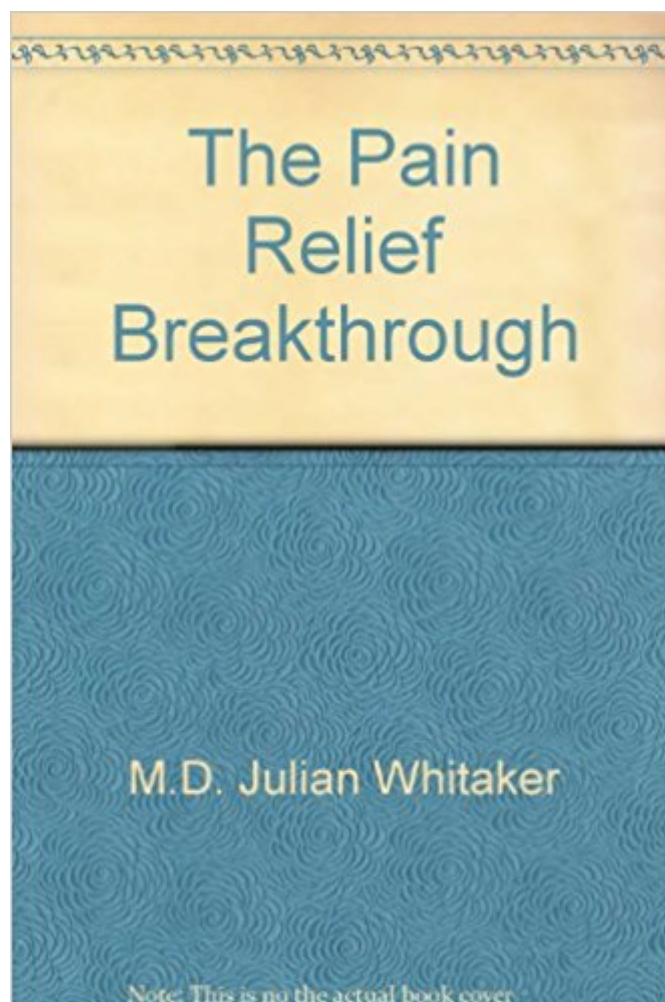




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# **The Pain Relief Breakthrough: The Power Of Magnets To Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, And More**





## Synopsis

Used in ancient civilizations and today by professional athletes and many others who prefer this natural, easy to use alternative to over-the-counter analgesics and prescription painkillers with the side effects. This book reveals how magnets relieve chronic pain. Magnets can be worn while walking, working and participating in sports. Detailed illustrations and diagrams show how to place magnets correctly on your body's affected areas for lasting relief. There is a section on nutrition and exercise that combined with magnet therapy can increase resistance to pain and improve overall fitness and health.

## Book Information

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## Customer Reviews

Used in ancient civilizations and today by professional athletes and many others who prefer this natural, easy to use alternative to over-the-counter analgesics and prescription painkillers with the side effects. This book reveals how magnets relieve chronic pain. Magnets can be worn while walking, working and participating in sports. Detailed illustrations and diagrams show how to place magnets correctly on your body's affected areas for lasting relief. There is a section on nutrition and exercise that combined with magnet therapy can increase resistance to pain and improve overall fitness and health.

~Magnets really do help with pain relief. This book explains how and why they work from a scientific point of view. You will also read a lot of personal stories of how magnets have helped people. I have had pain in my knees and back ever since working as a security guard and elevator operator in 1984-86. If I have to stand for long periods I experience agonizing pain in my knees and burning pain in my low back. A few weeks ago a friend gave me a pair of Magsteps to try. These are

magnet~ shoe insoles. I was very skeptical, but I figured, were there for 12 hours on Saturday , and for 6 hours on Sunday. I had forgotten that I even had the Magsteps in my shoes. I didn't even realize what had happened until some of the others at the booth started to complain of sore feet and aching backs on Sunday afternoon. I experienced absolutely NO PAIN! I was convinced.

The Pain Relief Breakthrough by Dr. Julian Whitaker was informative, but I was hoping for more. It wasn't the fault of the author - there just isn't enough research to explain why magnets work for some people (to relieve pain). A friend of mine gave me a hematite bracelet to help with pain from rheumatoid arthritis - and it helped! I was hoping the book would tell me why it was helping. Dr. Whitaker has an easy style of writing that makes anything he writes easy to read and understandable. I highly recommend his other books - but, was somewhat disappointed by this one.

Everything went smoothly.

These authors take the reader through a journey in time as well as history to set a foundation for the use of permanent magnets. Included are case studies, testimonials, wild assumptions, and generalities. This reader felt like he was being conned by a very poor salesman. Some of the information may have been correct in it's original context. However, the authors chose to present only part of the information in a general format and discount other research which may have contrary information. This is a scary book, it has been a major seller and propaganda machine for companies and individuals to promote sales of magnetic products at the risk of the individual. This book has provided two sets of information for this reader. First is that medical degrees and bibliographical citations do not always make a credible book. Second, is this book provides a list of possible references with actual research information. I do not feel that all of the information contained in this book is wrong, just misleading, incomplete and distorted. A more complete analysis with both indications and contraindications for use can be found in "Magnetism and its effects on the living system". by Davis and Rawls.

Save your money, don't buy this product to relieve pain. On Sept. 19, 2013, The New York Times published the results of a recent study on magnets and copper bracelets which shows they do not relieve pain. From the article: "British researchers randomized 65 patients with rheumatoid arthritis to receive one of four treatments: wearing a powerful magnetic wrist strap, a weak magnetic strap, a non-magnetic strap and a copper bracelet. Each patient wore each device for five weeks and

completed pain surveys..."There was no statistically significant difference in any of these measures regardless of which type of device patients were wearing."

Believe what you want. If you choose to use chemicals rather than your own body to heal itself, that's your choice. I like to stay away from chemicals (i.e. medication). So, this book has helped me in my search for better health. I used to think magnetic and far infrared stuff was black magic until I read this book. I read this book because medicine did not help. The concepts in this book are very simple. God created a planet with what we need to live healthily, magnetic energy being one element. Then we surround ourselves with concrete and metal that blocks the natural energies, and with electrical appliances that confuses our natural frequencies, no wonder our health problems increase by leaps and bounds. It's really all about energy. You eat to get energy, right? Well. OK, I do anyway. But it takes energy to digest food. So, get some instant energy so that your body can use it instantly to protect itself. The magnets have helped me so much I won't live without them now. The book also mentions the benefits of far infrared. You will need to read "Reverse Aging" by Sang Whang to understand the benefits of that. I wish I can find a doctor that knows when to apply magnetics, when to prescribe alkaline diet, and when to call for surgery -- combining every form of remedy appropriately, instead of just prescribing chemicals.

The US is a relatively new marketplace for magnetic products so I think this book is a wonderful primer for those who are curious about magnetics for health and want to try them out for themselves. I tried some of his suggestions on some personal "owies" and found his advice helpful. The nutritional information was very enlightening. It was information that I hadn't read anywhere else in my extensive studies. I appreciated Dr. Whitaker's honest investigation and lack of hype in his book. This is not a book that condemns medical treatments but only suggests adding some non-invasive alternatives to our wellness arsenal.

Our family and friends have been using products described in this book for almost seven years. There is absolutely no doubt this age-old technology works! I like the simple straight forward approach the author used in explaining the history, applications, and theories on how these products work. We all use products every day, ie fax machines, cellular phones etc. that we don't understand exactly how they work....but they safely get the results we are looking for, and that's what counts. A very enlightening, informative book for anyone desiring a simple, safe, effective, and economical way to deal with some of the discomforts of life.

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