

Do Magnets Have Healing Power

From Ron Lawrence, MD

Latest research suggests that magnets really do work.

Do Magnets Have Healing Power?

Alternative practitioners have long said **YES**, and recent studies suggest that they may be right.

In a recent study published in the Archives of Physical Medicine and Rehabilitation, researchers at Baylor College of Medicine in Houston found magnets to be more effective than sham magnets at blocking pain caused by post-polio syndrome. (This syndrome, marked by [leg pain](#), affects up to 20% of polio sufferers later in life.)

In the controlled study, 76% of patients treated with a magnet got pain relief. Only 18% treated with a sham magnet got relief.

Growing Body of Evidence Suggests Magnet Therapy Works

In other studies, magnets have proven effective against:

- **Fibromyalgia** - Researchers at Tufts University School of Medicine in Boston showed that magnets help relieve muscle pain caused by this mysterious condition.
- *In the study, patients who slept on magnetic mattresses experienced greater pain relief than patients who slept on ordinary mattresses.*
- **Diabetic neuropathy** - In research conducted at New York Medical College of Valhalla, magnetic foot pads were more effective than nonmagnetic foot pads at relieving numbness, tingling and pain associated with this diabetes-related problem. Evidence suggests that roughly 80% of chronic pain sufferers could benefit from magnetic therapy. That is true for virtually any form of pain.

How Magnets Relieve Pain

When held against the skin, magnets relax capillary walls, thereby boosting blood flow to the painful area.

They also help prevent the muscle spasms that underlie many forms of pain—apparently by interfering with muscle contractions. And—they interfere with the electrochemical reactions that take place within nerve cells, impeding their ability to transmit pain messages to the brain.

Of course, chronic pain can be controlled with aspirin and other over-the-counter and prescription painkiller. But unlike pain medications, magnets do not carry any risk of side effects.