

The Theory Behind Magnetic Therapy

Magnets are used in everything from cars to refrigerators to your home stereo system. They come in a variety of sizes, strengths and types. While ferrite magnets are typically used in microphones, calculators and computers, neodymium magnets are used for MRI scanners and welding clamps. Today, magnets are used to heal the body and bring relief from a variety of ailments. Arthritis, disorders of the bowels, high blood pressure and insomnia are among the health disorders that magnets are used to resolve. Below, we'll take a closer look at the theory behind magnetic therapy.

Your Blood The foundation of magnetic therapy focuses on the blood that flows through your body. As you know, your blood transports oxygen, hormones and various nutrients to your limbs and tissues. For your body to function properly, your blood must circulate efficiently. If circulation is impeded or fails, the body suffers. When the suffering is localized (for example, bowel disorders), magnetic therapy is used to correct the problem.

The Pull Of Magnets In order to understand the theory behind magnetic therapy, it's necessary to appreciate how magnets work. Magnets influence magnetic fields. They're comprised of a mixture of metallic alloys. When metal particles are present in close proximity to a magnet, they're caught within a magnetic field and drawn toward the magnet. Your blood is packed with hormones, red and white blood cells, platelets and iron (among other elements). It's the iron that is theoretically influenced by magnets. If an area of the body suffers from poor circulation, magnets may be placed over the area. The force of the magnet influences the iron in the blood. In effect, the magnet draws the iron toward it, improving circulation.

Magnetic Theory Applied Magnetic therapy uses magnets to improve circulation. It does so through the magnets' influence on the iron contained within the blood. Further, static magnetic fields are creatively used to realign positive and negative ions within the body's cellular structure. By doing these things, ailments such as those mentioned above can, in theory, be eliminated. Because magnetic therapy is not yet an accepted practice in the medical community, research continues. Enthusiasts hope that additional testing will one day vindicate their faith and support.

About the Author

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