

SUMO MAGNETIC THERAPY
A FACTUAL GUIDE FOR CONSUMERS

CONTENTS:

Why Magnet Therapy

Benefits of Magnetic Therapy

A Brief History of Magnetic Therapy

How Magnetic Therapy Works

Clinical Trials

The Effects of Magnetic Poles

Explaining Gauss

FAQ (frequently asked questions)

Magnetic Therapy Today

What the Experts Say

Precautions

**“We now stand on the verge of a great new age in magnetic science
and its applications, a tool that has been provided by Mother
Nature herself”.**

Ralph U. Sierra M.D.

www.sumomagnetic.co.uk / info@sumomagnetic.co.uk

0161 865 6488

Why Magnetic Therapy?

Magnetic Therapy is a natural method used to relieve pain, restore energy and enhance sleep. It has proven to be a safe, effective, economical, and simple to use form of alternative therapy. Magnetic therapy is thousands of years old yet holds great promise for the future.

Benefits of Magnetic Therapy

Magnets have been scientifically proven to enable the body to regain its self-healing electromagnetic balance naturally. Strong evidence suggests that magnetic therapy may help to:

- **Relieve Pain**
- **Reduce inflammation**
- **Restore natural energy**
- **Increase blood circulation**
- **Prevent or reverse infection**
- **Promote metabolic processing of toxins**
- **Support the healing process**

Magnetic therapy is a non-invasive treatment method with a very high success rate. Magnetic therapy has much to offer in both the prevention and treatment of chronic ailments.

A Brief History of Magnetic Therapy

The association between magnets, health and well being is currently enjoying a revival, but the approach is not new. Magnetic therapy possesses an ancient heritage and has occupied a central role within Chinese medicine for over 2000 years. Magnetic therapy is mentioned in some of the earliest writings in Egypt, India and Greece. Until recently the scientific explanation of magnetic action was not available. Dedicated researchers and the introduction of the space age have contributed greatly to the understanding of magnetism in health and healing. NASA discovered that magnetic field generators were essential in space craft to maintain normal health for the astronauts.

[BACK TO CONTENTS PAGE](#)

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How Magnetic Therapy Works

Magnetic therapy utilizes the natural energy of magnetism that is important to human existence and overall health. A magnetic field provides a (natural) way to assist the (body's normal healing process) as it passes through all tissues and cells. Studies show that magnets can be an effective therapy for the relief of pain by blocking pain sensations.

- Applying magnetic fields to an injured area improves blood flow and oxygen to enhance the body's natural healing process.
- The improved blood flow and fluid exchange to the injured tissue helps reduce pain and inflammation.

Dr. U. Warnke's studies showed higher body temperatures under the influence of magnetic fields. His study used infrared thermography, a method that maps increased heat caused by increased blood flow thus proving magnetic fields increase circulation.

*Dr. Julian Whittaker states, the big question in the scientific community is exactly how magnets produce such

amazing pain-relieving sensations. At this time no one can answer that question. But regardless of how they work, there is no question that they do work.

Clinical Trials

Arthritic Pain

In 1997, Dr. Carlos Valbona of the Baylor College of Medicine, published a study that reported:

- 76% success rate. 76% of treated patients using permanent magnets reported a decrease in arthritic joint and muscle pain VS: 19% of placebo patients.

[BACK TO CONTENTS PAGE](#)

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Diabetic Foot Pain:

In 1999, Dr. Michael Weintraub of New York Medical College, released a study that showed a significant rate of reduction in foot pain that afflicts millions of diabetics.

- **90% success rate. Using magnetic insoles, nine out of ten diabetics reported a decrease in painful burning sensations, numbness and tingling VS. Only a 22% reporting improvement in the placebo group.**

The Effects of Magnetic Poles

In simple terms, magnetic poles have the following effect:

North Pole – has a sedating, healing effect.

South Pole – has a stimulating, activating effect.

Bipolar (both poles) – Increases circulation, and is effective in pain control on conditions on or near the skin surface.

Explaining Gauss

Gauss is the most misunderstood and misused word in the field of magnetic therapy. Magnet strength is measured in units called Gauss. For comparison, the natural magnetic field of the Earth is about ½ of 1 gauss. The average "refrigerator" magnet is about 10 gauss. Magnets used in therapeutic products vary from about 100 gauss to 2,500 gauss. The strength of a magnet is dependent on the size, weight and shape of the magnet.

[BACK TO CONTENTS PAGE](#)

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FAQ (frequently asked questions)

Do Magnets Have The Power To Heal?

Magnets themselves do not heal. Magnets create an environment to assist and speed up the healing process.

Will Magnets Work For Me?

**An estimated 140 million people around the world currently use magnetic therapy. Published studies demonstrate a success rate of 75 to 95%.
(Depending on the various ailments studied)**

How Long Should I Wear A Magnetic Product?

This is an individual's choice. Some use magnetic devices until pain is relieved and re-apply when pain returns. Others wear magnetic devices most of the time. Base your decision on your results. Magnetic products used to relieve pain and speed up the healing process are generally used short term whereas those used to promote overall health and wellness are often used on a long term basis.

How Quick Can One Expect Results?

Some individuals get relief within minutes. The majority however, gets relief within several hours to several weeks. The effect can be very subtle and in some cases is not noticeable until after the treatment is stopped.

Are Magnetic Products Safe?

Magnets are a natural product from the earth's resources. All research done to date indicates that magnets are one of the safest forms of alternative therapy available, This is also the position of The World Health Organization as stated in their study on magnetic fields published in 1987.

[BACK TO CONTENTS PAGE](#)

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How Long Will Magnets Last?

In normal use and with proper care, the magnetic element in products will last a lifetime. Magnetic products can be demagnetized if exposed to high temperatures exceeding 140° C (250°F).

Will A Fridge Magnet Work?

No, a typical fridge magnet is magnetized bipolar, with up to 32 poles per inch. This configuration prevents the magnetic field from penetrating deep enough to be biologically effective.

Do Magnets Block Electromagnetic Pollution?

No they do not, although negative ions produced by a North pole magnet may enhance the body's ability to counter the effects of positive ion absorption from electromagnetic fields.

Explaining Different Types of Magnets

There are four types of magnets used in magnetic therapy. Gauss readings vary within each type according to the magnet's weight, size and shape.

Ceramic #5 and Ceramic #8 (Manufacturer's rating 3950 and 4000 Gauss) Actual readings with a Gauss meter will range from 300 to 1200 Gauss. Made by mixing ceramic clay and iron powder. This type of magnet is used in most magnetic therapy products.

Flexible magnetic rubber (Manufacturer's rating 700 Gauss) Actual readings with a Gauss meter will range from 120 to 260 Gauss. Made by mixing iron powder with rubber. Most commonly used in magnetic insoles and flexible magnetic therapy pads.

Neodymium (Manufacturer's rating 10200 to 12300 Gauss). Actual readings with a Gauss meter will range from 1700 to 2300 Gauss. A very costly magnet made from a combination of neodymium, iron and boron. Used in magnetic jewelry and small magnetic therapy devices.

[BACK TO CONTENTS PAGE](#)

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Samarium Cobalt (Manufacturer's rating 8700 to 1100 Gauss). Actual readings with a Gauss meter range from 1000 to 2000 Gauss. Made from a combination of samarium and cobalt. Used in small quantities in magnetic jewelry items.

Magnetic Therapy Today

Today in Japan and other Asian countries, therapeutic magnets are licensed as medical devices. Magnetic therapy has found favor in Australia, Russia and many European countries, especially Germany where medical insurance covers some of the costs. Contemporary western medicine uses magnetic energy for diagnosis with magnetic resonance imaging (MRI), and, as a method to accelerate the healing of bone fractures. Magnetic therapy is becoming increasingly popular among progressive health care practitioners, veterinarians and professional athletes as well as the general population.

It is a fact our population is aging and the cost of traditional health care is spiraling upward. Magnetic therapy, for reasons of simplicity, effectiveness and economy, will become a much more important form of alternative therapy in the future.

What the Experts Say

Magnetic energy has a beneficial effect on blood circulation, lymph flow, hormone production, nerves and muscles. Dr. Ulrich Warnke

The application of a magnetic field has the virtues of simplicity, freedom from danger and low cost. Dr. Evelyne Holzapfel

The astounding results obtained through magnet therapy give it a place of considerable importance in the field of therapeutics. Neville S. Bengali M.D.

This is a revolution in the therapy of muscle injuries, joint pain, and posture problems. We have treated 4,000 patients with whiplash injuries by means of the magnet and helped 80% of them. Dr. J.B. Baron M.D.

[BACK TO CONTENTS PAGE](#)

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Magnets are scientifically proven to be able to assist the body regain its self-healing electromagnetic balance naturally. Ken Wianko, M.D.

Normal exposure to natural geomagnetic fields of the earth has diminished and many people suffer from, "magnetic field deficiency syndrome", which, can cause headaches, dizziness, muscle stiffness, chest pain, insomnia, constipation, and general fatigue. The use of magnets assists in restoring the natural magnetic balance required by the body's healing process. Kyoichi Nakagawa M.D.

Magnetic fields can stimulate metabolism and increase the amount of oxygen available to the cells of the body. Magnet therapy can increase enzyme action because it fosters a favorable environment within cells (mainly a proper pH). William H. Philpott M.D.

Precautions

According to the World Health Organization the type and Gauss strength of magnets used in magnetic therapy offer no health hazard. Consult your health care professional before using any new type of therapy. Most magnetic products carry warning labels indicating the following precautions:

- Use magnetic therapy as a supplement to conventional treatment. This information is provided for educational purposes only. It does not recommend self diagnosis and treatment with magnetic products. Anyone experiencing health problems should consult with a health care professional before starting any new therapy. The author will not be held responsible for anyone using this information to treat themselves or others. Do not use magnets or magnetic therapy if using a pacemaker, implanted medical device or insulin pump as they may interfere with the delicate electronic equipment. Magnetic products are not recommended with transdermal patches or during pregnancy.**
- Keep magnetic products at least six inches away from objects such as credit cards, computers, diskettes, audio and videotapes, and similar items, as loss of data may result.**

[BACK TO CONTENTS PAGE](#)

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Author, Fred Rinker - Fred Rinker is also author of The Invisible Force – Traditional Magnetic Therapy

[BACK TO CONTENTS PAGE](#)

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