



Magnet Therapy: The Gentle and Effective Way to Balance Body Systems

Ghanshyam Singh Birla

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- The complete guide to magnetotherapy--the treatment that promises to revolutionize 21st-century medicine.
- Magnet therapy has been used by more than 100 million people worldwide.
- Clinical studies show magnet therapy to be an effective treatment for back pain, insomnia, high cholesterol and blood pressure, and many other ailments.

The recent discovery of magnetic receptors in the human brain has confirmed what the ancient Chinese, Indians, Egyptians, and Greeks always knew: that human beings are strongly influenced by the Earth's magnetic field, and that by subtly altering our own energy fields with magnets we can restore proper balance to our body systems. This science of magnetotherapy has already been successfully used by more than 100 million people in the United States and around the world. Numerous scientific studies show that many cases of stiff shoulders, back, or neck, unexplained chest pain and frequent headaches, as well as insomnia and general fatigue are actually caused by what is known as Magnetic Deficiency Syndrome, and double-blind tests reveal that magnets have brought rapid relief in 90 percent of these cases.

Magnet Therapy presents the history and science of this fascinating subject, explaining why magnets increase oxygenation in the blood, lower cholesterol and blood pressure, reduce pain, enhance cellular regeneration, and may even inhibit tumor growth. The authors detail methods for treating symptoms ranging from asthma to toothaches and weigh the benefits of magnetic necklaces, magnetic belts, and magnetized water, as well as traditional bipolar magnets. For devotees of alternative medicine, Birla and Hemlin explain how magnetotherapy fits into the context of other practices, such as Ayurveda and traditional Chinese medicine, and how it can be used in conjunction with acupuncture, massage, and other therapies. Complete with case studies and resource listings, *Magnet Therapy* is the comprehensive guide to what promises to be the next medical revolution.

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