

Magnetotherapy

Irving Azor – Biomedical/ Electrical Engineering – University of Rhode Island

In the last two decades, biomagnetic products have been gradually making its mark in the health-care industry. Ranging from small magnetic rings and fanciful magnetic bracelets to king-sized magnetic mattresses, these products have often been highly acclaimed by sales-people in this field to be effective in aiding the healing process of muscular-skeletal ailments, or for the general well being of humans. Magnetotherapy is no new affair. It has been documented that the Greeks were using magnets for healing since 2,500BC. The Chinese have also been known to use magnets alongside with reflexology and acupuncture as a form of medical treatment back in around 2,000BC.

Magnetotherapy is very effective in drawing out pain and relieving stiffness as when the body comes into contact with magnets the magnetic waves pass through the tissues and induce secondary currents, which produce impacting heats thus reducing pains and swellings. It also revives and promotes the growth of cells and increases the number of healthy red blood corpuscles. The red corpuscles contain hemoglobin, which contain iron. The magnets influence the iron in the blood through which it reaches every part of the body removing calcium, cholesterol and other deposits- it cleans, purifies and ionizes the blood, ionized blood flows easily thus there is no clotting, eases the activity of the heart and normalizes blood pressure. The secretion of hormones is also regulated and this improves the luster of the skin.

Magnetotherapy requires no medicines, no injections, and no tonics. Magnets of various shapes, sizes and strengths are used to regulate and strengthen the natural system and preserve the balance of magnetic field in the body. Two types of artificial magnets are used: Electro-magnets and permanent magnets. Electro-magnets work only when connected to electricity. Permanent magnets are fully charged with electric current and remain permanently magnetized. They are made of an alloy called alnico composed of aluminum, nickel, iron and cobalt in different proportions. For most treatments disc shaped magnets of medium or high potency between 1500-3000 gauss power, are generally used. These discs are usually sold in pairs

– north pole and south pole. The two poles possess different therapeutic properties. The north pole magnet is effective in diseases caused by bacterial infection and the south pole is used to treat all kinds of pains, swellings and weakness. Treatment is either local or general. In local treatment the selected pole is applied directly on the affected area or placed nearest to the spot if it is sensitive or painful. If both poles are required, the main magnet is placed on the ailing sport and the second under the palm or sole on the same side. When the whole body is affected general treatment necessary.



Evidently, the U.S. FDA passed a law forbidding companies marketing biomagnetic products from issuing any significant medical claims on their products. This includes the use of magnetotherapy for the treatment of cancer. Before the enforcement of this law, there were companies and people claiming magnetotherapy can be used to treat cancer. Consumers on their part nonetheless must remain vigilant, and realise that magnetotherapy is still not considered a legitimate therapy for the treatment of cancer.

References:

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