MAGNET THERAPY

discover the powerful new force in health and recovery

GLORIA VERGARI
Acknowledgements

Dedicated to Douglas Adams.
Without whom physics would be so dull.
Thanks for the journey.
About the Author

Gloria is one of the first magnet therapists in England to be accredited by the Complementary Medical Association (CMA)

Prior to that she studied magnet therapy under Jim Souder in America, one of the leaders in the technology of biomagnetic therapy in the USA.

She has devoted the last five years to pushing forward this new frontier in health care.

In that period she has worked with over 3000 patients.
Preface

Magnet Therapy is not:

• A miracle or the answer to everything.
• To be used without a diagnosis.
• To be used by persons using a pacemaker, defibrillators, insulin pumps or other electro–insulin devices. It is not to be used by pregnant women.

Magnet Therapy is:

• Doctor recommended
• Clinically tested
• Safe & effective
• Re–useable
• A non–invasive drug free therapy.
• Affordable.

According to Dr Ken Wianko, a top American physician: “Magnets are not magic. Their function is very simple. Magnotherapy helps the body regain its self–healing balance naturally, because each organ and cell in the body is influenced by magnetic fields. Cell regulation, tissue function and life itself are controlled by electromagnetic currents.”

“I honestly believe that simply wearing a modern magnet, is one of the easiest ways we can enhance our well–being.”
Gloria Vergari MCMA
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INTRODUCTION

Before I take you through the basics of magnet or *magnotherapy* and how it works, let me clear up some of the questions I am most frequently asked.

- ‘Why have I only recently heard of it?
- Where did it come from?
- Is it safe?
- How should I use it?

Stay with me, this will be a fascinating journey and one that could change the way you approach looking after your family’s healthcare.

The possibility of our living to be 80 or 90 is practically taken for granted, and when we, or our loved ones don’t make it we almost feel slighted. However, with this long lease on life comes the realization that the NHS cannot and will not be there for every ache and groan, we will have to become familiar with ways of healing and maintaining our own bodies. The general trend is to look for more natural ways of doing so. Over the last few years, the public both in the UK and throughout the world are opening up to complementary and alternative medicine, actively searching for non-intrusive, drug free and above all safe methods that are known to work. We are entering a new era in self-managed health care, and ‘soft’ medical alternatives are increasingly preferred over drugs and surgery whenever possible.

Magnotherapy is all of the above, and more. In this book we will attempt to explain how magnets effect changes, and answer some of your question, simply and frankly.
Chapter 1: The Importance Of Magnetic Fields & Energy

The universe, as Douglas Adams says in The Hitchhiker’s Guide to The Galaxy, “..is big, it’s very big”.

It is; all those moons, stars and suns out there just hanging around in space. What is it that keeps them up in their own particular place and not crashing down into each other? Yes you have it, gravity and magnetic fields continually pulling and opposing and holding the planets in their appointed place or orbits.

The earth is in fact a giant magnet and since the breakthrough theories of Einstein and other physicists we now have terms for the four forces which give and maintain order on our planet and in the universe: the weak nuclear force, the strong nuclear force, gravity, and the electromagnetic.

The earth, mankind, animals, cells, atoms – life itself – is exposed to and charged with terrestrial magnetic fields. Every cell in our body has some energy or force flowing through it. To quote Shakespeare, not only are we “such stuff that dreams are made of” but we are also made up from the dust of ancient stars. Isn’t that a lovely thought to hang onto as we are fighting crowds at rush hour? In that dust are tiny magnetic particles. When we are attracted to someone and say they have a magnetic personality or that there is some “chemistry” happening, we are right, each of us gives off greater or lesser energies at slightly different strengths. A few of us with a natural high out-put can become healers. The rest of us can now do the same to our bodies by utilising therapeutic magnets.

Remember the old cliché “opposites attract”, well the fact is that opposites are dynamic, creating change, pushing us ever forward. Positive and negative, yin and yang, hot and cold, dark and light, the moon, sun and earth are working towards our well-being. This energy field we were born into is crucial – vital for our health.
We are now receiving less of the natural magnetic field we used to get from the planet. Modern life now insulates us. We no longer walk barefoot on the earth. Most of us in the western world live and work in concrete buildings and we drive everywhere in metal cars, trains or planes, and this combined with the cocktail of unnatural electricity we surround ourselves with daily, each putting out different strengths, bombards our body causing stress to our cells. Radio waves, which transmit television and radio, microwaves from satellites, electric fields from overhead cables, and even our own home lighting and power for household appliances. This cocktail of pollutants has depleted a significant amount of our own natural energy source. How much has it depleted our system, is yet to be determined, but there is a lot of research going into the causes and triggers for such “modern” diseases as chronic fatigue syndrome (CFS), magnetic deficiency syndrome (MDS), MS and most notably ME.

Roger Coghill, one of Britain’s most noted researchers in the area of energy fields and medicine, tells us how metals when placed in an electric field, that field will be conducted to each part of the object concerned

In a particular case study he noted how a patient suffering from ME slept in a brass bed. At the back of this metal headboard was a double electric socket feeding two bedside lamps and a clock/radio, which were naturally kept switched on, merrily transmitting all through the night. Roger, immediately re-positioned her bed, and the patient shortly saw improvements in her health and strength.

All of us have been brought up taking the benefits of electricity for granted, they are all too apparent in our daily lives. None of us, would dream of turning back the clock and living without it, but it may have taken a toll on our system, and we may have to become somewhat clearer and more discerning in how we use it.

According to scientists the earth has lost over 5% of it’s magnetic field in the last century, and adding the two things together you can see that we may be functioning slightly under par, –our “batteries” may have had the edge taken off them.
Strangely enough two places on earth are said to have a higher magnetic reading than others, one is Sedona in Arizona, the other is Lourdes in France.
Chapter 2: The History Of Magnet Therapy

(From Cleopatra to Mesmer)

A Short History of Medicine

2000B.C.  Here, eat this root.

A.D.1000  That root is heathen. Here, say this prayer.

A.D.1850  That prayer is superstition. Here drink this potion.

A.D.1940  That potion is snake oil. Here, swallow this pill.

A.D.1985  That pill is ineffective. Here take this antibiotic.

A.D.2000  That antibiotic is artificial. Here, eat this root.

Let us now go back to 2000 B.C. when there were no known writings relating to medicine or health care, as we understand it. To a time however, when there was already a well-developed unwritten system in place, in China. It was based on the understanding that good health depended on the circulation of vital energies. These energies would follow prescribed pathways through the body. This internal strength or energy was called *Qi* (chi). We have all heard of *yin and yang*, this is the understanding derived from two opposing influences that balance each other out (remember positive and negative). The Chinese healers presumed that when the influences of yin and yang were out of harmony the natural flow of *Qi* was blocked; causing an un-natural balance in the body and illness resulted. The Chinese placed a great emphasis on how important it was for well-being to allow *Qi* (energy) to flow unimpaired through the body.

It was in this period the first recorded written piece came to be known; it was called *The Emperor’s Book of Internal Medicine*. This book recorded and described how balances could be corrected by the use of what we now know to be acupuncture and the use of magnetic stones. The Chinese went on to explain
how key points in the body related to different organs and energy lines.

Meanwhile, in another part of the world Egyptian physicians were using lodestones (magnets) for a variety of conditions. Queen Cleopatra herself wore a small magnet in an amulet on her forehead to preserve her youth. We know today how right she was, but how did she know this? At the back of the forehead lies the pineal gland; this is quite small (about the size of a pine nut). The pineal is home to melatonin and it is secreted by the gland at night. Melatonin is also a powerful antioxidant and is now being hailed, as the “Youth hormone” due to its potential for anti-aging. So Cleo was right on the nose – or should I say forehead! Today, instead of hanging an amulet on our forehead, we can simply sleep on a magnetic pillow pad to affect the same result, it is like having an 8 hour beauty treatment through the night. Melatonin in pill form has also become very popular as a sleep aid. Used widely for jetlag and regulating sleep patterns. Again sleeping on a magnetic pad will encourage the pineal gland to naturally secrete melatonin and thus secure the same result as the pill.

Thales, a 7th century B.C Greek philosopher, said, “All things are full of gods”. He made this remark when noting that if amber, which is a fossilized tree resin, was rubbed with wool, it would pick up light objects such as straw or feathers. Somehow it ‘attracted’ them. The Greeks were also the first people to understand the properties of magnetite and how these grey stones could attract nails and other items made of iron. Thales thought that magnetite (loadstone) “has soul because it attracts iron.” They saw these things as magic from the gods. Our ancestors simply observed the effects these special stones could have in healing and worked with them believing the gods used them to intervene and help mankind. They watched and observed through the centuries.

We can then skip through the dark ages, acknowledge the part played by Paracelcus (1493-1541) in furthering our understanding of magnets and the part he foresaw them playing in healing both in humans and animals and come to the time of
Good Queen Bess, or Elizabeth I as we know her. It is widely reported that her personal physician Dr William Gilbert (1540–1600) would treat strangulated hernia (twisted hernia) by using iron fillings. Dr Gilbert would have the fillings baked into a cake, he then fed the cakes to his patient, and wait for them to be digested, then by placing a lodestone (magnet) over the lower stomach area he would untwist the hernia. How about that for non-invasive surgery! Dr Gilbert also believed that whatever strange force existed in magnets, it was the key to life.

Just look at Michelangelo’s painting on the ceiling of the Sistine Chapel, it shows Adam being animated by God with what appears to be the “spark of life”

In the 18th & 19th centuries we had many noted scientists and physicians experimenting with magnetic fields and electricity. Their knowledge and the materials they had were pretty crude, but they had valiant stabs at understanding what we today are becoming more and more aware of. That energy medicine will lead us to the next generation of healing.

One of these young academic doctors was Franz Mesmer, today he is somewhat ridiculed as the ‘quack’ who used to hypnotize his patients. Hence, the word “mesmerize”. Mesmer was in fact a brilliant young man who studied mathematics, the law and medicine. His doctoral thesis dealt with the effects of gravitational fields and cycles on human health. Over the yeas he practiced medicine, using magnets and patients from all over Europe flocked to him. His popularity grew by word of mouth and he became one of the most successful and controversial men in France. The medical community was as always conservative and distrustful, they thought him a hoax and all the cures he achieved were due to his power of suggestion. In other words he ‘mesmerized’ them.

If only Mesmer were alive today, to see the modern magnets and magnetic materials and their strengths he would be completely vindicated and respected for the visionary and scientist he was.
Today Tibetan monks, still use large lodestones around the head for clarity of thought, improving the concentration and learning capacity of young training monks.
Chapter 3: Modern (Or Therapeutic) Magnets

It is said that we owe modern ‘medical’ magnets to the space industry. Certainly they played a major part in developing the materials we now use in magnet and biomagnetic therapies. They were also responsible for introducing a wider audience to the vital role the earth’s magnetic field has on the human body, and maintaining its potential.

When man first ventured into space in the 1960’s, we understood the need to provide him with a safe, reliable space craft, the astronaut was given a life supporting suit and went through a thorough training programme to withstand the mental and physical challenges we understood he would encounter. He was then sent off into the unknown and the space agencies made sure the back up on earth was of the highest calibre.

We know just how successful ,both the Americans and Russians were in this enterprise. We were amazed and delighted to see the astronauts return from their pioneering endeavours, tired but safe and smiling. In the very first flights following mans first ventures into space, the astronauts needed to be placed into isolation for several weeks upon their return. It was determined by the constant monitoring from earth during their flights, that as they stayed in space the men were losing bone density, calcium and their immune systems were depleting. During this quarantine period it became clear what had occurred was due to the consequences of man leaving the earth’s magnetic field, their systems were under stress and not able to function properly. As I mentioned before this magnetic energy field is something we were born in, we evolved in it, and without it, our bodies suffer. We lose the energy (Qi) to produce the normal level of bodily function and repair we and other living things need to survive.

What to do?

Whether it was the Russian or American space programme that first came to understand the nature of the problem is not quite sure, but it was decided to place large magnetic blocks inside each spacecraft. This did begin to alleviate the problems, however, it created another, that with the increased loads the
fuel efficiency of the crafts on take–off became a burden. Therefore another route had to be found.

At that time the space agencies as with so many other material problems approached outside businesses and asked for them to develop extremely high–powered magnets that were lightweight. This they did, very successfully. They came up with several of the materials that we now use and I will explain them in the next chapter. Suffice it to say that in old terms – a magnet holding a note on your fridge door is 100 gauss – whilst a magnet we now use in health care, can be the same size and weight and hold a magnetic strength of – 12,300 gauss.

Today, when astronauts go into space they wear suits lined with flexible magnetic materials and the spacecraft has a magnetic lining. Now when they return from a flight, whether it is two days or two months they go straight from the craft and into a press conference.

This is the difference maintaining a magnetic balance can make to the system.

The Worldwide use of Magnets:

In countries that are not dominated by a drug culture as we in the Western world are, magnetic therapy is very often the first line of approaching soft tissue damage. Countries such as Japan, Russia and China use them continually. China has for the last 4000 years, it is just with today’s materials you do not have to haul around a massive loadstone.

Over the last few years countries such as Germany and most recently the USA, are fast catching on to the benefits of this exceptional new modality.
Thirty years ago I had a serious knee accident, when as a professional dancer I fell during one of the more active scenes in West Side Story. I heard several bones crack yet managed to hobble off stage and get myself down to Charring Cross Hospital in London. Over the next few months I was cut, stitched and screwed back together. The bones finally mended, but the ligaments have always been a problem. Whilst not too bad for most activities and sports, my knee does not like concrete, and whilst jogging one evening in 1997 with friends in North Carolina my knee gave out and I was in severe pain. I asked them to book an appointment the following day with a local physiotherapist. This injury was an old friend and I knew I needed a few sessions of ultra-sound and some anti-inflammatory pills.

One of my pals handed me a knee wrap and said, “here try this until morning”. I asked what it was and when he told me it had magnets in it, I politely told him to get lost. Some new gimmick from America, I thought! He insisted I try it. I refused and so on until he wore me down and I agreed to keep it on until I saw the physio in the morning. The following morning I got up, took the wrap off to shower, and low and behold there was not a trace of inflammation in my leg. I gingerly handed it back to my friend and said thanks. I thought it was interesting, but would not believe the wrap had anything to do with it – I wanted to believe my knee had just spontaneously healed. In thirty years it had never done so before, but a magnet? Well really!! I dismissed the idea.

Two weeks later, whilst moving a table in their house I tore a muscle in my shoulder. Obviously somewhere in my deep unconscious I had remembered the magnets, because I asked them if I could stick the knee wrap over my shoulder. They laughed, said I would look like Quasimodo, and took me to the magnet therapist they had bought the knee wrap from. After a brief consultation, I was told that all I needed for my torn muscle was a powerful neodymium magnet. It was the size and weight of a 2p coin, but had the horsepower of a tank (12,300 gauss) Donna simply attached it to my deepest point of pain using medical tape. Within 24 hours the pain was gone and I had full
mobility in arm and shoulder. This now had my full attention. Over the years I had suffered enough injuries dancing, teaching aerobics and skiing to know something was happening inside my body. I went back to the therapist and she spent time with me, explaining the basics of what happened when a magnetic field is applied to the body, and how this new method of healing was sweeping the USA. In spite of the drug companies trying to discredit it, the public knew it worked and millions of Americans were now using it.

I was becoming extremely interested in the science behind it and Donna advised me to go down to Raleigh, North Carolina, and talk to one of the leaders in the research and development of biomagnetics, Jim Souder. Jim is respected throughout the community as a man of great integrity and a true innovator in the field. I went to Jim’s clinic and stayed in his house and studied with him and his wife Judi for several months. They opened up a new world to me, and on my return to England I decided to spend time testing magnets. I did so, on friends, family and neighbours and their animals.

I was staggered by the results, and five years on and 3000 patients later, I still find it hard to believe something this small and simple can actually be so effective. In dealing with a wide variety of conditions. Usually conditions that doctors have said, “well there is nothing more I can do for you, keep on with the painkillers.”

At this point I decided to throw caution and money to the wind, give up a career that had been very lucrative to me for 17 years in order to pursue this subject I took a deep breath and began to practice and study everything I came across concerning the therapeutic use of magnets.

I was not happy that in England there appeared to be no standards in place for therapists, and by pure chance, I met Valerie Dargonne, a young woman who had been independently studying this field for years. We both had similar intentions and aims for the future of magnets in the UK. We both wanted to get this therapy taken seriously by the medical and professional health care practitioners. To date are no legal requirements to
act as a magnet therapist. Any multi-level marketer can sell magnets without truly understanding how and when to use them. Valerie and I wanted to establish some sort of intelligent guideline, and with this in mind we decided a comprehensive training programme needed to be established here. Over several months Valerie developed our course and to date we have trained and accredited 20 therapists, four doctors, three dentists with more coming on board daily. We are the only school of magnet therapy to be accredited by The Complementary Medical Association in Britain.

I hope I can now share with you this simple therapy.
Chapter 5: How Do Magnets Work

There is still much research and debate about how magnets work. Different theories have been claimed by manufacturers of magnetic products. I will point out the largely accepted views held by doctors and researchers.

When a magnet is applied to the body muscles and soft tissue lengthen and relax, waves pass through the tissue and secondary currents are induced. When those currents clash with magnetic waves they produce impacting heat on electrons in the body cells. These impacting heats are very effective in the reduction of muscle swelling and pain. Movement of haemoglobin in the blood vessels is accelerated, this has been observed in both thermographic and nuclear medicine studies, while calcium, cholesterol and lactic acid deposits in the blood are decreased. The fatigued blood is cleansed and circulation is increased. There is also significant evidence of a pain blocking mechanism in nerve fibres themselves when subjected to magnetic fields. Researchers have been able to shift the resting potential (thereby raising the required stimulus to pain) of nerve cells in the laboratory by 25% using the Norso Dynamag technology. High strength magnets can cause anaesthesia, in the tissue, through a principal in physics called the Hall effect. A thermal impact that occurs within the cell, which can affect nerve signals.

What does this all mean in lay terms?
Two vital things occur when a magnet is placed on the skin.

The soft tissue will lengthen and help to relax down a muscle or ligament that is damaged /traumatized. It will work in an area and depth directly proportionate to the type and strength of magnet used (forget the fridge one). Presuming you have one of the better magnets – I will give you the guide lines in the following chapter– you should be able to effect a change to a radius of between 3 – 5 inches around any one magnet and to a similar depth.

As the tissue relaxes blood flow that has been somewhat blocked from entering the damaged site is allowed in and increased. We can see this by thermal imaging when we use the Magnessage.
Normally an injured site, whether from arthritis, torn muscles or another condition, will be surrounded by inflammation. This can comprise of lactic acids, calcium and other deposits, basically the site is ‘hot’ with acidity. The increase in blood flow brings with it increased alkaline. Acidity hates to be in an alkaline environment and this is where the body starts to generate its own healing. Magnets merely encourage it in a truly dramatic way.

So far, we have relaxed the tissue and with increased blood flow we have started to detoxify the area. Next, the thermal impact I mentioned occurs inside the cell. As the blood in our body continuously circulates it periodically it comes close to the magnet placed on the skin above, the ions in the blood become agitated and are attracted to the magnet, atomic particles begin to spin inside the cell, they go into the Hall effect and in doing so get ‘switched on’.

The two images are showing the effects of the magnessage. The first image shows a knee with a small injury highlighted by the box. The area could be perceived as having a higher degree of bloodflow which appears to be the body’s way of healing an injury. This is why it is showing a slightly higher temperature. After about 1 1/2 minutes with the magnessage, the area is showing a significant temperature increase indicating that the magnessage is working with the body to draw more blood to heal the troublesome area.
This ‘switching on’ means the body kicks in its own beta-endorphin (pain relieving) system.

So to recap, we have:
1. Lengthen and relaxed tissue.
2. Begun the process of flushing out debris and inflammation from the site.
3. Kicked in the body’s own pain relieving system.

These are the key points a user of magnetic products must understand if you wish to successfully treat yourself and your family. If you understand that the product works where it is placed you will not fall into the trap of buying a wristband to help with pain in your knee.

If a magnet is going to work for you, it can happen within hours when quality magnets are placed over the damaged area. Normally we expect to see improvements within 1 – 7 days, when you are directly treating the site of pain.

A wristband or sufficiently strong bracelet is fine if you have hand or wrist pain, or if you want to maximize your general health and detox you body. You will keep it there, as it is easy to wear there. But there is little point in relaxing and promoting blood flow to your wrist if your problem is your lower back!

Wearing a magnet anywhere on the body will still have the same detoxifying effect on the blood, after a period of time. As I mentioned before the agitation with the circulating cells release the debris that cling to the walls of the cell. One thing you must remember when you use magnet therapy is to drink at least 4 – 5 glasses of water a day. You need to flush out of your system the toxins magnets are releasing. Coffee, tea (whether herbal or not), fruit juice are just not the same as water. The liver reads them as food.

We are 75% water and we need to replenish the cells. I do not care if it Spring, Mineral or Tap – just WATER.

If your general health is good, and you have no immediate areas to be healed, then by all means wear a magnetic bracelet.
It is the simplest most effective way of compensating for the man-made EMF pollutants that deplete our systems. They will help to boost and support the body’s own bio energy system. Choose a ‘north pole’ bracelet and make sure it is sufficiently strong to affect changes. My therapists and I all use bracelets, however, drinking water will still apply.

Flush out those toxins magnets release!

**MAIN AREAS OF BENEFIT SEEN IN MAGNET THERAPY ARE:**

- Helps alleviate pain and improve mobility of arthritic joints.
- Recovery of nerve sensation
- Aids recovery of torn ligaments, muscles and tendons.
- Reduces bruising and swelling.
- Speeds recovery in sports injuries.
- Greater resistance to infection.
- Improves circulation / body and extremity warming.
- Helps removal of waste products from the blood i.e. lactic acids calcium, cholesterol and fat deposits.
- Increases energy and strength.
- Speeds healing i.e. bone fractures.
- Helps recovery or can prevent onset of R.S.I / Carpal Tunnel.
- Alleviates migraine and headaches.
- Improves overall health.
Chapter 6: Healing With Magnets

Some interesting facts according to Dr Mark Atkinson BsC(Hons) FCMA FRIPH

Although medical doctors and researchers remain sceptical as to the effectiveness of magnet therapy, recent research studies from major universities and medical colleges have shown the benefits of static magnet fields in relieving pain.

The Office of Alternative Medicine of the Institute of Health, Washington, D.C. awarded a million dollar grant in 1997 for the study of what has been, until now, largely an Eastern and European phenomenon. Medical use of magnets is reimbursable by private health care in 50 countries worldwide.

Baylor College of Medicine, USA. Dr Carlos Valbona in 1997 published a double blind study of 50 patients who suffered from muscular or arthritic pain. 76% of patients treated with static magnets reported significant improvement.

New York Medical College, N.Y. Dr Michael Weintraub, a clinical professor of neurology released a study in 1999 that showed he had significantly reduced foot pain in diabetics, by the use of magnetic innersoles in 9 out of 10 patients.

Vanderbilt University Medical Centre, found that between 80%–90% of patients with pain related to sports injuries and accidents found relief after magnet treatment.

The – Hospital in Japan, in double blind clinical studies showed that 83% of their patients with sleep related disorders benefited from the use of magnetic mattress pads.

One in three households in Japan sleep on a magnetic mattress pad.
BUYERS BEWARE

*Before you buy your magnets - the do's and don'ts of selecting the right kind.*

Nothing is worse than throwing your money away on magnets that are no more effective that the ones on your refrigerator. It is what a lot of people are doing, and what is worse to me is that they then say that magnets do not work.

MAGNETS DO WORK!

You just have to buy the best, and the best may not be the most expensive ones. Certainly I have seen some magnets that are on sale by multi-level marketers that are twice the price and half as strong as other reliable brands.

As you will be largely self treating your family you must learn one or two key things in determining the right product to buy.

You have to remember the term **GAUSS RATING**.

The gauss of a magnet determines it strength. There is a gauss at the centre (core) of the magnet and one at its surface.
1. **NEODYMIUM – THE ‘KING’ OF MAGNETS**, these are magnets made up of three metals boron, ferrite and neodymium. Neodymium is a rare earth metal and expensive. Depending on the quantity in the manufactures magnet will directly reflect in the power of output the magnet will have.

Top quality neodymums will have a CORE rating of 12,300 and a SURFACE gauss of 1,200. This magnet will have an impact of 3 – 4 inches on the skin both in radius and in depth of penetration.

We call the ‘permanent’ magnets and they will hold their fields for up to 15 years.

These magnets should be used for most soft tissue damage as they are the ones likely to get the best results for places such as Backs, Knees Hips, Shoulders etc..

I have seen some magnets with a core gauss of 400. The surface rating is barely anything and it would be lucky to penetrate 1/8”. Some of these are ‘exhausted’ after a few days and the manufacturer suggests you throw them away.

Choosing a magnet is like buying a car, go to a therapist or look for packaging you can trust. Make sure you understand what you are getting. Do NOT go for attractive packaging or ads. **Read the information, ask the therapist or call the help line.**

**If the packaging does not tell you the strength (GAUSS, surface and core) DO NOT BUY.**

Your results depend on it. The search for good product does really pay off in the end.

2. A less expensive magnet is a **FLEXIBLE** one. A flexible is approximately 2,750 gauss at its core. This will have an impact on tissue of between 1” – 2”.

Flexible magnets are used for fingers, thumbs and wrist wraps, where less penetration is required. They are also available for
backs and knees, but for these deeper areas I would strongly advise the use of neodymiums.
A flexible magnet generally hold its field for 5–6 years.

3. **CERAMIC** magnets. Ceramic magnets are generally found in pillow pads and sleep systems. Their gauss is 3,950 and they promote relaxation whilst you sleep. They also kick in the pineal gland (remember Cleopatra!).

Ceramic magnets are far less costly than neodymium, and so manufacturers can readily build them into large items, such as mattress pads at a fraction of the cost that *neo’s* would be.

You will find most of the above magnets will be located with the NORTH POLE of the magnet towards the body. It is the general consensus that North Pole – Heals South Pole – Stimulates. For healing most companies use North Pole towards the body. Occasionally my therapists will treat a patient in their clinics with a limited exposure to South Pole, but the general rule I would recommend for you is to use North Pole magnets only.

That is the general rule, and of course there is always an exception:

**Innersoles:**
Magnetic innersoles are exceptional. They are usually used by patients and athletes who are looking to improve circulation, energy and strength. They are also used for foot, ankle and lower leg pain.

4. Innersoles are usually **BI-POLAR and FLEXIBLE.** They will probably be sold in two or three sizes (small, medium and large) and the customer will simply cut them down to size with a good pair of scissors. Magnetic soles will not take that much room in your shoes, and the results are certainly worth it.
Wristbands and bracelets:
There are so many varieties of these particular magnetic devices now hitting the market and they are certainly worth looking at. Some are very pretty, but hardly effective, some are pretty ugly but powerful.

So this is the question you must ask yourself before you buy.

“What do I want the bracelet to do for me?”

If your answer to the above question is for pain relief in the hand or wrist or for your general health, to help keep your blood cleansed of the deposits I mentioned previously, then yes, buy a wristband and keep it on. It is a simply and effective way of doing these things and it is easy to keep wearing on the wrist. I wear one continually, so do most of my therapists.

Once again, insist of knowing the gauss, surface and core, and get it in writing. Be sure of your supplier. A magnet of less than 800 GAUSS on the surface of your skin will give hardly any benefit. The one I wear has six small neodymiums inset in a stainless steel link bracelet. The surface strength of each neo is 1,200 gauss. It is attractive, strong and powerful. That is what you must look for.

If your answer to the above question is that you want the bracelet for pain relief in your knee, forget it, (remember the lengthening and relaxing of tissue in the area!) As I said with directly applied quality magnets I would expect to see pain relief within hours / days. Many bracelet companies will give you a 90 day money back guarantee, I presume this is because they think it will take that amount of time for the blood to circulate, cleanse the system of toxins and in so doing have an effect in the injured area. As a practising therapist I would never treat an injured area in this way.

How to use your magnets:
By now I should have drummed it into you, to apply the magnet to the site of your pain, and not to “take a quarter of an aspirin for a headache – take the whole thing”
Buy a quality product. If you have absorbed most of the above information you will now know how to determine this. The rest is pretty easy. Most good manufacturers will have done the work for you. They understand when building their wraps e.g. for the knee, the penetration may have to reach 5–6 inches into tissue. So they will make the wrap have sufficient strength to do so. Manufacturers will not overbuild a product, so you may be sure they are safe for you to use freely as and when you want to. Here are some simple guidelines for you to use when treating your family for problems I see most frequently.

Always be sure you have a complete understanding of what is troubling you, either by a diagnosis from your doctor or your specialist.
Chapter 7: Magnets In Sport

Two years ago a British Tri-athlete sportsman came to me and asked if I could work with him to improve his performance and whether or not magnets could speed the recovery time of the injuries he periodically got from the various disciplines (running, swimming and cycling). His nutrition and training regimes were fine so we looked in the areas of strength, energy and stamina. We decided to use the following items on him.

1. **The ‘poker chip’ neodymium disks.** These small disks are the size and weight of a 2p coin, our tri-athlete could keep them with him in his first aid kit and then place anywhere on his body should he pull or strained a muscle. They would alleviate the pain and speed the healing process. We also suggested that Joe should use them on his lower back when he cycled to off-set the normal ache he would get during the long cycling events.

2. **A sleep system.** He took a single mattress pad around with him to place on his beds at night. The mattress pad allowed him to get a deeper ‘alpha’ state of sleep, to recover from the exhaustion of the day’s events and wake with increased energy and without the tired muscles.

3. **Supreme Innersoles:** The innersoles were used after his running races, to repair the damage to the feet. He again used the innersoles during the cycling events to add power and stamina to the legs. After a 112 mile training session he reported that at 92 miles he just left his team-mates behind. He knew that normally they were all pretty well matched. He re-tested them the following week and confirmed the extra performance the innersoles gave him. Joe now wears them for all his races.

I tease him that he is cheating. He tells me its ergogenics!

I regularly have both professional and general everyday riders using innersoles to great benefit.

There are now so many top pro sports using them either for repair as in any sport which ‘traumatizes’ the feet, prime examples of these are running and kick-boxing. The athlete will
use the innersole in their shoes when they have performed to bring in the extra blood flow to start repairing the area and flush out the lactic acid that has built up.

For events that use a shoe that can take the extra sole and who do not require the agility of a runner such as skiing, skating, weight lifting, golf and tennis, then the magnetic innersole is worn to enhance the performance. I have been told that The British Federation of Ice Skating is currently trying to ban innersoles as an “unfair advantage”. Why? Just wear them as the rest of the world does!

I mentioned earlier, that many countries use them regularly. It is not new, or avant guarde, any longer, just normal practice. We are only now becoming aware of it in the UK, awareness is growing and we now have calls daily from, premier league soccer clubs, golfer, rowers, weight-lifters, skaters, to see if we will work with them.

*The age of magnets in sport is here – ask the rest of the world!*
Chapter 8: Lets Look At The Beauty Aspect

Almost a *side-effect* in magnet therapy are the things it can do for the skin, hair and nails. This happens because we increase blood flow to the body. It is almost the same ‘rush’ as doing an aerobic work out or more specifically having a massage.

When you have a facial, and the beauty therapist is massaging your face 90% of the work is the stimulation of cells and not the specific cream used. As she massages the skin the same activity occurs as magnets produce namely increased blood flow and lymphatic drainage. Now we all know how wonderful a good massage feels. There is nothing quite like it, touch is so essential, however, consider having an eight our facial massage every night, this is what happens when my patients use a magnetic pillow pad or sleep system. They may have bought it to ease stress or to promote sleep, but the side effects are a radiant glowing skin, brighter and less puffy eyes and glossy hair.

*Not bad for a side effect.*

Of course you do not have to have insomnia or stress to benefit from a pillow or mattress pad. One of my patients called me and complained that I was costing her too much money. I said to her,

“Fay, stop buying more items you have enough.”

She had bought a lower back wrap for sever back pain, innersoles for increased energy, poker chips and a pillow pad for stress. Fay then told me the products were not her problem. Her problem was that her hair was growing so quickly that she now had to get her roots tinted every four weeks instead of six. Sometimes you can’t win.

Another client who had suffered badly from carpal tunnel syndrome saw a great improvement in her nails and began to take care of them for the first time in years. She was overjoyed; forget the fact that I had prevented her from the Carpal operation. A year later when I met her again she told me her nails were not so hot anymore. Because we had eliminated the need to
wear the carpal wrap any more, she was not getting the extra oxygen to her hands. So she bought a magnetic bracelet from me, and has had polished her nails ever since.

So a very simple beauty tip is to use a pillow pad. I buy one that fits an American king size pillow it is 13” x 27” and I use it across my shoulders in bed and also on my car seat for long trips. A lot of my patients with arthritis use it in their chairs, especially for watching TV, or whilst at their computers.

NOTE:
It is quite safe to handle floppy disks, video’s and your credit cards when wearing bracelets or magnets. Just do not put powerful neo’s directly on top of them.

WATER     WATER     WATER!

“Is it that important?”
Yes I promise you it is. Please drink a minimum of four glasses a day. Ideally the books say eight. If you can manage that your body will love you for it. Personally as one who considered a drink during the day as tea or coffee, I am happy to do 4 – 5 glasses. In the winter try drinking it hot. I know it does not sound too good but I promise you, you will get use to it. And don’t worry, it is tea and coffee that are the diuretics. Take it from the greatest bathroom seeker in the world, water helps to dilute the effects of caffeine. Now, my daily regime is to have my morning cup of tea, followed by a coffee and from then on, I am on water. I may possibly have another tea or coffee during the afternoon.
Just get into the routine, it’s worth it. For many conditions we recommend drinking magnetized water.

As a dancer I have grown up with the understanding that the body is my vehicle, it takes me from place to place, not my car. Think about it. It is my body that gets me to the car or bus. Without maintaining this incredible machine we are nowhere. It is the greatest piece of engineering I know of, nothing equals it and it is my aim to ‘die, fit.’ To do that I will feed it with good stuff (whole foods), exercise, and WATER it.
The rest is up to my magnets.
Since I have been using magnet therapy, which is coming up to five years, I have not had a cough or cold, my immune system is in terrific shape and I can also speak for my therapists and friends who use it regularly.

How to Magnetize Water

Any water can be magnetized, it is simple. Just place your jug or glass on a magnetic block for 20 minutes. It will then hold the magnetic properties.

NORTH POLE WATER: Place the container on the block with the North Pole facing upwards.
Chapter 9: Not Just For You

(For your pets also)

One of the nicest things we find in magnet therapy is watching the difference we can make to our four legged friends. Getting positive results when dealing with animals is satisfying for two reasons... Of course it is rewarding to help a cat, dog, rabbit or horse in pain, that goes without saying. Then the real buzz comes from the knowledge that the animal is not expecting anything to happen. When we see the result it beats reading the double blind clinical studies hands down. We understand a double blind study means the patients (human type) do not know if they are getting magnets or a placebo, but when a dog with an arthritic hip responds because their owner has put magnets in their bed or on their collar – well that’s a different thing entirely. It reinforces our commitment every time. You will see some of our work with animals in the personal testimonials in a later chapter.

With animals as with people, we can help them with arthritis, oedema (swelling) and faster recovery from damage or operations. The horse racing industry travels the world and for years it has been aware of the part magnet therapy can play. You can find wraps for fetlocks, hooves and shins, and blankets, which help with the warm up process before a race. Again the use of a magnetic wand is a great tool.

On several occasions I have worked with horses that were skittish and difficult to shoe. We found that passing the wand (the Magnessage) which is a moving magnetic field, around the head for a minute or two, the horses would then calmly give their hoof to the blacksmith.

One little story I must tell you happened two years ago as I was returning from a talk I was giving on M.T. I was returning from Shepton Mallet to Bath I noticed a group of people surrounding an animal at the side of the road. I could see the little creature was in spasm, so I grabbed my Magnessage and over I went. It turned out to be a small deer that had been hit by a car. The
crowd had covered its head, not to shock it further and two men were holding its legs. Without touching the deer I passed the Magnessage over it (the field of penetration on this is 15–18 inches) for a minute or so and the deer relaxed and stopped jerking. I then switched the Magnessage off and within 30 seconds the little thing was back jerking, again I began treatment and she calmed down. I then carried on treating her until the RSPCA came. Unfortunately, her back was broken and she was put down. But what proof for me, that even with a wild animal with its head covered, something happened and something pretty significant as those waves penetrated her body. The onlookers were amazed and I had four customers before I got off my knees!

Time and time again my therapist and I see the healing, with the horses and domestic animals we work with. I have recently been asked to work with a tiger in a local zoo. NOT my usual client, but I will have a go making sure there is qualified supervision standing by, else my ambition to ‘die, fit’ may just come true a little ahead of plan.

Once the word (and understanding) of the ‘serious’ side of this industry, gets out magnets will be on offer everywhere. Hopefully you will now be ahead of the game and know what to look out for and what to stay clear of.
Chapter 10: In Conclusion – Where Is It Going

It is my honest belief that magnet therapy will be part of the NHS and UK medicine within five years. Its part in relieving pain and reducing other symptoms in the areas I have described are too vital to be ignored. By applying magnets to people in industries where repetitive stress injuries are common, magnet therapy can offset the conditions arising, saving millions in lost man hours. We are now entering a new era of taking ‘energy medicine’ seriously as the Chinese have for centuries, and the Russians have done since the sixties. Even with the resistance put up by the drug companies and the FDA, Americans have over the last six years turned to it in their millions. Yes, millions.

According to Jim Souder, the founder of Norso Biomagnetics, “The modern magnets we use today are just the harbinger of where this technology will lead.” From their clinics in the USA Dr’s Rosch and Lawrence have written, “Although one would have to say magnet therapy is still in the formative stage, its future looks bright with promise – very bright indeed. One might even add that, as we are naturally attracted to healing and relief from pain, magnet therapy is pulling us irresistibly towards forward.”

So, as I mentioned earlier, know and understand the condition you want to treat. Feel free to share this book with your doctor or consultant. Most accredited therapists will be glad to answer any questions you may have. Further reading on this subject appears in the reference section of this book, together with some useful contact numbers.

For the sceptics out there I would say – you have nothing to loose, try it. Remember the old saying: “If it ain’t broke, don’t fix it.” All of us in magnet therapy would like to say: “If it works, don’t knock it.”
CHAPTER 11: Testimonials

Norstar’s Testimonials

The following testimonials come from patients I have worked with and also from the casebooks of my therapists. They are spontaneous and not solicited in any way.

From my records:

Carpal Tunnel & R.S.I.

I had been in dreadful pain with carpal tunnel in my right wrist. It had been so bad I had been walking the floor for several nights. After wearing your wristband for 15 minutes I started to feel relief, and within hours it had gone. I have had very little trouble since, only when I over use my hand. I can then rely on putting the wrist band on and taking care of the problem. Once again thank you, you have been my saviour.

**Pam Jenkins**  Axbridge, Somerset 1998

As you know I was very sceptical that magnets would help the R.S.I./Arthritis I had suffered from for many years due to riding my motor bike and using the throttle. But after wearing it overnight the pain in my thumb was gone. I was so impressed I lent it to my mother, she was so impressed she will not give it back. Please send me another one.

Thanks again.

**Byron Lewis**  Lower Weare, Somerset 1998

Dear Gloria

After five years on pain killers – I am off them. I have had my first pain free weekend and have been so ever since using Biomagnets. Thank you Gloria for coming to Bath.

Very sincerely,

**Monica Brown**, Bathwick, Bath.
To you all,

I wish I could truly express how I feel since I started your magnets. The discomfort and pain I have felt for years has disappeared. I also believe the support and help I received from you on the phone was of such benefit I have been singing your praises ever since.

Many thanks, sincerely

**Betty Talbot, Walton–on Thames.**

Tel message:
“Gloria, I just called to say thank you for the little disks. They are tremendous. As you may remember I am a professional guitarist. My R.S.I. was interfering with my playing and I was terribly worried. Now, as soon as I feel any strain coming in my hand I tape the disks on and – problem solved. I have learnt to put them on if I know I have a heavy session coming up and I do not set up the pain. It has made such a difference to my and my career. Thanks, a pal of mine will be calling you shortly.

**Richard, Bath Avon 1999**

**Arthritis**

Dear Gloria,

Thank you so much for all your help. I want you to have in writing how much you poker chips have helped my hip. They have also made the world of difference to my 9 year old dog, Toby. Toby had been unable to walk with arthritis so for three weeks we have been sharing them! We are now both bounding with ease, but I feel I need my own set. Please send me another pair ASAP.

Sincerely

**Julia Paton, Dernia Spain.**

To whom it may concern

As a concert pianist, my hands are vital to me. My arthritis was causing me so much pain I was in fear of not being able to perform. Your neo’s together with the Magessage have proved so successful that I have been granted a new lease on life, or certainly performing.

Many thanks,

**Sue Ross, Finchley London**
Fibromyalgia
The following three testimonials are from: Christine Craggs-Hinton: Author “Living with Fibromyalgia”

‘Gloria, I have to say I am staggered by how effective the magnets are! During the last few days I have been in less pain and have had far more energy than at any other time in the last eight years – and done things I thought I had lost forever, like driving a car. I feel like I am getting my life back, which is absolutely brilliant!’
Shipley May 28th 2000

‘I’m back after a great holiday! The sunshine did me a lot of good. I took my mattress pad with me which kept my usual problem of ‘holiday constipation’ at bay, it also help me stay more active than ever before since I became ill.
Shipley 18th July 2000

‘Did I mention my mattress pad has completely stabilized my IBS (irritable bowel syndrome) – which as you know often comes with Fibromyalgia’.
Shipley 26th July 2000

Lymphoedema
Dear Gloria

Shortly after wearing my magnets I noticed a marked reduction in the pain I had had from lymphoedema following a radical mastectomy for breast cancer five years ago. In due course the swelling in my arm subsided and is now, what is described as “within normal limits”. Thank you so much, and also thanks for the follow up calls and advise.
Marian Jackson, Bournemouth
(referred to us by the Royal Bournemouth Hospital, Breast Care Dept.)
Gloria,

You have changed my life. After using your poker chips I have got my life back. I am a nearly new person. My lymphoedema is now controlled and the pillow pad has helped with sleep and stress. My friends are all shocked and so happy for me. Thanks for being there.

Sandra Rose, Poole Dorset.
(also from the Royal Bournemouth Hospital, Breast Care Dept)

Spinal Muscular Atrophy

Judi Wolfenden Following The London to Jerusalem Endurance Car Rally.

"I was naturally apprehensive about taking part in the rally, so each morning I put on the back wrap, and to my amazement was completely free of pain. In fact the only time on the rally that I had any intense pain was during the ceremony at the Besor Reservoir, when a professional photographer (laden with camera) slipped and fell on top of me. Thank you for generously giving me the Norso wraps, this special item ensured that I was free of pain."

Judi now plans to do the next one on a Harley!!
Judi Wolfenden July 2000 Coventry

Stress & Depression

I have only been on the mattress pad for three nights and already I can feel the difference. It is beginning to ferry me around and help me out of the deepest roughs both mentally and physically. Please call as I want to discuss another of your products for a friend and my mother.

Claire Calascione, Bristol
Dear Gloria

Thank you for sending me the pillow pad so quickly. I already feel so different wearing the innersoles. I now feel my breakdown is far behind me, maybe I am at last producing my own serotonin. I think you have changed my life irreversibly for the better. I cannot thank you enough!

I allowed my daughter to wear them for her SATS yesterday! It was lovely to meet you.
Annabel Jones Lancashire, May 2001

**Industrial Injury – Partially Severed Hand**

My name is Andy Burgess, I’m 39 and a general builder. On the 7th April, 1998 I was involved in an industrial accident which resulted in my wrist being severely cut, and the doctors advised me I might lose my hand. All my tendons were severed and my arteries and veins. After many operations and over 250 internal stitches they managed to save my hand. After many months I had 65% mobility but a great deal of pain. Every morning I woke with a ‘clawed hand’ and it took 20 mins. of exercise to release it. Some numbness still remained, and the hand was weak (I could not lift a kettle).

After using your magnetic link bracelet the ‘clawing’ stopped within days and I can honestly say that since I have been wearing it my wrist and fingers are now nearly normal. I can work again and lift anything up to 60lbs with it.
I would without hesitation recommend these products to anyone, and do as I am living proof that these things work.
Keep up the good work,
Sincerely
A.S. Burgess, Somerset   March  2001
Chapter 12: Treatments

The following methods of treating with magnet therapy has been compiled by Lilias Curtin MCMA, with additions by Valerie Dargonne our head therapist.

Lilias trained with us several years ago and has gone on to build a very respected practice in London. She now consults and works with doctors and clinics, who regularly refer patients to her especially when other methods have failed. She has also secured her reputation amongst the British press and media, who call on her for articles and advise.

Valerie has a successful practice and works with the public, sporting facilities and several residential and nursing homes.
References

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For more up to–date details of Norstar’s accredited magnet therapists in your area please call:

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