Magnetism in Healing

Magnets have been used for centuries in the medical field. They were first introduced for healing purposes in the fourteenth century by Paracelsus who was a physician at the time. He travelled throughout the known world spreading awareness about the many healing options believed to be attributed to magnets. The common belief was that if they could attract iron, then they could attract disease.

It wasn’t until the late 1800’s that magnets once again gained popularity in the medical field. An American named, Daniel Palmer, created his own facility that treated people using a mixture of magnetic and hands on therapy. His ideas later developed into the modern practice of chiropractic therapy.

Shortly after in the 20th century, magnets and electric fields were looked at as a way to potentially help people. In 1997, Baylor college conducted a study on whether or not magnets help reduce pain in post-polio patients (polio is a painful muscle attacking disease). They concluded that permanent magnets reduced pain in almost all patients. This study greatly impacted and sparked people’s interest in magnets especially after the results were published in the 1999 edition of the New York Times.

Today magnets are prescribed by doctors as an alternative option to drugs or in some cases, surgery. The medical magnets of today are used mainly to improve circulation, reducing swelling due to inflammatory injuries, and to relax blood vessels. Beyond the physical applications, magnets are often used to treat mental disorders such as clinical depression, Alzheimers and schizophrenia. Different conditions and depending on the part of the body the in which the therapy is required; a larger or weaker magnetic field strength is needed. So far, the only known problem with prolonged magnet therapy is what pole you use. Doctors suggest that the patient use the negative end rather than the positive end because the positive end has the reverse effect of its counterpart. For example, using the positive end of the magnet can actually harm the patient by increasing the chance for cancer and inducing blood clots. This is however, a rare occurrence.

Overall, magnetic therapy is a smart and safer option for the treatment of pain, illness, and blood related disorders. Magnets are also not addictive unlike many of the common pain relievers doctors prescribe. Magnetic therapy is also beneficial to the all advancements in the medical field such as cancer, because electric and magnetic field therapy is a five billion dollar market worldwide and most of that money goes to research funds. Magnets are, and continue to be a vital part of the healing processes and in ten years’ time could even lead to the curing and treatment of major diseases such as cancer.

SOURCES

1. Marci A brief history of magnets and medicine. . Retrieved from <http://journaltimes.com/lifestyles/health-med-fit/a-brief-history-of-magnets-and-medicine/article_ab4d6c8e-095c-5620-9f15-23bf52aea767.html>
2. (no author listed). *Magnet Therapy* published 2009. Retrieved from http://www.webmd.com/vitamins-supplements/ingredientmono-1177-MAGNET THERAPY.aspx?activeIngredientId=1177&activeIngredientName=MAGNET THERAPY