HEALING WITH MAGNETS  
by Walter Last  

**SUMMARY:** for pain, inflammation or tumors place the south-pointing pole towards the body. For balancing body energies place the south-pointing pole towards the right side of the body and the north-pointing pole towards a corresponding point on the left side of the body.

**How to Use Magnets**
Magnets can be used for healing in a variety of ways. The simplest rule to follow is to place the south-pointing pole, short the S-pole, towards a painful or inflamed area of the body, while the north-pointing or N-pole may be placed towards a weak or stiff part of the body. Basically the S-pole energy is sedating while the N-pole energy stimulates and energizes. With pain or tumors use strong S-pole energy; you can increase the strength of magnets by placing several on top of each other. One cannot pull magnets apart; you need to slide them off each other. For long-term treatment and for balancing energies it is better to use smaller or weaker magnets.

Magnets may also be used to balance and with this enhance body energies in general. For this we need to know that our body is also polarized like a magnet. The right side of males, females and animals is like the N-pole of a magnet, and the left side is like a S-pole. Usually the strongest energies are emitted from the palms of the hands and the soles of the feet. Therefore to balance energies you place the S-pole of a magnet towards the right side of the body, preferably the right front or right palm, or sole of the right foot, and the N-pole to the corresponding areas of the left side.

Other possibilities are treating the thyroids, ovaries, eyes, intestines, kidneys etc. by placing a S-pole towards the organ on the right side of the body, and at the same time a N-pole towards the left organ or side of the body. However, if there is overactivity, inflammation or a tumor then use only a S-pole. You may also place button or dot magnets on acupuncture points instead of using pressure or needles. Again, the N-pole towards the skin is stimulating, while the S-pole is sedating.

If you have, for instance, a curvature of the spine to one side, called scoliosis, then you can place button magnets with the S-pole down on tender acupuncture points or contracted or painful muscles on the side of the back towards which the spine is being pulled. On the opposite site of the back the muscles are too weak and you place N-poles on corresponding points.

It also helps to trace acupuncture meridians with a magnet. For this you may use an elongated ferrite (ceramic) magnet or a neodymium button magnet attached to the blunt end of a pen or pencil. For details see Acupressure & Meridian Therapy at [www.health-science-spirit.com/meridians.html](http://www.health-science-spirit.com/meridians.html).

As a further rule the energy at the inside of the arms or legs, or the front of the torso is stronger than at the back of these areas. We may even say that the back of the body has the opposite polarity compared to the front but not compared to the opposite side of the body. For example to treat an injured right shoulder: initially during the acute phase you use only a strong S-pole, but later or for chronic problems you may place a stronger S-pole at the front and a weaker N-pole at the back. For chronic weakness of the left shoulder you could place a weaker S-pole at the back and a stronger N-pole at the front. This achieves a deeper penetration or through-flow of magnet energy and also a better balance than just using one pole.
A similar arrangement can be made to improve blood circulation and energy in general. You may place a button magnet with the S-pole towards the skin about two fingers wide above the right wrist, either in the middle of the underarm or on top of the artery below the thumb. On the left arm you use a N-pole in this position. For a stronger effect you may also use a double button magnet on the underarm and a single button magnet with the opposite pole towards the skin on the upper arm.

For a broken or injured right arm or leg try the following arrangement. Place a stronger S-pole (e.g. double button) below the injury on the inside of the leg or the arm and towards the toes or fingers. Place a weaker N-pole (e.g. single button) above the injury towards the shoulder or hip and on the outer arm or leg. For an injury on a left arm or leg use the opposite arrangement. If you would use only a single magnet for an injury then use the S-pole near the actual break.

The brain generally needs more S-pole energy. If you use only one magnet on the head then use the S-pole, For general relaxation, e.g. to meditate or preparing for sleep you may place a N-pole at the base of the spine and a S-pole at the top of the spine.

**How to Attach Magnets**

There are many different ways in which you can attach magnets to your clothes or your body. You may put a magnet, especially a heavier ferrite magnet, into a small bag or pouch and attach this with a safety pin in the appropriate position to your clothes. For general strengthening and balancing you may also carry a ferrite magnet in each trouser pocket with the appropriate side towards the body.

Magnets may also be held in place directly on the body with sticky tape or a bandage. Button magnets may hold each other with one on the outside and the other inside some clothing. You may use the same principle to attach button magnets to a wrist band or a Velcro strip around other parts of the body.

You may also make special arrangements by placing several button magnets to a fridge magnet or a piece of cardboard or a belt and then use Sellotape to hold the magnets in place. In this way you may use several buttons spread out over an area the size of a hand to apply to a larger area of pain, such as hip pain or lower back pain.

**How to Determine the Poles**

Some of the supplied ferrite magnets have a coloured mark at the side with the N-pole while some of the dot magnets have a hole at this same side. To determine the poles of an unmarked magnet approach it with the known pole of a marked magnet. The pole that is attracted to the known pole has the opposite polarity, e.g. a S-pole is attracted to a N-pole, conversely, like poles repel each other. The same principle applies if you check the poles of a magnet with a compass needle. You may even suspend a magnet on a fine thread and the N-pole will gradually turn to point in a northerly direction.

The supplied magnets and this information correspond to the definition of magnetic poles as used in science. In the US and some other countries so-called bio-magnets are sold with the opposite pole markings than used in science. Therefore do not use magnets and information from other sources.
without knowing on which pole definition it is based. For further information on Magnet Therapy see www.health-science-spirit.com/magnet.html.