

Exploring Magnetic Therapy

Magnetic therapy is considered an alternative approach to treating illnesses, diseases and other debilitating conditions. It's the practice of using the magnetic fields that surround our bodies for healing purposes. The practice is often employed when conventional treatment has been ineffective. However, like most forms of alternative medicine, magnetic therapy has attracted both devoted fans and critical sceptics. While some claim that the use of magnetic fields has relieved conditions ranging from fibromyalgia, chronic back pain and arthritis, others contend that the practice is nonsense.

Though some think it's a relatively new form of alternative medicine, magnetic therapy has been practised for thousands of years. The Greeks used it as did the Persians for what they considered an unparalleled healing power. It's even believed that Aristotle spoke well of its effectiveness. Many magnetic therapy enthusiasts claim that the magnetic fields help their blood circulation and encourage detoxification throughout their bodies. Some critics continue to scoff.

Today, an entire industry has blossomed to provide healing through magnets. Products such as car seats, shoe insoles and even jewellery are available that claim to leverage the healing powers of magnetic fields. Some medical experts dismiss such products (and the theory behind them) as unscientific. They claim those who report having their various conditions "healed" are actually a victim of the well-documented placebo effect.

In the end, it's the choice of the patient whether or not to take advantage of magnetic therapy. The seemingly positive results that some people report continue to baffle many critics. Given its long history and devoted fans, it's unlikely that the practice will disappear any time soon.

About the Author

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