hospital in Charcot, reported that not only infectious diseases, such as cholera, were receptive to magnetic treatment, but also that magnetic fields also increased the “resistance within the motor nerves” and could thus be helpful in treating hemiplegia (partial one-sided paralysis). These reports had a formative influence on the main medical publications. That positive uses were possible, became accepted for the first time through publications such as “Medical Electricity” of 1887 by Robert Bartholomew .

“Magnetic fields were already attributed with the ability to increase the “resistance within the motor nerves” and thus being helpful in treating hemiplegia (partial one-sided paralysis).

## Actual experiences

I am always really pleased to read the many positive letters that I receive all the time. It is fascinating to see how magnetic force reveals itself in such a wide variety of ways. I wanted to show you a selection of reports, in which men and women tell their personal experiences and how they became convinced of the power of magnet therapy.

Read about how magnetic jewellery can help you gain a life with more energy and less pain. Magnet therapy can help a wide variety of conditions such as:

- Fractures
- Nervousness
- Insomnia
- Nervous coughs
- Numbness
- Hyperactivity
- Migraine
- Menstruation problems
- Arthritis
- Allergies
- Painful joints
- Whiplash
- Headaches
- Heart and circulation problems
- Tennis arm
- Skin diseases
- Slipped disc
- Menopausal problems
- Rheumatism
- Melancholy
- Anxiety
- Tendonitis
- Bronchial problems
- Tinnitus

My heartfelt thanks go out to all who have written about very intimate things – it is not easy to do! It is nice that in so doing, these people are helping others.

Every day men and women report on their positive experiences with magnet therapy.

They all felt a genuine need to help as many people as possible to get to know magnet therapy and its effects, by contributing their letters.

## Enjoy the day

For many years I have worked in a large department store in Wickede. My work is a very important part of my life and I enjoy the daily contact with people. In 1986, I had an accident that changed my life for some years. On the way home I had such an unfortunate fall that I broke the ulna of my right arm. Luckily it was not an open break, but years later it was still painful. In actual fact the pain never totally went away and the swelling never completely disappeared. My second and much worse accident happened in 2001. A comminuted fracture of the wrist forced me to undergo several operations. Due to the unbearable pain I started taking pain-killers. Over the last few years I not only had to fight these pains, but daily work became a burden too, as I work mainly with my hands. My wrists were very swollen and sometimes I really didn't know what to do with myself.

During a sales demonstration in a department store I found out about magnetic jewellery and remembered the healing effects of magnets. Earlier a doctor and a healer had often treated me with magnet therapy. I bought myself a piece of jewellery in order to see if it helped as much as the magnetic treatment from my doctor had. After wearing the bangle night and day for a couple of weeks the swelling that had not gone away for years suddenly went down. I also have free movement in my hands and pain is a thing of the past. I now have absolutely no need for tablets, creams or other medicine. The problems I had often had in falling asleep have also gone. I now sleep right through the night. I have also noticed that colds get better a lot quicker. Before it had always taken two or three weeks until I was healthy again. Thanks to the magnetic jewellery I now have colds under control within a week. I am so happy to have found something that helps me so much, has no side effects, is inexpensive and even looks good. I now have fun at work again and enjoy every day working with clients.



Hannelore Assmuth  
59439 Holzwickede

### Fracture of the ulna and wrist

"I am so happy to have found something that helps me so much, has no side effects, is inexpensive and even looks good."



Cornelia Bardag  
22089 Hamburg

## Strength lies in tranquillity

I work in a small office in Hamburg and enjoy life with my husband and my two-year old daughter. I have always been very busy and need steady nerves, especially in the office. For the last few years my nerves have not been at their strongest, I was always nervous and I became more and more restless. I felt my nerves had become quite raw. In addition, I was no longer able to sleep properly. I often woke up during the night and was unable to get back to sleep. As my daughter did not always sleep through the night as well I suffered for nights on end. Totally tired and exhausted, I would wake the next day but could not get up. I had a terrible burning sensation in my feet every morning. In addition, with every change of weather I had problems with the meniscus in my knee that had been operated on before. My whole state of mind was unbearable, I just wanted peace and quiet and some time to myself.

A friend, in whom I confided in one day, told me about magnet therapy and its wonderful effects. I was curious and undertook some research on the Internet and then proceeded to order a magnetic bangle. Of course I was very sceptical to begin with but after just two days I felt a pleasant prickling in my body. A pleasant warmth radiated from my wrist up to my shoulder and then through my whole body. I then felt surges of energy almost every day and after a further three weeks I was a little bit more relaxed, my nerves were stronger and I had calmed down. Most important, however, is that I now feel more relaxed, contented and a lot more tranquil. I no longer explode straight away and do not get het up so quickly. The burning sensation in my feet has now disappeared and my knee problem has improved a lot. I can now relax doing handicrafts once more, which I was no longer in a position to do because of the strain on my nerves. I am really pleased with the inner peace I have found and feel much more balanced. My life is back in order.

### Nervousness, insomnia

**“Most important, however, is that I now feel more relaxed, contented and a lot more tranquil.”**

## Wellbeing – yours for the taking

I am a housewife, live with my family in Buchholz, near to Hamburg where I lead an enjoyable life. My hobbies include handicrafts and housework, as well as reading and walking. Unfortunately, I have suffered from a bad cough for 10 years and I always had the feeling that I disturbed others with my nervous cough. I used two to three bottles of cough syrup every week, just in order to have some relief. Things were made worse by the little finger of my left hand that was very painful and over time I lost all feeling in it, to such an extent that I could no longer hold things properly. I was advised by doctors to have my spine manipulated as maybe it was caused by a trapped nerve. After several unsuccessful attempts I was tested for rheumatism and prescribed tablets. Unfortunately this was not much help. With my finger, and consequently my hand, I was almost unable to hold anything; everything slipped out of my grasp. Everything was painful and a great effort, there was no point in even talking about handicrafts. What with my cough and my numb finger I became really depressed. Physically and psychologically I felt like an old wreck.

I heard of magnetic jewellery on a television programme. I ordered a heart pendant and a pair of earrings and hoped for some improvement. I was totally desperate because nothing helped me and I did not know what to do. Within an hour my nervous cough had diminished. I felt a pleasant warmth and a pleasant feeling spread through my body. After a couple of hours my cough had stopped completely. I no longer need to take the cough syrup that I had swallowed for over 10 years. Furthermore, four weeks later I could move my finger normally again and pick things up without pain. Generally speaking, I feel much better in myself and am active. I have been able to go back to doing handicrafts again. Thanks to the jewellery all my health troubles are a thing of the past and I have much more energy than before.



Heidi Beckhusen  
21244 Buchholz

Nervous cough,  
numbness

“Thanks to the jewellery all my health troubles are a thing of the past and I have much more energy than before.”



Isabelle Boshier  
33605 Bielefeld

## Top marks for healing powers of magnets

I am at school in the 4<sup>th</sup> class and love swimming and everything related to sport. As we only have 3 hours of sport per week at school, I go cycling, swimming and play tennis in my free time. I have always felt the need to be active and it was difficult for me to sit still for a whole school lesson of 45 minutes. My school friends called me “whirlwind” and my teachers were becoming more and more impatient. My parents wanted to have me examined by a doctor, but there is hardly anything you can do about hyperactivity. I was unable to concentrate properly in lessons and my marks got worse and worse.

In September, my father gave me a magnetic bracelet for my birthday that was supposed to help calm me down. Of course I did not believe in such things, but I thought it was nice and liked wearing it. And it really did have an effect. I am able to concentrate better, to sit quietly again and my marks have improved. I feel really good with the magnetic bracelet and I don't ever want to have to take it off. I have told my friends about it at school and now they all want one as they think that they will also improve their marks.

### Hyperactivity

“I am able to concentrate better, to sit quietly again and my marks have improved.”

## Good things come in threes

My small boutique in a village on the outskirts of Annecy was the centre of my life. Despite serious health problems I tried to manage my life as well as possible. Several times a month I had very strong migraine attacks that dominated my life. Not only me, but also my family, suffered a lot because of them. They often had to organise things around me and always take my migraines into consideration. Family holidays and time with friends were sometimes no longer possible. At times it was so bad that I could not bear any loud noise or bright light. I felt very sorry for my children as I could hardly do anything. During the migraines my life was very sad and dark.

One day I read about magnetic jewellery in a magazine and ordered a bangle. I wore it twenty-four hours a day and the effects quickly began to show. My husband and I went to some friends, who had invited us for a fondue. I drank some white wine, something I could not even have considered normally when I had migraines. But this time I enjoyed the wine and the whole evening without even giving my headaches a second thought. For over 30 years I have suffered from these pains – now I have found the path to good health. I can now enjoy my life again and benefit three times over from this improvement: firstly, I wear nice jewellery; secondly, I am no longer in pain; and thirdly, I am now an independent consultant for this jewellery and earn money in the process. This jewellery has given me back a good quality of life and I am happy again.



Michelle Chapuis  
74000 Annecy  
France

### Migraines

“For over 30 years I have suffered from these pains – now I have found the path to good health.”



Astrid Dahl  
59269 Beckum

### Menstruation problems

## Life is good – every day

I am independent and enjoy every spare moment doing my hobbies. I enjoy skiing and aerobics. If I have time, I also enjoy painting and cooking. I really like my job as a qualified administrative assistant and I have a very good relationship with my colleagues. We often go out in the evenings. Activity and variety are simply a part of my everyday life. Unfortunately this active lifestyle was so strongly changed by really severe menstruation troubles every four weeks that during those periods I was hardly able to leave the house. I had really bad pains in my lower abdomen, combined with nausea. On those days I did not want to go to the office at all and would have preferred to have phoned in sick. I also felt sorry for my colleagues, as I was very moody and they bore the brunt of it. Aspirin was my constant companion.

One day at the Neubeckumer town festival a stand with nice designer jewellery caught my eye. On closer inspection the sales lady explained to me that it was magnetic jewellery. The woman was very convincing and I bought myself a bracelet. I wore the bracelet for a week and noticed that I felt much healthier and was full of energy. I also got my menstruation problems under control. I was in hardly any pain and the nausea and headaches had completely disappeared. From that time on, I no longer needed any tablets, which I was very pleased about. My colleagues also noticed that my mood had improved. Often I feel as though I could pull up trees because my energy potential seems limitless. I can now also carry on with my sporting activities during my menstruation period and I feel good all round. I am so enthusiastic that my monthly symptoms and pains are now a thing of the past.

“I wore the bracelet for a week and noticed that I felt much healthier and was full of energy.”

## Against the moods of nature

Nature is my element. Hiking, swimming, cycling and gardening are my favourite activities. My husband and I retired a couple of years ago and regularly go on long hikes in our beautiful “Rhein-Hesse “Tuscany”. About five years I had to gradually give up my favourite activity because my knee was increasingly causing problems. I had arthritis, and a swelling in the knee joint kept coming back and was painful. The knee was punctured in order to reduce the swelling. I also had cortisone injections directly into my knee joint. I knew about the risks involved with these injections, but could see no other solution. I had no choice because of the pain. I tried new biologically-based medicines, but the pain rarely went away. Hiking and gardening were taboo for me.

One day a pharmacist told me about magnetic jewellery. I bought a magnetic bracelet and after a few weeks I really noticed an improvement. The results were amazing: the swelling went down, I had much more energy and the pain gradually disappeared. I no longer needed injections and after four weeks the swelling had gone completely. The back pains I had in my lower lumbar vertebrae also went away. I slowly started going on short hikes again and went back into the garden that I loved so much. The quality of my life has improved drastically and all due to the magnetic jewellery that has literally got me back on my feet again.



Inge Eckes  
55543 Bad Kreuznach

### Arthritis

“The quality of my life has drastically improved and all due to the magnetic jewellery that has literally got me back on my feet again.”



Cornelia Fasse  
24147 Klausdorf

## A life in “C-Major” thanks to magnetic jewellery

Even as a small child I really enjoyed singing. I loved singing so much that later on I had singing lessons once a week. Later I sang on stage in a choral group. I now work part-time in an office. For the last eight years I have suffered from severe allergies brought on by various things. I was allergic to practically everything from animal hair and feathers to different grasses. I had hay fever and often suffered from asthma-like attacks, which were only helped by bronchial asthma sprays, tablets and injections. I was continuously dependent on medicines and felt weary and dejected. The worst thing of all was that I could no longer sing with all my strength.

One day a friend gave me a magnetic bangle and promised me that it would bring me relief. Of course I didn't believe any of what she told me. But after 5 days I was surprised to notice that I had less asthma attacks and that my allergies were not as severe. Step-by-step I started to reduce the number of tablets and sprays that I was using. After a few more weeks I no longer had any asthma attacks and the allergies had almost completely disappeared. My inner stability and peace returned and I felt much better and have more energy than before. It is unimaginable that for over eight years I had injections, tablets and sprays, and now I have had much better results all because with just one small bangle, which looks nice into the bargain. Being healthy again, I am overjoyed with this success. I really swear by magnetic jewellery

### Allergies

“It is unimaginable that for over eight years I had injections, tablets and sprays, and now I have had much better results all because with just one small bangle, which looks nice into the bargain.”

## Healing discovery

I have worked for many years as a family and body therapist. People came to me after having had a traumatic experience, either mental or physical. When I ask what they found most useful in these difficult situations or earlier in similar situations, people remember their own reserves of strength. Many say that in addition to the therapeutic work, they were helped by homeopathy, wild flower essences or magnet therapy and much more besides. From patients with chronic pain I often heard that they had used magnets on their bodies and that it had provided significant pain relief. A few weeks ago I had a car accident and suffered from whiplash injury. Due to a lack of time I was unable to go straight to a doctor, but I had severe pains in the area of the cervical vertebrae.

I remembered all those positive experiences of magnet therapy that had been reported by my clients. And so I began my own experiment with magnetic jewellery. To my utmost astonishment, after just one day I was able to hold my head straight again and I could also turn it. After 3 days I had no more problems. At a subsequent check-up at the doctors there was nothing to report. I knew from experience that I had suffered for weeks after a previous whiplash injury. I am really pleased that I was able to accelerate the healing process to such an extent, using a simple method and without side effects.



Gerda Fässler  
93080 Pentling

### Whiplash injury

“I am really pleased that I was able to accelerate the healing process to such an extent, using a simple method and without side-effects.”



Dieter Famulla  
22307 Hamburg

## Not to be taken lightly

My truck and I simply belong together, constantly “on the road” throughout Europe. I have always had fun driving around in my truck until in 1983 I suddenly had the feeling that my shoulder was not right. I had difficulties steering because I could hardly lift my arm anymore. The pain got worse and worse. Maybe it was because of the draught that I was always in. The doctor gave me injections every six months for two years until a friend told me about something that stopped my suffering.

He recommended that I wear a copper bangle. I tried it and really noticed an improvement. Six weeks later the pains had gone away. I could now drive my truck again and steer without pain and driving long distances was no longer a problem. For years I have sworn by the bangle and can honestly say that it gives me strength and stopped the pains in my body. At a jewellery sales demonstration I saw a magnetic copper bangle and bought it straight away, in the hope that it would also help me. Thanks to this magnetic bangle I feel much more vigorous and full of energy, furthermore I no longer have to kneel down so often. It is amazing what an effect such a small bangle can have on the body.

### Painful joints

“I feel much more  
vigorous and full of  
energy, furthermore I  
no longer have to  
kneel down so often.”

## Pains no longer a cause for worry

I live in Mönchengladbach with my husband and 4 year-old daughter. I have an active and lively lifestyle. I really enjoy dancing, whether standard, Latin American or salsa and aerobics. Unfortunately for more than tens years I have suffered from unbelievably strong headaches which cast a shadow over my bright and sunny life. The doctors diagnosed migraines, but could not explain the one-sided paralysis of the face, which only happened during attacks. It was very difficult to organise my everyday life in such a way that I was able to work at all. I also have a large swelling on the brain stem for some years, which can be very dangerous, due to the increased risk of having a stroke. Pain-killers became my constant companions; I no longer left the house without them. My long-standing wish was to wake up in the morning, with no pain, and to feel fit and healthy. Just to be able to breathe freely and start the day without pain-killers.

By chance I discovered magnetic jewellery in a display window, which impressed me for purely aesthetic reasons but, according to the description, also had a good healing effect on the body. I bought myself a bangle and was very happy with it and hoped that it might have some effect. After exactly ten days I noticed that my pains had been reduced and I started to reduce the tablets one by one. I have never had the facial paralysis since I have been wearing my bangle. Now, just four weeks later, I do not take tablets any more and can declare that for the first time in 10 years I no longer have any pains in my body. My long-standing wish to wake up without pain has finally been granted. Thanks to this bangle I can say that magnetic jewellery has seriously – positively – changed my life.



Nicola Granderath  
41179 Mönchengladbach

Headaches, migraines

**“My long-standing wish to wake up without pain has finally been granted.”**



Ingrid Günther  
34225 Baunatal

## My Cairn terrier feels as fit as a fiddle

Nelson, my Cairn terrier, is 13 years old but one would never guess his age. He remains as vivacious and lively as a puppy. His bright and loving nature stands out, he loves children and always wants to be close to people. After his 13 years though, various signs of old age have become noticeable. Nelson suffers sometimes from problems with his heart and circulation, now and then high cholesterol and has allergies which produce swelling of his eyelids. Whenever this was the case, his vet gave him injections or tablets. The homeopathic approach was also tried but only worked very slowly.

One day when Nelson's eyes were again swollen, the idea came to me that if something is effective for us humans, it could well be good for animals too. I bound two of my magnetic bracelets together and hung them around my dog's neck. I noticed in the evening that the swelling had reduced somewhat. I left them on overnight in order to strengthen the effect. In the morning the swelling was clearly down and he felt fit and frisky again. This success clearly showed to me that, for my Nelson, magnets do have a really good effect. Before he had to suffer the swelling for days and even then the injections made him slow and tired. Since then he has worn magnetic jewellery every day, shows great liveliness and is once more the young 13 year old puppy.

Heart and circulation  
problems, high level of  
cholesterol, allergies

"This success confirmed to me that magnets are also very effective for animals."

## The power of the magnetic heart

I had decided that Easter Sunday should be the best celebration of the year and tried to prepare everything the Thursday before. Coffee at my friend's house was meant to be a relaxing end to the hectic day. But when I wanted to get up from the coffee table I slipped off the chair and seriously hurt my wrist in the fall. In hospital a complicated comminuted fracture was diagnosed. I was operated on several times and ended up with a number of titanium rods in my wrist. The pain got worse and worse so I took pain-killers, which was in actual fact not like me at all.

My daughter-in-law visited me in hospital and brought me a small magnetic heart. She explained the healing powers of the magnet in detail. To begin with I was very sceptical, but after a few days the pain had gone. I was able to reduce the tablets and then stop taking them completely. The magnetic heart helped me to feel better. I kept wrapping this small heart up and sticking it in the bandage. After three weeks, however, the doctors realised that they had made a mistake whilst operating and that another operation was unavoidable. Once again I had to live with the pain and this time my wrist was set in plaster. I was no longer able to put the magnetic heart that had become so important to me on my wrist. I loosened the plaster a little and slipped the heart inside. The doctor was very surprised when he took the plaster off and discovered the magnetic heart. He showed great interest and listened intently to my story. Since then I have worn magnetic jewellery, which helps me to get rid of pain or at least to reduce it. Apart from this success, I have had another positive experience with magnetic jewellery. Every autumn, for many years, I have suffered from seasonal melancholy and had to take tablets and tranquilliser drops. I can now also go without these medicines. I feel fit and healthy and have much more energy than before. I have also cured the tension in my back and my neuralgia.



Edith Hansmann  
59269 Beckum

### Wrist fracture

“On the whole I can say that every cloud has its silver lining. Now, using magnets, my body, spirit and soul are back in harmony.”



Silke Hofsommer  
34266 Niestetal

### Tennis elbow

## Fun with the hairy side of life

I have been a passionate hairdresser for 25 years and every morning I look forward to going to the salon where I spend the day with my colleagues. For one and a half years I have had a big problem with my elbow, probably caused by my job due to the constant movements of the arm. I have consulted several doctors, who examined my “tennis elbow” and gave me various tips. For almost seven weeks I was written off sick and had to stay at home, as I could hardly lift my arm at all. It was sometimes so bad that I could not even hold up a coffee cup. The pain was too severe. Injections and tablets helped to get me through the day. When I went back to work, cortisone injections helped. But the enthusiasm, with which I had always gone to work, had completely disappeared. I just did not enjoy it anymore as I was constantly in pain.

One day a client told me about magnetic jewellery. He knew how I was suffering and thought he could help me. Until then I had never ever heard of magnet therapy. Without being prejudiced one way or the other I bought a bangle and thought, even if it doesn't help at least I'll have a nice piece of jewellery. But after just one week I already felt the effects. The pain had diminished and I was able to reduce the number of tablets. After another week I completely stopped with the pills, creams and cortisone treatment. Now I spend each day free of pain and can once again really enjoy my job. I can also spend time on my hobbies, such as handicrafts or gardening without any problems. I can say that magnetic jewellery really helped me and I can now have fun and enjoy doing all the things that life has to offer.

“Now I spend each day  
free of pain and can  
once again really enjoy  
my job.”

## Migraine – (no) child's play

For many years I have worked in a day nursery and often need strong nerves. The weekends are much needed for recuperation and to be with my family. Until five or six years ago, I did not mind when it was noisy or the children were going wild around me, but then I started having very severe migraine attacks that strangely only occurred at weekends. These often completely ruined my quiet and relaxing weekends. The migraine attacks were sometimes so bad that I withdrew to my room and spent the whole weekend lying down. The doctor diagnosed migraines and gave me tablets on prescription, which helped me through the weekend.

A friend, who knew that I suffered so badly from migraines, told me about magnetic jewellery and thought that I should just give it a try. I wore the bracelet all day and all night and waited for an improvement. I told myself that in any case it could not get worse. And in reality, the migraine attacks occurred a lot less often and the time between attacks lengthened. I was gradually able to reduce my tablets. Earlier I had these attacks almost every weekend and today I can say that they occur approximately every six weeks and that in the intervening period I have no pain at all. The quality of my life has improved significantly, I am able to recuperate more at the weekends and can recharge my energy, so as to start the new week fully fit. I am really pleased to have my migraines under control with such a "simple" method.



Beate Kaldewey  
59269 Neubeckum

### Migraines

"I am really pleased to have my migraines under control with such a "simple" method."



Guido Küsterameling  
59269 Beckum

## Better times with a snap of the fingers

I have always had a passion for drumming and making music generally and always been in a band. Apart from this hobby, I am also an enthusiastic salesman in the retail trade. I sell machine parts and often have a great time with my workmates. But for 3 years now I have suffered from a skin disease, which just happens to affect my hands. The open wounds are not only unpleasant and painful, but also impose a number of limitations on me, as professionally I also have to deal with dirty machine parts. Everything became rather complicated and I consulted various doctors. Subsequently I went for several allergy tests, but a clear diagnosis could not be made.

Someone who played in my band then told me about magnetic jewellery and I said to myself that one should be open-minded and should not shy away from the unknown. So I just tried it and hoped that I would have some relief from my troubles. They could not get worse in any case. I got an elasticated stainless steel bracelet, which I wore night and day. The open wounds improved and after 3 weeks had almost completely disappeared. I can now work completely normally with my hands and hardly have any more pain. At the same time as the improvement in the eczema, I also now have a normal sleeping pattern. Earlier I had big problems trying to get to sleep and never slept right through the night. Now I feel totally rested in the morning and have a general feeling of wellbeing. I have been able to return to my beloved band and bang the drums with gusto. I am so pleased to have found relief in such a way, thanks to the friend, who told me about this jewellery.

### Skin disease

**“Now I feel totally rested in the morning and have a general feeling of wellbeing.”**

## Magical wellbeing

I have always had fun using creative ideas to conjure up things for children or making decorations. As a family it has always given us a lot of pleasure. Unfortunately for several years now I have had a problem, which has pushed this hobby into the background. For nearly five years now, I have suffered from headaches that are sometimes so severe that I have had to lie in bed. The attacks came at intervals. They threw me completely off track and my whole body felt weak. As I am opposed to tablets, I did not know how to help myself.

A friend of mine swears by the effects of magnets which she has used for years and she recommended that I wear a magnetic bracelet. To begin with I was very sceptical but after a few days I felt a pleasant warmth and the pains diminished. I have less headache attacks and my back pains have also disappeared. I now wear this bracelet day and night and am so happy with it because I am now full of energy and enjoy life again. I am able to do handicrafts again and the creativity that I had lost in the meantime has returned thanks to the magnets. I have since gone into magnet therapy in great detail and now only go to doctors that work with this method. I am very pleased to have discovered magnet therapy, especially because it has no side effects. Furthermore, I also find magnetic jewellery very pretty and attractive. I wear it daily and start each day with a positive feeling.



Helga Knigge  
21517 Güster

### Headaches

“ I am very happy to have discovered magnet therapy, particularly as it has no side effects.”



Heinrich Langen  
26907 Walchum

## At home in the “magnetic world”

The whole world is my home: as a technical engineer with my work I spend a lot of time in a wide variety of countries such as India, South America or in the Far East for my job. If I am at home for a little bit longer, then I get my motor boat out and indulge in my second hobby. Since 1972, I have had my own boat and sometimes I go on very long cruises. I have also founded boat clubs and various associations and I have always been very active on the committees. At the moment I travel up to 120,000 km a year throughout Europe just for my job. On long drives I often have the window open. With the permanent draught I have probably ruined my health. I started having pains in my joints, especially in my shoulders, knees and elbows, which made the long drives agony. The doctor diagnosed severe rheumatism and wanted to prescribe injections. I preferred sports creams and in that way I managed to relieve the pain for a couple of hours.

My daughter knew about my painful rheumatism and gave me some magnetic jewellery, which was supposed to have a positive healing effect on my joints. I was very sceptical regarding the magnets and did not believe that they would have any effect at all. But for the sake of my daughter I wore the jewellery and amazingly after three or four days I felt an improvement. A slight prickling went through my body and the pains in my joints gradually diminished. After one week I was able to move normally with no pain, do sport and the long drives no longer bothered me either. I have told all my friends about this amazing recovery and sometimes lend them my bangle to test it. Almost all of them have felt an improvement after a short period and now want to buy some jewellery through me. Life is fun again. The world with all its beautiful facets belongs to me again and I have the power and the energy to do my hobbies.

### Rheumatism

“A slight prickling went through my body and the pains in my joints gradually diminished.”

## Just don't go under

I am 50 years old, always full of joie de vivre and enjoy life to the full. Sports, such as diving and running, give my life variety and make it interesting. My own business was flourishing and I was enjoying this too until the day that for two years brought my life to a standstill. A slipped disc forced me to put the brakes on. The pain was so bad that to begin with I had no control over my body and I had to completely reorganise my life. Luckily I was not operated on but nonetheless I could not manage without two or three injections a week. Tablets were my constant companions. I then had to spend three months in a rehabilitation clinic. My whole life was upside-down, I was very unhappy with the situation and also wanted to reorientate my career.

By coincidence I met an old friend at a seminar, who suggested that I became a consultant for a magnetic jewellery company. I took an impartial look into magnet therapy and noticed positive changes in my own body that I could never have dreamed of. My pain diminished somewhat and after another three weeks had completely disappeared. I no longer needed any injections and I also stopped taking the tablets. My back no longer hurt and I got my old joyful feeling for life back that I had missed so much. The tiredness that often affected me in the day has also now disappeared and I simply have the feeling that I have much more potential energy. In addition, the sleepless nights or constant waking up are much reduced. Besides my slipped disc being healed I have also noticed a significant improvement in my menstruation problems. On my menstruation days, I sometimes had to take up to six tablets. Now I don't take any tablets at all. Hot flushes and melancholic feelings are a thing of the past and the hormone pills have disappeared back into the medicine cabinet. Thanks to magnetic jewellery I feel like a new person. I have a lot more power and once again have my positive outlook on life.



Ulrike Lemmel  
34121 Kassel

Slipped disc,  
Menstruation problems

"I took an impartial look into magnet therapy and noticed positive changes in my own body that I could never have dreamed of."



Martina Loheit  
21279 Hollehnstedt

## Enthusiasm and vitality

Zest for life, spontaneity and energy are characteristics of my way of life. I have worked for many years in an office and do things with my family every weekend. For three years, though, I have been somewhat limited and my activities have suffered. I had such severe pain in the neck, that my back and my whole locomotive system were severely affected. I had to move down a gear. I strived to get my neck pain under control by trying various things. I tried remedial gymnastics, cherry stone cushions and other homeopathic remedies – nothing helped. When it became really bad, I was given injections that relieved the pain for a couple of days. But this was not a long-term solution.

My 22 year-old daughter told me about magnetic jewellery and gave me a nice piece of jewellery for my birthday. As I am naturally a very sceptical person, I did not really believe in the effectiveness of magnets. But I told myself I had nothing to lose by wearing the jewellery, and it did look attractive. I wore the magnetic jewellery for two or three weeks, without realising that my pain had diminished. Only much later did it dawn on me that the improvement may have indeed been due to the magnetic jewellery. I was curious to know whether that really was the case and decided to experiment. During my holiday I did not wear the magnetic jewellery for three weeks. After two more weeks I then had my normal problems in my neck and my back was very stiff again. Now I can say with certainty that the improvement was due to the force of the magnets and that I am convinced that this remedy works. With the magnets, I have never felt better. I play with the children and can go through the day on full power without getting tired. I never run out of energy and I can do a lot more than before. My zest for life has returned and my spontaneity is back to normal, for which my family is also very thankful.

### Neck pain

“Now I can say with certainty that the improvement was due to the force of the magnets and am convinced that this remedy works.”

## Dancing through life with no symptoms

I am naturally a person full of the joys of life and pay a lot of attention to my appearance. I have always done a lot of sport, eat healthily, love dancing and enjoy listening to music. 20 years ago I had so much energy that every weekend I wanted to go out dancing. But one day I suddenly felt like a deflated balloon and all my enthusiasm had gone like a puff of smoke. All my energy reserves were empty. I had really severe pains in the neck and on some days I could hardly move at all. I also suffered from joint pain and my whole ability to move no longer seemed to function properly. The doctors diagnosed fibromyalgia, a painful illness that has not yet had much research done into it. I often felt like an 80 year-old woman. I started to completely change my eating habits and tried to move a little or do some remedial gymnastics as far as my body would allow. Pain-killers were a daily necessity, although they caused me severe stomach problems. Another doctor advised me to have my teeth checked, as there was the possibility that the pain could be caused by a trapped nerve or a festering root. In sheer desperation I went to a dentist, who removed some teeth with the promise that it would relieve the pain. Not by any stretch of the imagination. I decided to take a health cure in order to get my pain under control.

A lecture on the effectiveness of magnets motivated me to buy some magnetic jewellery. I wore a little magnetic heart on a necklace and after exactly 8 days I felt an improvement. The pain was not as strong and I was able to go without pain-killers. My body has given back to me pain free enjoyment of life. I have rediscovered my enthusiasm and can do my hobbies once more. I bought more and more magnetic jewellery to give to friends and relatives. I told everybody my story. I still can't believe it.



Renate Menghin  
67098 Bad Dürkheim

### Fibromyalgia

"I am convinced that the magnets have just given me back my equilibrium and that through them I can now enjoy life free from health problems."



Ingrid Naumann  
34266 Niestetal

Melancholy,  
menopausal problems,  
panic attacks,  
insomnia

“At last I could sleep through the whole night and my panic attacks gradually disappeared. I no longer feel melancholic and I have the menopausal problems under control.”

## Given wings by the healing powers of magnets

The stage was my life. Up there I felt as though I was at home in my living room. I had never had stage fright; any nervousness was so deep down in me that I did not feel it. The public and the stage lights – I loved both and never wanted to be without them. Meanwhile I am completely at home. My health however is no longer at its best and in the last few years everything has piled up on top of me: from severe melancholy to menopausal problems, anxiety attacks and problems getting to sleep. My body and soul were upside down. Nothing belonged together anymore. The doctor was also unable to help any further. Some days tablets were the only emergency solution.

A friend told me about magnetic jewellery. Until then I had never heard of this remedy and I was immediately very curious and tried magnetic jewellery. After exactly ten days I felt a significant improvement in my general wellbeing. I was able to enjoy sleeping deeply. At last, I could sleep through the whole night and gradually my panic attacks also disappeared. I no longer feel melancholic and I have the menopausal problems under control. Since I have worn the jewellery, I feel a completely different energy in me and I think that I have more power. Slackness is a thing of the past and I can work from dawn to dusk without becoming exhausted. I am so enthusiastic about the healing powers of the magnets and never ever want to be without them. I would recommend them to anybody. I am back in control of my life.

## A healthy night's sleep is (not) a miracle

I am a woman of the world and enjoy travelling. Discovering new cultures and art make my holidays very exciting. At home in Paris, I love going at the weekend to previews at art galleries or churches at the weekend. I get my energy from my travels and through the contact with other people. It is as though a battery is recharged that then keeps me fit the whole day long. Unfortunately for 10 years I have had big problems getting to sleep and that often robs me of energy. I lie in bed and turn from one side to the other, my thoughts go round and round in circles about the same things and I simply cannot fall peacefully asleep. The next day I am totally exhausted and not fit for anything. I feel like a wreck, do not want to do anything and just try to get through the day. Then I do not even like the best exhibitions and just want to crawl into bed. But then just thinking about sleeping, I'm already frightened that in any case I won't be able to get to sleep.

My doctor prescribed sleeping pills that I took for over ten years. Every evening I was happy to take one of these pills in the knowledge that I would have a long, deep sleep. Out with friends, eighteen months ago, a friend gave me a magnetic bangle convinced that it would do me some good and that I would also be able to sleep better. I did not believe in the healing power of the magnets that had been prophesied, but as I am an open-minded person and like to try out new things, I did not oppose the idea – and I am pleased about that. I have calmed down a lot and have really slept better at night. I gradually stopped taking the tablets until I could go without them completely. Every night I can now sleep right through and falling asleep is also no longer a problem. I feel generally more full of energy and my life is now full of variety again, as I had always wanted.



Esperanza Perez

7506 Paris

France

### Insomnia

**"I gradually stopped the tablets one by one until I could go without them completely. Every night I can now sleep right through and I no longer have any problems falling asleep."**



Beate Philippent  
34266 Niestetal

### Melancholy, Tennis elbow

## Zest for life in the twinkling of an eye

As the mother of 2 children, I have a very varied life in Niestetal. I work part-time as a hairdresser in a nice salon near the town. When we are not working, we look forward to a nice weekend hiking with the whole family. But in the last few months, pains in my lower arm and melancholy have made life very difficult. I consulted various doctors, but the diagnosis was always the same: "tennis elbow". I was advised to have an operation, but as I am not for "quick fix" interventions, I took my time and first wanted to try out alternatives with creams and tablets. I was given cortisone for the pains in my arm and tablets to help with the melancholy. In my hairdressing salon I was constantly in pain at work. I could hardly hold brushes and I dropped coffee cups and other heavy items. At home I still had to do the housework and needed my arm for that too. I really did not enjoy my life anymore; everything was grey and sad.

A client at the salon, who already knew about my problems, told me about magnetic jewellery and I then bought myself a bangle in order to try it. At first the pain got much worse and I did not know if I would be better to take the jewellery off. But after four days I had a prickling feeling in my body. The pains in my arm improved. The melancholy, which I had regularly suffered from, disappeared. Within two weeks the treatment was so successful that I stopped using the tablets and creams altogether. Now I enjoy my job again because I am no longer in pain when brushing, cutting and holding hairdryers. I also really enjoy doing my housework, handicrafts and playing with my children again. In the mornings I feel much more rested than before and I hardly have any problems getting going now.

"At first, the pains got much worse and I did not know if it would be better to take the jewellery off. But after four days I felt a strange prickling and a feeling of wellbeing spread through my body."

## Full of energy and joy of life

I have always been out and about and my life is full of variety. I work part-time in a hospital as a member of the nursing staff, which places great demands on my back. A few years ago this led to a slipped disc. Apart from the heavy nursing duties, I also work for the parish and for Caritas. Furthermore, of course, my family needs its fair share of attention. I would prefer it if the day had more than 24 hours. After the slipped disc my life changed completely. The left side of my body was totally tensed up, which caused severe migraines. My doctor prescribed a lot of tablets, as well as creams and injections for the tension in my back. My day could no longer be organised in the same way. I had to give a lot of thought to each movement of my hands and body. My life was no longer as colourful and happy as before, and I did not know what to do about it.

I found a magnetic bracelet at my mother's house and I borrowed it for a while. I had already read a bit about magnet therapy and just wanted to test it. I could not believe it when after just 20 minutes my headache diminished and I felt better. The pains in my back also improved daily until after two weeks they had completely disappeared. It was just unbelievable; I no longer had any pains and did not need to take tablets anymore. I enjoy my job again and of course all my other activities too. I can also give my family a lot more and I am full of energy. My life is as bright and colourful as ever it was before.



Monika Plattner  
59269 Beckum

### Slipped disc, migraines

“The pains in my back improved daily, until after two weeks they had completely disappeared. ... I can also give my family a lot more and feel full of energy.”



Kristin Schinlauer  
30851 Langenhagen

## Dancing through life

My five year-old daughter feels like a little princess. She enjoys wearing pretty clothes, mainly pink with flowers and wears a little crown on her head. Her dolls are also dressed in princess's clothes and in her dance class she feels like a real ballerina. Unfortunately for the last two and a half years, she has had severe problems with her joints, which have limited her growth and her development. When she was two and a quarter years old she tripped and fell on her knee. The subsequent swelling never really went away in spite of medical treatment. Given a family history of such problems a rheumatologist diagnosed joint rheumatism already affecting three joints. My daughter was often in pain and was not as lively as other children of her age. The doctor prescribed syrup for the pain, which she had to take every day. In addition she had remedial gymnastics once a week. Luckily, my daughter takes the rheumatism and all the connected difficulties in her stride and can put up with it.

### Joint rheumatism

Whilst out shopping, I came across a sales stand with magnetic jewellery. Curious, I asked for some information and bought a pretty copper-coloured bangle for my daughter. She really liked wearing this jewellery and after one week I noticed a definite change in her disposition and her general state of being. She was more lively and awake than before and did not complain as often about the pain. All the time she was now proud to wear this bangle, as it matched her pink clothes with its rosy-red shine. I am pleased to have found a method with which to help my daughter, to relieve her pain and to see her looking healthier. I can but recommend this remedy to anyone; it costs hardly anything and looks nice too.

"I can but recommend this remedy to anybody, it costs hardly anything and looks nice too."

## Wellbeing – it's child's play

I lived near Hamburg and when I got my motorbike driving licence the roads were no longer safe. 21 months ago my daughter was born. She is the sunshine that has brought light into my life. If I think about my own childhood, I only remember the pain. When I was 15 years old I had severe tendinitis that started in my thumb and went right up to my shoulder. My arm was constantly in plaster and I could not move properly. The worst thing was that I could no longer write with my right hand and had to try and use my left hand. Thereafter my left wrist became inflamed and my left arm was then plastered too. It then just kept changing from left to right and back again and this situation dragged on until now. I had a demanding job in an office that I really enjoyed. I went to six different doctors, who all diagnosed the same problem and prescribed tablets and injections. In the meantime, I had to stop riding my motor bike and daily life with my daughter was full of problems. It was difficult for me to lift her out of bed or to hold her in my arms. Every movement hurt me and the pain affected my mood.

I met an old friend, who told me about magnetic jewellery and its healing powers. As I had never read or heard anything about it, I was rather cynical, but curious nonetheless. I just wanted to try it once. During the first four days that I wore the magnetic bracelet my pains were worse than normal. Despite the pain I continued to wear it and after a week I felt an improvement. The pain gradually diminished and after four weeks I no longer took any tablets and also went without my injections. The troubles I had had for so many years are now under control thanks to a small magnetic bangle. I am overjoyed at being able to live normally thanks to the magnets.



Sandra Schlabbach  
30851 Langhagen

### Tendinitis

“I just wanted to try it once. During the first four days that I wore the magnetic bracelet my pains were worse than normal. Despite the pain I continued to wear it and after a week I felt an improvement.”



Ralf Schmülling  
59269 Neubekum

## If you plane, there will be shavings

As a trained carpenter, I took my master craftsman's diploma in 1994. It is a creative, demanding job that gives me a lot of pleasure. Unfortunately I was not always able to be as involved as I wanted to because since 1999 my life changed completely due to the onset of really strong headaches. One morning I woke up and they were just there: unbearable pain. After numerous visits to doctors and stays in hospital as a brain tumour was suspected. I underwent a computer tomography, but a clear diagnosis could not be made. I took around 50 pain-killers a month, which I obviously did not like, but I had tried so many things, from homeopathy to foot reflex-zone massages – nothing helped. My family life suffered enormously. The children often had to be quiet and we could not charge around as one would normally. My hobby, football, was completely out of the question.

At a seminar for new business starters I met Uli L. We got talking about both professional and private matters and somehow or other we got on to the topic of health. He was wearing a magnetic bracelet, which he then spontaneously took off and gave to me. I knew absolutely nothing about the positive power of magnets. But by wearing the bracelet I was quickly convinced: a pleasant warm feeling spread through my body and in my head I felt a slight prickling. Since I have worn magnetic jewellery, I have no longer had any headaches. My life has suddenly changed. I can do sport again and am much more conscious of what is going on around me and all without pain-killers. The nicest thing is that I am fully involved with my family again and can play with the children. My head is now free for creative ideas and I simply feel fit and healthy, sort of bursting with energy.

### Headaches

"Since I have worn magnetic jewellery I no longer have headaches. My life has suddenly changed."

## Rosy times with magnets

I get a lot of pleasure from seeing flowers grow and looking after them on a regular basis. I have been retired for a few years now and sweeten my daily life with gardening and cultivating special roses. But for three or four years I have had serious problems with the joints in my hands. I suffered with severe pain have made me suffer and I could no longer grip tightly with my fingers. Sometimes I was unable to move my whole hand and it had become impossible to carry heavy things such as shopping bags. Everything slipped out of my hand and I was no longer able to do the gardening. I felt sorry for my poor plants; they withered and nearly died. The doctor diagnosed rheumatism and gave me medicine for this illness. Years later arthritis was diagnosed. My pain was so bad that I did not even have enough strength to make a fist.

My daughter recommended that I use magnetic jewellery for my illness. To begin with I was very sceptical and did not believe in the healing effect, but immediately after putting the bangle on I felt a pleasant warmth. After a few days my pains had improved and I could bend and unbend my fingers completely normally. I to try to do some gardening and found that I no longer had any pain at all. I am pleased that I was not too proud to try them and did not dismiss the magnetic bracelets out of hand. One need not be sceptical about new things, rather one should be curious and at least try them once. It can but get better.



Hannelore Soffner  
22309 Hamburg

### Arthritis

**"I am pleased that I was not too proud to try and did not dismiss the magnetic bracelets out of hand. One need not be sceptical about new things, rather one should be curious and at last try them once."**



Herrmann Thiesmeyer  
59169 Beckum

## The power of the right heart

I have been retired for 2 years and enjoy life at home with my wife. Our passion is cycling and we try to go on a bicycle tour every week, in order to remain active and to enjoy the fresh air. Unfortunately, it is not always possible as I often have back pains, which I have suffered from for over 30 years, as a result of two slipped discs. I was constantly given injections, creams and tablets, but unfortunately I always had the feeling that none of them really helped. I often thought that “life in the fast lane” was over. I was lucky that my wife had always given me loving support and was a great help to me.

On one of her visits, my daughter brought me a magnetic bracelet and thought that I should just try out it to help my back pain. She gave me the piece of jewellery and I wore the bracelet. The pain really did improve. Within a few days I stopped having the injections and was also able to stop using the tablets and creams. My body gradually regenerated itself and I had the feeling that I had been given a new source of energy for life. Life became really fun again, until one day I had another unfortunate bicycle accident. A piece of branch got stuck in the spokes and I was thrown over the handlebars. The result was comminuted fractures of both elbows; I was taken straight to hospital and operated on. I suffered with severe pain and my daughter once again brought me a magnetic heart in hospital, which she put on my elbows. After just a short time I felt my pains subdue and I knew that the magnetic heart had helped me. As my wife had pains, I gave her the magnets for a week. She also experienced a very rapid improvement, but during the time that I was not wearing any magnets I was in pain again. I now wear the magnetic bangle every day and we share the heart.

### Slipped disc

“I am pleased that my daughter helped me using magnetic jewellery and so that I also now know this wonderful remedy.”

## Pain-free thanks to bangle

For 15 years, I have had pains in my elbow and can no longer organise my day as I want. I am retired and do a lot of housework. If I have some spare time then I enjoy walking and cycling. My elbow probably got inflamed through working out in the open. I was always in pain, even being woken up at night because of the pain. I no longer knew what to do. Every day I rubbed in various creams and alcoholic liniment. The doctor diagnosed inflammation and prescribed injections. I had up to ten injections per month and was also meant to put ice packs on my elbow. To crown it all, I then had bronchial problems too. My chest was constantly full of mucus and I was coughing all the time.

My husband has been wearing a copper magnetic bracelet for a while, which has apparently helped him a lot. I decided to try it too and hoped that my lungs would calm down. But it did not help at all, I even had the feeling that my lungs were even worse than before. I wanted to take the copper bangle off, but then noticed a considerable improvement in my inflamed joint. The pains diminished from day to day. Two weeks later I was able to stop using the creams and having injections and had no pain whatsoever in my elbow. I can sleep again at night. I then bought a copper magnetic bracelet for my husband and myself and we share a clip-on magnetic heart. I am pleased to be rid of my pains in this way and to be able to go without all those injections and medicines.



Ingrid Thiesmeyer  
59269 Beckum

Joint pains,  
Bronchial problems

“I am pleased to be rid of my pains in this way and to be able to go without all those injections and medicines.”



Marita Thomsen  
22529 Hamburg

## Animal enjoyment of life

My life must always be full of variety. Animals have a large part to play in it. I have a terrarium with snakes and also some parrots to sweeten my tranquility. Apart from keeping animals, photography is also a big hobby of mine. I used to work in a photo laboratory and now I work in the civil service. With my well-balanced life and a variety in my hobbies I was always full of energy. About three years ago, I started feeling weary and tired even after a small amount of effort. The doctor saw that I had a higher than normal blood sugar level, some days it was over 400mg/dl, which is very high in comparison with the normal value of 100 mg/dl. The constant fluctuations from 40 to over 400 mg/dl in a day really got to me. I was given an insulin pump and became dependent on a daily dose of this medicine. Many specialists examined me and could not explain the constant fluctuations in the blood sugar level.

One cold autumn evening I got myself comfortable in front of the television. A programme about pretty designer jewellery drew my attention. This jewellery contained magnets and it was the first time that I had ever heard that magnets could have a positive influence on the body. The very next day I bought myself a bracelet and after a very short time I noticed an improvement in my general wellbeing. I simply no longer felt weary and my blood sugar level was more constant. It settled at 130 mg/dl, which I could not explain after such a short period. The doctors were also unable to explain the improvement. I am very enthusiastic and am really pleased to have found something that helps me. In addition, the jewellery is very attractive and I have had absolutely no side effects, unlike with tablets. Now I can enjoy a bright and colourful life again, as opposed to the grey dreary kind it had been.

### Fluctuating blood sugar level

**“I have told all my friends about this quick improvement and I started distributing this jewellery myself.”**

## Touching a nerve

I have a dentist's surgery in a sleepy village near to Marburg where I see patients everyday. But for many years I have suffered from severe joint rheumatism and have already been operated on several times. It was very difficult for me to continue practising as the pain stopped the free movement so important and necessary to treat my patients. In addition, a worsening tinnitus has caused me a lot of trouble in the last three to four years. The doctors could not be of any further help, so I tried to get on with life despite the suffering.

One day a friend gave me a bangle and later earrings too, that had small magnets in them. He told me about magnet therapy and recommended me to just give it a try. Without any prejudice, I accepted the jewellery in the hope that it worked. After a few days I noticed that my hands and feet were always warm and I had the feeling that the blood circulation in my body was now working much more efficiently. The worsening tinnitus has disappeared completely and I am now waiting to see if my rheumatism symptoms will also be reduced. My friends and colleagues have also noticed that I look healthier and have more vitality. If wearing the magnetic jewellery has helped so much in the first three weeks, I can only hope that the next few weeks will also do my body as much good. I'm longing to see what happens and am full of hope.



Anna Wagner  
35043 Marburg/Bauerbach

### Joint rheumatism, Tinnitus

"If wearing the magnetic jewellery has helped so much in the first three weeks, I can only hope that the next few weeks will also do my body as much good."



Monika Wegener  
33605 Bielefeld

**Bad eyesight,  
insomnia,  
nervousness**

## Evidently miracles do happen

Reading had always been my hobby. Already as a child I had been called a bookworm as I absorbed every book I could and loved to bury myself in the stories. For many years now I have worked in a large chain of department stores and hardly ever get to see daylight. My workplace is surrounded by neon lights and other artificial sources of light and my vision deteriorated enormously for that reason. I had to buy myself reading glasses. I can actually say that I have a healthy body and the only other problem I have to deal with is a lack of sleep. Due to the fact that I rarely sleep well at night and wake up two to three times, I often feel exhausted and weak. I never was calm enough to just let things drop. I was always nervous with a thirst for action.

A friend, who often visited me in the department store, gave me a magnetic bracelet to test and to help me sleep better. I had already heard that magnets were meant to have a positive effect on the body, but without knowing exactly what they were meant to do. I thought I would just wait and see, although to be honest I did not think much of all this hocus-pocus. For the first time in years I slept right through the night and felt as fit as a fiddle the next morning. My friend lent me the magnetic bracelet for the next few days too and I was pleased to be able to try it out a bit longer. Two weeks later I was looking for my glasses because I wanted to read some small print. As I could not find them, I looked at the invoice and to my amazement I was able to read the numbers on the piece of paper without my glasses. But I was not sure if this was due to the magnets. My optician confirmed the improvement in my eye strength. Thanks to magnetic jewellery I can now read again without glasses and the pains in my eyes have completely disappeared. At night I can now sleep right through and generally speaking I have much more vitality and feel calmer.

**“It was a miracle, for three years I have needed reading glasses and now I could read without them.”**

## Wind of change with magnetic jewellery

As an active person, I enjoy walking and love being out in the fresh air. One of my biggest hobbies and passions is playing in a band. Naturally I also love sitting cosily in front of the fireplace and reading an exciting book on grey winter days. Unfortunately I have suffered from severe headaches for ten years. They were so severe that I expected my head to explode into a thousand pieces. It was unbearable and drove me completely mad. As I am very hard to keep down, I never wanted to be signed off sick and got through the day with tablets. I went to several doctors and they diagnosed a blockage and every six to eight weeks they manipulated my back and put it back in place. This was a very painful affair.

A friend, who knew about my suffering, then gave me a catalogue full of magnetic jewellery. I looked through it and bought myself a bangle. After a few weeks the tension really had diminished and I no longer needed to go to the doctor. I somehow had the feeling that I had more energy and the blood circulation around my body was more effective. I also felt much more alive, which gave me momentum and energy. I really am happy with the result that I have achieved through magnetic jewellery.



Angelika Witt

23638 Krummesse

### Headaches

“I also felt much more alive, which gave me momentum and energy. I really am happy with the result that I have achieved through magnetic jewellery.”

## Glossary

### **Magnetic field**

The space around a magnet or electrical current, in which magnetic force can be measured.

### **Magnetic force**

Is the turning, repelling or attracting force that affects a magnetic or charged object. If one holds two magnets, one can feel the force of attraction or repulsion.

Magnetic force, also called magnetic strength or intensity, is measured in Gauss. It quickly diminishes as the distance from the magnetic object is increased.

### **Magnetic therapy**

Also called magnet therapy or biomagnetic therapy,, are expressions for the use of magnets on human or animal bodies.

### **Biomagnetic**

Is an all-encompassing term for the interaction between biology and magnetism.

### **Pulsed magnetic fields**

Are electrically generated magnetic fields, with rhythmic variations, either getting stronger and weaker, changing their polarity or turning on and off.

### **Gauss**

Is a unit that defines magnetic strength. It is normally measured on the surface of the magnet and varies between the centre of the magnet and the sides. The size of the magnet is just as important as the Gauss value. A large magnet of 1,000 Gauss is much stronger than a smaller magnet with the same Gauss value. The Gauss number indicates the number of lines of magnetic force passing through one square centimetre.

### **Tesla**

One unit of magnetic flux. 1 Tesla = 10,000 Gauss

# MAGNETIC JEWELLERY

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## FOR YOUR WELLBEING

### Idea for a present:

Magnetic jewellery makes an ideal present for him and her, for every occasion: wether

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