

## Actual experiences

I am always really pleased to read the many positive letters that I receive all the time. It is fascinating to see how magnetic force reveals itself in such a wide variety of ways. I wanted to show you a selection of reports, in which men and women tell their personal experiences and how they became convinced of the power of magnet therapy.

Read about how magnetic jewellery can help you gain a life with more energy and less pain. Magnet therapy can help a wide variety of conditions such as:

- Fractures
- Nervousness
- Insomnia
- Nervous coughs
- Numbness
- Hyperactivity
- Migraine
- Menstruation problems
- Arthritis
- Allergies
- Painful joints
- Whiplash
- Headaches
- Heart and circulation problems
- Tennis arm
- Skin diseases
- Slipped disc
- Menopausal problems
- Rheumatism
- Melancholy
- Anxiety
- Tendonitis
- Bronchial problems
- Tinnitus

My heartfelt thanks go out to all who have written about very intimate things – it is not easy to do! It is nice that in so doing, these people are helping others.

Every day men and women report on their positive experiences with magnet therapy.

They all felt a genuine need to help as many people as possible to get to know magnet therapy and its effects, by contributing their letters.

## Enjoy the day

For many years I have worked in a large department store in Wickede. My work is a very important part of my life and I enjoy the daily contact with people. In 1986, I had an accident that changed my life for some years. On the way home I had such an unfortunate fall that I broke the ulna of my right arm. Luckily it was not an open break, but years later it was still painful. In actual fact the pain never totally went away and the swelling never completely disappeared. My second and much worse accident happened in 2001. A comminuted fracture of the wrist forced me to undergo several operations. Due to the unbearable pain I started taking pain-killers. Over the last few years I not only had to fight these pains, but daily work became a burden too, as I work mainly with my hands. My wrists were very swollen and sometimes I really didn't know what to do with myself.

During a sales demonstration in a department store I found out about magnetic jewellery and remembered the healing effects of magnets. Earlier a doctor and a healer had often treated me with magnet therapy. I bought myself a piece of jewellery in order to see if it helped as much as the magnetic treatment from my doctor had. After wearing the bangle night and day for a couple of weeks the swelling that had not gone away for years suddenly went down. I also have free movement in my hands and pain is a thing of the past. I now have absolutely no need for tablets, creams or other medicine. The problems I had often had in falling asleep have also gone. I now sleep right through the night. I have also noticed that colds get better a lot quicker. Before it had always taken two or three weeks until I was healthy again. Thanks to the magnetic jewellery I now have colds under control within a week. I am so happy to have found something that helps me so much, has no side effects, is inexpensive and even looks good. I now have fun at work again and enjoy every day working with clients.



Hannelore Assmuth  
59439 Holzwickede

### Fracture of the ulna and wrist

**"I am so happy to have found something that helps me so much, has no side effects, is inexpensive and even looks good."**



Cornelia Bardag  
22089 Hamburg

#### Nervousness, insomnia

**“Most important, however, is that I now feel more relaxed, contented and a lot more tranquil.”**

### Strength lies in tranquillity

I work in a small office in Hamburg and enjoy life with my husband and my two-year old daughter. I have always been very busy and need steady nerves, especially in the office. For the last few years my nerves have not been at their strongest, I was always nervous and I became more and more restless. I felt my nerves had become quite raw. In addition, I was no longer able to sleep properly. I often woke up during the night and was unable to get back to sleep. As my daughter did not always sleep through the night as well I suffered for nights on end. Totally tired and exhausted, I would wake the next day but could not get up. I had a terrible burning sensation in my feet every morning. In addition, with every change of weather I had problems with the meniscus in my knee that had been operated on before. My whole state of mind was unbearable, I just wanted peace and quiet and some time to myself.

A friend, in whom I confided in one day, told me about magnet therapy and its wonderful effects. I was curious and undertook some research on the Internet and then proceeded to order a magnetic bangle. Of course I was very sceptical to begin with but after just two days I felt a pleasant prickling in my body. A pleasant warmth radiated from my wrist up to my shoulder and then through my whole body. I then felt surges of energy almost every day and after a further three weeks I was a little bit more relaxed, my nerves were stronger and I had calmed down. Most important, however, is that I now feel more relaxed, contented and a lot more tranquil. I no longer explode straight away and do not get het up so quickly. The burning sensation in my feet has now disappeared and my knee problem has improved a lot. I can now relax doing handicrafts once more, which I was no longer in a position to do because of the strain on my nerves. I am really pleased with the inner peace I have found and feel much more balanced. My life is back in order.

## Wellbeing – yours for the taking

I am a housewife, live with my family in Buchholz, near to Hamburg where I lead an enjoyable life. My hobbies include handicrafts and housework, as well as reading and walking. Unfortunately, I have suffered from a bad cough for 10 years and I always had the feeling that I disturbed others with my nervous cough. I used two to three bottles of cough syrup every week, just in order to have some relief. Things were made worse by the little finger of my left hand that was very painful and over time I lost all feeling in it, to such an extent that I could no longer hold things properly. I was advised by doctors to have my spine manipulated as maybe it was caused by a trapped nerve. After several unsuccessful attempts I was tested for rheumatism and prescribed tablets. Unfortunately this was not much help. With my finger, and consequently my hand, I was almost unable to hold anything; everything slipped out of my grasp. Everything was painful and a great effort, there was no point in even talking about handicrafts. What with my cough and my numb finger I became really depressed. Physically and psychologically I felt like an old wreck.

I heard of magnetic jewellery on a television programme. I ordered a heart pendant and a pair of earrings and hoped for some improvement. I was totally desperate because nothing helped me and I did not know what to do. Within an hour my nervous cough had diminished. I felt a pleasant warmth and a pleasant feeling spread through my body. After a couple of hours my cough had stopped completely. I no longer need to take the cough syrup that I had swallowed for over 10 years. Furthermore, four weeks later I could move my finger normally again and pick things up without pain. Generally speaking, I feel much better in myself and am active. I have been able to go back to doing handicrafts again. Thanks to the jewellery all my health troubles are a thing of the past and I have much more energy than before.



Heidi Beckhusen  
21244 Buchholz

Nervous cough,  
numbness

**“Thanks to the jewellery all my health troubles are a thing of the past and I have much more energy than before.”**



Isabelle Boshier  
33605 Bielefeld

## Top marks for healing powers of magnets

I am at school in the 4<sup>th</sup> class and love swimming and everything related to sport. As we only have 3 hours of sport per week at school, I go cycling, swimming and play tennis in my free time. I have always felt the need to be active and it was difficult for me to sit still for a whole school lesson of 45 minutes. My school friends called me “whirlwind” and my teachers were becoming more and more impatient. My parents wanted to have me examined by a doctor, but there is hardly anything you can do about hyperactivity. I was unable to concentrate properly in lessons and my marks got worse and worse.

In September, my father gave me a magnetic bracelet for my birthday that was supposed to help calm me down. Of course I did not believe in such things, but I thought it was nice and liked wearing it. And it really did have an effect. I am able to concentrate better, to sit quietly again and my marks have improved. I feel really good with the magnetic bracelet and I don't ever want to have to take it off. I have told my friends about it at school and now they all want one as they think that they will also improve their marks.

Hyperactivity

“I am able to concentrate better, to sit quietly again and my marks have improved.”

## Good things come in threes

My small boutique in a village on the outskirts of Annecy was the centre of my life. Despite serious health problems I tried to manage my life as well as possible. Several times a month I had very strong migraine attacks that dominated my life. Not only me, but also my family, suffered a lot because of them. They often had to organise things around me and always take my migraines into consideration. Family holidays and time with friends were sometimes no longer possible. At times it was so bad that I could not bear any loud noise or bright light. I felt very sorry for my children as I could hardly do anything. During the migraines my life was very sad and dark.

One day I read about magnetic jewellery in a magazine and ordered a bangle. I wore it twenty-four hours a day and the effects quickly began to show. My husband and I went to some friends, who had invited us for a fondue. I drank some white wine, something I could not even have considered normally when I had migraines. But this time I enjoyed the wine and the whole evening without even giving my headaches a second thought. For over 30 years I have suffered from these pains – now I have found the path to good health. I can now enjoy my life again and benefit three times over from this improvement: firstly, I wear nice jewellery; secondly, I am no longer in pain; and thirdly, I am now an independent consultant for this jewellery and earn money in the process. This jewellery has given me back a good quality of life and I am happy again.



Michelle Chapuis  
74000 Annecy  
France

### Migraines

**“For over 30 years I have suffered from these pains – now I have found the path to good health.”**



Astrid Dahl  
59269 Beckum

#### Menstruation problems

### Life is good – every day

I am independent and enjoy every spare moment doing my hobbies. I enjoy skiing and aerobics. If I have time, I also enjoy painting and cooking. I really like my job as a qualified administrative assistant and I have a very good relationship with my colleagues. We often go out in the evenings. Activity and variety are simply a part of my everyday life. Unfortunately this active lifestyle was so strongly changed by really severe menstruation troubles every four weeks that during those periods I was hardly able to leave the house. I had really bad pains in my lower abdomen, combined with nausea. On those days I did not want to go to the office at all and would have preferred to have phoned in sick. I also felt sorry for my colleagues, as I was very moody and they bore the brunt of it. Aspirin was my constant companion.

One day at the Neubeckumer town festival a stand with nice designer jewellery caught my eye. On closer inspection the sales lady explained to me that it was magnetic jewellery. The woman was very convincing and I bought myself a bracelet. I wore the bracelet for a week and noticed that I felt much healthier and was full of energy. I also got my menstruation problems under control. I was in hardly any pain and the nausea and headaches had completely disappeared. From that time on, I no longer needed any tablets, which I was very pleased about. My colleagues also noticed that my mood had improved. Often I feel as though I could pull up trees because my energy potential seems limitless. I can now also carry on with my sporting activities during my menstruation period and I feel good all round. I am so enthusiastic that my monthly symptoms and pains are now a thing of the past.

“I wore the bracelet for a week and noticed that I felt much healthier and was full of energy.”

## Against the moods of nature

Nature is my element. Hiking, swimming, cycling and gardening are my favourite activities. My husband and I retired a couple of years ago and regularly go on long hikes in our beautiful “Rhein-Hesse “Tuscany”. About five years I had to gradually give up my favourite activity because my knee was increasingly causing problems. I had arthritis, and a swelling in the knee joint kept coming back and was painful. The knee was punctured in order to reduce the swelling. I also had cortisone injections directly into my knee joint. I knew about the risks involved with these injections, but could see no other solution. I had no choice because of the pain. I tried new biologically-based medicines, but the pain rarely went away. Hiking and gardening were taboo for me.

One day a pharmacist told me about magnetic jewellery. I bought a magnetic bracelet and after a few weeks I really noticed an improvement. The results were amazing: the swelling went down, I had much more energy and the pain gradually disappeared. I no longer needed injections and after four weeks the swelling had gone completely. The back pains I had in my lower lumbar vertebrae also went away. I slowly started going on short hikes again and went back into the garden that I loved so much. The quality of my life has improved drastically and all due to the magnetic jewellery that has literally got me back on my feet again.



Inge Eckes  
55543 Bad Kreuznach

### Arthritis

“The quality of my life has drastically improved and all due to the magnetic jewellery that has literally got me back on my feet again.”



Cornelia Fasse  
24147 Klausdorf

## A life in “C-Major” thanks to magnetic jewellery

Even as a small child I really enjoyed singing. I loved singing so much that later on I had singing lessons once a week. Later I sang on stage in a choral group. I now work part-time in an office. For the last eight years I have suffered from severe allergies brought on by various things. I was allergic to practically everything from animal hair and feathers to different grasses. I had hay fever and often suffered from asthma-like attacks, which were only helped by bronchial asthma sprays, tablets and injections. I was continuously dependent on medicines and felt weary and dejected. The worst thing of all was that I could no longer sing with all my strength.

One day a friend gave me a magnetic bangle and promised me that it would bring me relief. Of course I didn't believe any of what she told me. But after 5 days I was surprised to notice that I had less asthma attacks and that my allergies were not as severe. Step-by-step I started to reduce the number of tablets and sprays that I was using. After a few more weeks I no longer had any asthma attacks and the allergies had almost completely disappeared. My inner stability and peace returned and I felt much better and have more energy than before. It is unimaginable that for over eight years I had injections, tablets and sprays, and now I have had much better results all because with just one small bangle, which looks nice into the bargain. Being healthy again, I am overjoyed with this success. I really swear by magnetic jewellery

### Allergies

“It is unimaginable that for over eight years I had injections, tablets and sprays, and now I have had much better results all because with just one small bangle, which looks nice into the bargain.”

## Healing discovery

I have worked for many years as a family and body therapist. People came to me after having had a traumatic experience, either mental or physical. When I ask what they found most useful in these difficult situations or earlier in similar situations, people remember their own reserves of strength. Many say that in addition to the therapeutic work, they were helped by homeopathy, wild flower essences or magnet therapy and much more besides. From patients with chronic pain I often heard that they had used magnets on their bodies and that it had provided significant pain relief. A few weeks ago I had a car accident and suffered from whiplash injury. Due to a lack of time I was unable to go straight to a doctor, but I had severe pains in the area of the cervical vertebrae.

I remembered all those positive experiences of magnet therapy that had been reported by my clients. And so I began my own experiment with magnetic jewellery. To my utmost astonishment, after just one day I was able to hold my head straight again and I could also turn it. After 3 days I had no more problems. At a subsequent check-up at the doctors there was nothing to report. I knew from experience that I had suffered for weeks after a previous whiplash injury. I am really pleased that I was able to accelerate the healing process to such an extent, using a simple method and without side effects.



Gerda Fässler  
93080 Pentling

### Whiplash injury

**“I am really pleased that I was able to accelerate the healing process to such an extent, using a simple method and without side-effects.”**



Dieter Famulla  
22307 Hamburg

## Not to be taken lightly

My truck and I simply belong together, constantly “on the road” throughout Europe. I have always had fun driving around in my truck until in 1983 I suddenly had the feeling that my shoulder was not right. I had difficulties steering because I could hardly lift my arm anymore. The pain got worse and worse. Maybe it was because of the draught that I was always in. The doctor gave me injections every six months for two years until a friend told me about something that stopped my suffering.

He recommended that I wear a copper bangle. I tried it and really noticed an improvement. Six weeks later the pains had gone away. I could now drive my truck again and steer without pain and driving long distances was no longer a problem. For years I have sworn by the bangle and can honestly say that it gives me strength and stopped the pains in my body. At a jewellery sales demonstration I saw a magnetic copper bangle and bought it straight away, in the hope that it would also help me. Thanks to this magnetic bangle I feel much more vigorous and full of energy, furthermore I no longer have to kneel down so often. It is amazing what an effect such a small bangle can have on the body.

Painful joints

“I feel much more  
vigorous and full of  
energy, furthermore I  
no longer have to  
kneel down so often.”

## Pains no longer a cause for worry

I live in Mönchengladbach with my husband and 4 year-old daughter. I have an active and lively lifestyle. I really enjoy dancing, whether standard, Latin American or salsa and aerobics. Unfortunately for more than tens years I have suffered from unbelievably strong headaches which cast a shadow over my bright and sunny life. The doctors diagnosed migraines, but could not explain the one-sided paralysis of the face, which only happened during attacks. It was very difficult to organise my everyday life in such a way that I was able to work at all. I also have a large swelling on the brain stem for some years, which can be very dangerous, due to the increased risk of having a stroke. Pain-killers became my constant companions; I no longer left the house without them. My long-standing wish was to wake up in the morning, with no pain, and to feel fit and healthy. Just to be able to breathe freely and start the day without pain-killers.

By chance I discovered magnetic jewellery in a display window, which impressed me for purely aesthetic reasons but, according to the description, also had a good healing effect on the body. I bought myself a bangle and was very happy with it and hoped that it might have some effect. After exactly ten days I noticed that my pains had been reduced and I started to reduce the tablets one by one. I have never had the facial paralysis since I have been wearing my bangle. Now, just four weeks later, I do not take tablets any more and can declare that for the first time in 10 years I no longer have any pains in my body. My long-standing wish to wake up without pain has finally been granted. Thanks to this bangle I can say that magnetic jewellery has seriously – positively – changed my life.



Nicola Granderath  
41179 Mönchengladbach

Headaches, migraines

**“My long-standing wish to wake up without pain has finally been granted.”**



Ingrid Günther  
34225 Baunatal

Heart and circulation  
problems, high level of  
cholesterol, allergies

“This success con-  
firmed to me that  
magnets are also very  
effective for animals.”

## My Cairn terrier feels as fit as a fiddle

Nelson, my Cairn terrier, is 13 years old but one would never guess his age. He remains as vivacious and lively as a puppy. His bright and loving nature stands out, he loves children and always wants to be close to people. After his 13 years though, various signs of old age have become noticeable. Nelson suffers sometimes from problems with his heart and circulation, now and then high cholesterol and has allergies which produce swelling of his eyelids. Whenever this was the case, his vet gave him injections or tablets. The homeopathic approach was also tried but only worked very slowly.

One day when Nelson's eyes were again swollen, the idea came to me that if something is effective for us humans, it could well be good for animals too. I bound two of my magnetic bracelets together and hung them around my dog's neck. I noticed in the evening that the swelling had reduced somewhat. I left them on overnight in order to strengthen the effect. In the morning the swelling was clearly down and he felt fit and frisky again. This success clearly showed to me that, for my Nelson, magnets do have a really good effect. Before he had to suffer the swelling for days and even then the injections made him slow and tired. Since then he has worn magnetic jewellery every day, shows great liveliness and is once more the young 13 year old puppy.

## The power of the magnetic heart

I had decided that Easter Sunday should be the best celebration of the year and tried to prepare everything the Thursday before. Coffee at my friend's house was meant to be a relaxing end to the hectic day. But when I wanted to get up from the coffee table I slipped off the chair and seriously hurt my wrist in the fall. In hospital a complicated comminuted fracture was diagnosed. I was operated on several times and ended up with a number of titanium rods in my wrist. The pain got worse and worse so I took painkillers, which was in actual fact not like me at all.

My daughter-in-law visited me in hospital and brought me a small magnetic heart. She explained the healing powers of the magnet in detail. To begin with I was very sceptical, but after a few days the pain had gone. I was able to reduce the tablets and then stop taking them completely. The magnetic heart helped me to feel better. I kept wrapping this small heart up and sticking it in the bandage. After three weeks, however, the doctors realised that they had made a mistake whilst operating and that another operation was unavoidable. Once again I had to live with the pain and this time my wrist was set in plaster. I was no longer able to put the magnetic heart that had become so important to me on my wrist. I loosened the plaster a little and slipped the heart inside. The doctor was very surprised when he took the plaster off and discovered the magnetic heart. He showed great interest and listened intently to my story. Since then I have worn magnetic jewellery, which helps me to get rid of pain or at least to reduce it. Apart from this success, I have had another positive experience with magnetic jewellery. Every autumn, for many years, I have suffered from seasonal melancholy and had to take tablets and tranquilliser drops. I can now also go without these medicines. I feel fit and healthy and have much more energy than before. I have also cured the tension in my back and my neuralgia.



Edith Hansmann  
59269 Beckum

### Wrist fracture

**“On the whole I can say that every cloud has its silver lining. Now, using magnets, my body, spirit and soul are back in harmony.”**



Silke Hofsommer  
34266 Niestetal

## Fun with the hairy side of life

I have been a passionate hairdresser for 25 years and every morning I look forward to going to the salon where I spend the day with my colleagues. For one and a half years I have had a big problem with my elbow, probably caused by my job due to the constant movements of the arm. I have consulted several doctors, who examined my “tennis elbow” and gave me various tips. For almost seven weeks I was written off sick and had to stay at home, as I could hardly lift my arm at all. It was sometimes so bad that I could not even hold up a coffee cup. The pain was too severe. Injections and tablets helped to get me through the day. When I went back to work, cortisone injections helped. But the enthusiasm, with which I had always gone to work, had completely disappeared. I just did not enjoy it anymore as I was constantly in pain.

One day a client told me about magnetic jewellery. He knew how I was suffering and thought he could help me. Until then I had never ever heard of magnet therapy. Without being prejudiced one way or the other I bought a bangle and thought, even if it doesn't help at least I'll have a nice piece of jewellery. But after just one week I already felt the effects. The pain had diminished and I was able to reduce the number of tablets. After another week I completely stopped with the pills, creams and cortisone treatment. Now I spend each day free of pain and can once again really enjoy my job. I can also spend time on my hobbies, such as handicrafts or gardening without any problems. I can say that magnetic jewellery really helped me and I can now have fun and enjoy doing all the things that life has to offer.

### Tennis elbow

“Now I spend each day  
free of pain and can  
once again really enjoy  
my job.”

## Migraine – (no) child’s play

For many years I have worked in a day nursery and often need strong nerves. The weekends are much needed for recuperation and to be with my family. Until five or six years ago, I did not mind when it was noisy or the children were going wild around me, but then I started having very severe migraine attacks that strangely only occurred at weekends. These often completely ruined my quiet and relaxing weekends. The migraine attacks were sometimes so bad that I withdrew to my room and spent the whole weekend lying down. The doctor diagnosed migraines and gave me tablets on prescription, which helped me through the weekend.

A friend, who knew that I suffered so badly from migraines, told me about magnetic jewellery and thought that I should just give it a try. I wore the bracelet all day and all night and waited for an improvement. I told myself that in any case it could not get worse. And in reality, the migraine attacks occurred a lot less often and the time between attacks lengthened. I was gradually able to reduce my tablets. Earlier I had these attacks almost every weekend and today I can say that they occur approximately every six weeks and that in the intervening period I have no pain at all. The quality of my life has improved significantly, I am able to recuperate more at the weekends and can recharge my energy, so as to start the new week fully fit. I am really pleased to have my migraines under control with such a “simple” method.



Beate Kaldewey  
59269 Neubeckum

### Migraines

“I am really pleased to have my migraines under control with such a “simple” method.”



Guido Küsterameling  
59269 Beckum

## Better times with a snap of the fingers

I have always had a passion for drumming and making music generally and always been in a band. Apart from this hobby, I am also an enthusiastic salesman in the retail trade. I sell machine parts and often have a great time with my workmates. But for 3 years now I have suffered from a skin disease, which just happens to affect my hands. The open wounds are not only unpleasant and painful, but also impose a number of limitations on me, as professionally I also have to deal with dirty machine parts. Everything became rather complicated and I consulted various doctors. Subsequently I went for several allergy tests, but a clear diagnosis could not be made.

Someone who played in my band then told me about magnetic jewellery and I said to myself that one should be open-minded and should not shy away from the unknown. So I just tried it and hoped that I would have some relief from my troubles. They could not get worse in any case. I got an elasticated stainless steel bracelet, which I wore night and day. The open wounds improved and after 3 weeks had almost completely disappeared. I can now work completely normally with my hands and hardly have any more pain. At the same time as the improvement in the eczema, I also now have a normal sleeping pattern. Earlier I had big problems trying to get to sleep and never slept right through the night. Now I feel totally rested in the morning and have a general feeling of wellbeing. I have been able to return to my beloved band and bang the drums with gusto. I am so pleased to have found relief in such a way, thanks to the friend, who told me about this jewellery.

### Skin disease

“Now I feel totally rested in the morning and have a general feeling of wellbeing.”

## Magical wellbeing

I have always had fun using creative ideas to conjure up things for children or making decorations. As a family it has always given us a lot of pleasure. Unfortunately for several years now I have had a problem, which has pushed this hobby into the background. For nearly five years now, I have suffered from headaches that are sometimes so severe that I have had to lie in bed. The attacks came at intervals. They threw me completely off track and my whole body felt weak. As I am opposed to tablets, I did not know how to help myself.

A friend of mine swears by the effects of magnets which she has used for years and she recommended that I wear a magnetic bracelet. To begin with I was very sceptical but after a few days I felt a pleasant warmth and the pains diminished. I have less headache attacks and my back pains have also disappeared. I now wear this bracelet day and night and am so happy with it because I am now full of energy and enjoy life again. I am able to do handicrafts again and the creativity that I had lost in the meantime has returned thanks to the magnets. I have since gone into magnet therapy in great detail and now only go to doctors that work with this method. I am very pleased to have discovered magnet therapy, especially because it has no side effects. Furthermore, I also find magnetic jewellery very pretty and attractive. I wear it daily and start each day with a positive feeling.



Helga Knigge  
21517 Güster

### Headaches

“ I am very happy to have discovered magnet therapy, particularly as it has no side effects.”



Heinrich Langen  
26907 Walchum

### Rheumatism

“A slight prickling went through my body and the pains in my joints gradually diminished.”

## At home in the “magnetic world”

The whole world is my home: as a technical engineer with my work I spend a lot of time in a wide variety of countries such as India, South America or in the Far East for my job. If I am at home for a little bit longer, then I get my motor boat out and indulge in my second hobby. Since 1972, I have had my own boat and sometimes I go on very long cruises. I have also founded boat clubs and various associations and I have always been very active on the committees. At the moment I travel up to 120,000 km a year throughout Europe just for my job. On long drives I often have the window open. With the permanent draught I have probably ruined my health. I started having pains in my joints, especially in my shoulders, knees and elbows, which made the long drives agony. The doctor diagnosed severe rheumatism and wanted to prescribe injections. I preferred sports creams and in that way I managed to relieve the pain for a couple of hours.

My daughter knew about my painful rheumatism and gave me some magnetic jewellery, which was supposed to have a positive healing effect on my joints. I was very sceptical regarding the magnets and did not believe that they would have any effect at all. But for the sake of my daughter I wore the jewellery and amazingly after three or four days I felt an improvement. A slight prickling went through my body and the pains in my joints gradually diminished. After one week I was able to move normally with no pain, do sport and the long drives no longer bothered me either. I have told all my friends about this amazing recovery and sometimes lend them my bangle to test it. Almost all of them have felt an improvement after a short period and now want to buy some jewellery through me. Life is fun again. The world with all its beautiful facets belongs to me again and I have the power and the energy to do my hobbies.

## Just don't go under

I am 50 years old, always full of joie de vivre and enjoy life to the full. Sports, such as diving and running, give my life variety and make it interesting. My own business was flourishing and I was enjoying this too until the day that for two years brought my life to a standstill. A slipped disc forced me to put the brakes on. The pain was so bad that to begin with I had no control over my body and I had to completely reorganise my life. Luckily I was not operated on but nonetheless I could not manage without two or three injections a week. Tablets were my constant companions. I then had to spend three months in a rehabilitation clinic. My whole life was upside-down, I was very unhappy with the situation and also wanted to reorientate my career.

By coincidence I met an old friend at a seminar, who suggested that I became a consultant for a magnetic jewellery company. I took an impartial look into magnet therapy and noticed positive changes in my own body that I could never have dreamed of. My pain diminished somewhat and after another three weeks had completely disappeared. I no longer needed any injections and I also stopped taking the tablets. My back no longer hurt and I got my old joyful feeling for life back that I had missed so much. The tiredness that often affected me in the day has also now disappeared and I simply have the feeling that I have much more potential energy. In addition, the sleepless nights or constant waking up are much reduced. Besides my slipped disc being healed I have also noticed a significant improvement in my menstruation problems. On my menstruation days, I sometimes had to take up to six tablets. Now I don't take any tablets at all. Hot flushes and melancholic feelings are a thing of the past and the hormone pills have disappeared back into the medicine cabinet. Thanks to magnetic jewellery I feel like a new person. I have a lot more power and once again have my positive outlook on life.



Ulrike Lemmel  
34121 Kassel

Slipped disc,  
Menstruation problems

"I took an impartial look into magnet therapy and noticed positive changes in my own body that I could never have dreamed of."



Martina Loheit  
21279 Hollehnstedt

## Enthusiasm and vitality

Zest for life, spontaneity and energy are characteristics of my way of life. I have worked for many years in an office and do things with my family every weekend. For three years, though, I have been somewhat limited and my activities have suffered. I had such severe pain in the neck, that my back and my whole locomotive system were severely affected. I had to move down a gear. I strived to get my neck pain under control by trying various things. I tried remedial gymnastics, cherry stone cushions and other homeopathic remedies – nothing helped. When it became really bad, I was given injections that relieved the pain for a couple of days. But this was not a long-term solution.

My 22 year-old daughter told me about magnetic jewellery and gave me a nice piece of jewellery for my birthday. As I am naturally a very sceptical person, I did not really believe in the effectiveness of magnets. But I told myself I had nothing to lose by wearing the jewellery, and it did look attractive. I wore the magnetic jewellery for two or three weeks, without realising that my pain had diminished. Only much later did it dawn on me that the improvement may have indeed been due to the magnetic jewellery. I was curious to know whether that really was the case and decided to experiment. During my holiday I did not wear the magnetic jewellery for three weeks. After two more weeks I then had my normal problems in my neck and my back was very stiff again. Now I can say with certainty that the improvement was due to the force of the magnets and that I am convinced that this remedy works. With the magnets, I have never felt better. I play with the children and can go through the day on full power without getting tired. I never run out of energy and I can do a lot more than before. My zest for life has returned and my spontaneity is back to normal, for which my family is also very thankful.

### Neck pain

“Now I can say with certainty that the improvement was due to the force of the magnets and am convinced that this remedy works.”

## Dancing through life with no symptoms

I am naturally a person full of the joys of life and pay a lot of attention to my appearance. I have always done a lot of sport, eat healthily, love dancing and enjoy listening to music. 20 years ago I had so much energy that every weekend I wanted to go out dancing. But one day I suddenly felt like a deflated balloon and all my enthusiasm had gone like a puff of smoke. All my energy reserves were empty. I had really severe pains in the neck and on some days I could hardly move at all. I also suffered from joint pain and my whole ability to move no longer seemed to function properly. The doctors diagnosed fibromyalgia, a painful illness that has not yet had much research done into it. I often felt like an 80 year-old woman. I started to completely change my eating habits and tried to move a little or do some remedial gymnastics as far as my body would allow. Pain-killers were a daily necessity, although they caused me severe stomach problems. Another doctor advised me to have my teeth checked, as there was the possibility that the pain could be caused by a trapped nerve or a festering root. In sheer desperation I went to a dentist, who removed some teeth with the promise that it would relieve the pain. Not by any stretch of the imagination. I decided to take a health cure in order to get my pain under control.

A lecture on the effectiveness of magnets motivated me to buy some magnetic jewellery. I wore a little magnetic heart on a necklace and after exactly 8 days I felt an improvement. The pain was not as strong and I was able to go without pain-killers. My body has given back to me pain free enjoyment of life. I have rediscovered my enthusiasm and can do my hobbies once more. I bought more and more magnetic jewellery to give to friends and relatives. I told everybody my story. I still can't believe it.



Renate Menghin  
67098 Bad Dürkheim

### Fibromyalgia

**"I am convinced that the magnets have just given me back my equilibrium and that through them I can now enjoy life free from health problems."**



Ingrid Naumann  
34266 Niestetal

Melancholy,  
menopausal problems,  
panic attacks,  
insomnia

“At last I could sleep through the whole night and my panic attacks gradually disappeared. I no longer feel melancholic and I have the menopausal problems under control.”

## Given wings by the healing powers of magnets

The stage was my life. Up there I felt as though I was at home in my living room. I had never had stage fright; any nervousness was so deep down in me that I did not feel it. The public and the stage lights – I loved both and never wanted to be without them. Meanwhile I am completely at home. My health however is no longer at its best and in the last few years everything has piled up on top of me: from severe melancholy to menopausal problems, anxiety attacks and problems getting to sleep. My body and soul were upside down. Nothing belonged together anymore. The doctor was also unable to help any further. Some days tablets were the only emergency solution.

A friend told me about magnetic jewellery. Until then I had never heard of this remedy and I was immediately very curious and tried magnetic jewellery. After exactly ten days I felt a significant improvement in my general wellbeing. I was able to enjoy sleeping deeply. At last, I could sleep through the whole night and gradually my panic attacks also disappeared. I no longer feel melancholic and I have the menopausal problems under control. Since I have worn the jewellery, I feel a completely different energy in me and I think that I have more power. Slackness is a thing of the past and I can work from dawn to dusk without becoming exhausted. I am so enthusiastic about the healing powers of the magnets and never ever want to be without them. I would recommend them to anybody. I am back in control of my life.

## A healthy night's sleep is (not) a miracle

I am a woman of the world and enjoy travelling. Discovering new cultures and art make my holidays very exciting. At home in Paris, I love going at the weekend to previews at art galleries or churches at the weekend. I get my energy from my travels and through the contact with other people. It is as though a battery is recharged that then keeps me fit the whole day long. Unfortunately for 10 years I have had big problems getting to sleep and that often robs me of energy. I lie in bed and turn from one side to the other, my thoughts go round and round in circles about the same things and I simply cannot fall peacefully asleep. The next day I am totally exhausted and not fit for anything. I feel like a wreck, do not want to do anything and just try to get through the day. Then I do not even like the best exhibitions and just want to crawl into bed. But then just thinking about sleeping, I'm already frightened that in any case I won't be able to get to sleep.

My doctor prescribed sleeping pills that I took for over ten years. Every evening I was happy to take one of these pills in the knowledge that I would have a long, deep sleep. Out with friends, eighteen months ago, a friend gave me a magnetic bangle convinced that it would do me some good and that I would also be able to sleep better. I did not believe in the healing power of the magnets that had been prophesied, but as I am an open-minded person and like to try out new things, I did not oppose the idea – and I am pleased about that. I have calmed down a lot and have really slept better at night. I gradually stopped taking the tablets until I could go without them completely. Every night I can now sleep right through and falling asleep is also no longer a problem. I feel generally more full of energy and my life is now full of variety again, as I had always wanted.



Esperanza Perez  
7506 Paris  
France

### Insomnia

**"I gradually stopped the tablets one by one until I could go without them completely. Every night I can now sleep right through and I no longer have any problems falling asleep."**



Beate Philippent  
34266 Niestetal

### Melancholy, Tennis elbow

“At first, the pains got much worse and I did not know if it would be better to take the jewellery off. But after four days I felt a strange prickling and a feeling of wellbeing spread through my body.”

## Zest for life in the twinkling of an eye

As the mother of 2 children, I have a very varied life in Niestetal. I work part-time as a hairdresser in a nice salon near the town. When we are not working, we look forward to a nice weekend hiking with the whole family. But in the last few months, pains in my lower arm and melancholy have made life very difficult. I consulted various doctors, but the diagnosis was always the same: “tennis elbow”. I was advised to have an operation, but as I am not for “quick fix” interventions, I took my time and first wanted to try out alternatives with creams and tablets. I was given cortisone for the pains in my arm and tablets to help with the melancholy. In my hairdressing salon I was constantly in pain at work. I could hardly hold brushes and I dropped coffee cups and other heavy items. At home I still had to do the housework and needed my arm for that too. I really did not enjoy my life anymore; everything was grey and sad.

A client at the salon, who already knew about my problems, told me about magnetic jewellery and I then bought myself a bangle in order to try it. At first the pain got much worse and I did not know if I would be better to take the jewellery off. But after four days I had a prickling feeling in my body. The pains in my arm improved. The melancholy, which I had regularly suffered from, disappeared. Within two weeks the treatment was so successful that I stopped using the tablets and creams altogether. Now I enjoy my job again because I am no longer in pain when brushing, cutting and holding hairdryers. I also really enjoy doing my housework, handicrafts and playing with my children again. In the mornings I feel much more rested than before and I hardly have any problems getting going now.

## Full of energy and joy of life

I have always been out and about and my life is full of variety. I work part-time in a hospital as a member of the nursing staff, which places great demands on my back. A few years ago this led to a slipped disc. Apart from the heavy nursing duties, I also work for the parish and for Caritas. Furthermore, of course, my family needs its fair share of attention. I would prefer it if the day had more than 24 hours. After the slipped disc my life changed completely. The left side of my body was totally tensed up, which caused severe migraines. My doctor prescribed a lot of tablets, as well as creams and injections for the tension in my back. My day could no longer be organised in the same way. I had to give a lot of thought to each movement of my hands and body. My life was no longer as colourful and happy as before, and I did not know what to do about it.

I found a magnetic bracelet at my mother's house and I borrowed it for a while. I had already read a bit about magnet therapy and just wanted to test it. I could not believe it when after just 20 minutes my headache diminished and I felt better. The pains in my back also improved daily until after two weeks they had completely disappeared. It was just unbelievable; I no longer had any pains and did not need to take tablets anymore. I enjoy my job again and of course all my other activities too. I can also give my family a lot more and I am full of energy. My life is as bright and colourful as ever it was before.



Monika Plattner  
59269 Beckum

### Slipped disc, migraines

**“The pains in my back improved daily, until after two weeks they had completely disappeared. ... I can also give my family a lot more and feel full of energy.”**



Kristin Schinlauer  
30851 Langenhagen

## Dancing through life

My five year-old daughter feels like a little princess. She enjoys wearing pretty clothes, mainly pink with flowers and wears a little crown on her head. Her dolls are also dressed in princess's clothes and in her dance class she feels like a real ballerina. Unfortunately for the last two and a half years, she has had severe problems with her joints, which have limited her growth and her development. When she was two and a quarter years old she tripped and fell on her knee. The subsequent swelling never really went away in spite of medical treatment. Given a family history of such problems a rheumatologist diagnosed joint rheumatism already affecting three joints. My daughter was often in pain and was not as lively as other children of her age. The doctor prescribed syrup for the pain, which she had to take every day. In addition she had remedial gymnastics once a week. Luckily, my daughter takes the rheumatism and all the connected difficulties in her stride and can put up with it.

### Joint rheumatism

Whilst out shopping, I came across a sales stand with magnetic jewellery. Curious, I asked for some information and bought a pretty copper-coloured bangle for my daughter. She really liked wearing this jewellery and after one week I noticed a definite change in her disposition and her general state of being. She was more lively and awake than before and did not complain as often about the pain. All the time she was now proud to wear this bangle, as it matched her pink clothes with its rosy-red shine. I am pleased to have found a method with which to help my daughter, to relieve her pain and to see her looking healthier. I can but recommend this remedy to anyone; it costs hardly anything and looks nice too.

"I can but recommend this remedy to anybody, it costs hardly anything and looks nice too."

## Wellbeing – it's child's play

I lived near Hamburg and when I got my motorbike driving licence the roads were no longer safe. 21 months ago my daughter was born. She is the sunshine that has brought light into my life. If I think about my own childhood, I only remember the pain. When I was 15 years old I had severe tendinitis that started in my thumb and went right up to my shoulder. My arm was constantly in plaster and I could not move properly. The worst thing was that I could no longer write with my right hand and had to try and use my left hand. Thereafter my left wrist became inflamed and my left arm was then plastered too. It then just kept changing from left to right and back again and this situation dragged on until now. I had a demanding job in an office that I really enjoyed. I went to six different doctors, who all diagnosed the same problem and prescribed tablets and injections. In the meantime, I had to stop riding my motor bike and daily life with my daughter was full of problems. It was difficult for me to lift her out of bed or to hold her in my arms. Every movement hurt me and the pain affected my mood.

I met an old friend, who told me about magnetic jewellery and its healing powers. As I had never read or heard anything about it, I was rather cynical, but curious nonetheless. I just wanted to try it once. During the first four days that I wore the magnetic bracelet my pains were worse than normal. Despite the pain I continued to wear it and after a week I felt an improvement. The pain gradually diminished and after four weeks I no longer took any tablets and also went without my injections. The troubles I had had for so many years are now under control thanks to a small magnetic bangle. I am overjoyed at being able to live normally thanks to the magnets.



Sandra Schlabbach  
30851 Langhagen

### Tendinitis

“I just wanted to try it once. During the first four days that I wore the magnetic bracelet my pains were worse than normal. Despite the pain I continued to wear it and after a week I felt an improvement.”



Ralf Schmülling  
59269 Neubeckum

## If you plane, there will be shavings

As a trained carpenter, I took my master craftsman's diploma in 1994. It is a creative, demanding job that gives me a lot of pleasure. Unfortunately I was not always able to be as involved as I wanted to because since 1999 my life changed completely due to the onset of really strong headaches. One morning I woke up and they were just there: unbearable pain. After numerous visits to doctors and stays in hospital as a brain tumour was suspected. I underwent a computer tomography, but a clear diagnosis could not be made. I took around 50 pain-killers a month, which I obviously did not like, but I had tried so many things, from homeopathy to foot reflex-zone massages – nothing helped. My family life suffered enormously. The children often had to be quiet and we could not charge around as one would normally. My hobby, football, was completely out of the question.

At a seminar for new business starters I met Uli L. We got talking about both professional and private matters and somehow or other we got on to the topic of health. He was wearing a magnetic bracelet, which he then spontaneously took off and gave to me. I knew absolutely nothing about the positive power of magnets. But by wearing the bracelet I was quickly convinced: a pleasant warm feeling spread through my body and in my head I felt a slight prickling. Since I have worn magnetic jewellery, I have no longer had any headaches. My life has suddenly changed. I can do sport again and am much more conscious of what is going on around me and all without pain-killers. The nicest thing is that I am fully involved with my family again and can play with the children. My head is now free for creative ideas and I simply feel fit and healthy, sort of bursting with energy.

### Headaches

"Since I have worn magnetic jewellery I no longer have headaches. My life has suddenly changed."

## Rosy times with magnets

I get a lot of pleasure from seeing flowers grow and looking after them on a regular basis. I have been retired for a few years now and sweeten my daily life with gardening and cultivating special roses. But for three or four years I have had serious problems with the joints in my hands. I suffered with severe pain have made me suffer and I could no longer grip tightly with my fingers. Sometimes I was unable to move my whole hand and it had become impossible to carry heavy things such as shopping bags. Everything slipped out of my hand and I was no longer able to do the gardening. I felt sorry for my poor plants; they withered and nearly died. The doctor diagnosed rheumatism and gave me medicine for this illness. Years later arthritis was diagnosed. My pain was so bad that I did not even have enough strength to make a fist.

My daughter recommended that I use magnetic jewellery for my illness. To begin with I was very sceptical and did not believe in the healing effect, but immediately after putting the bangle on I felt a pleasant warmth. After a few days my pains had improved and I could bend and unbend my fingers completely normally. I to try to do some gardening and found that I no longer had any pain at all. I am pleased that I was not too proud to try them and did not dismiss the magnetic bracelets out of hand. One need not be sceptical about new things, rather one should be curious and at least try them once. It can but get better.



Hannelore Soffner  
22309 Hamburg

### Arthritis

**“I am pleased that I was not too proud to try and did not dismiss the magnetic bracelets out of hand. One need not be sceptical about new things, rather one should be curious and at last try them once.”**



Herrmann Thiesmeyer  
59169 Beckum

## The power of the right heart

I have been retired for 2 years and enjoy life at home with my wife. Our passion is cycling and we try to go on a bicycle tour every week, in order to remain active and to enjoy the fresh air. Unfortunately, it is not always possible as I often have back pains, which I have suffered from for over 30 years, as a result of two slipped discs. I was constantly given injections, creams and tablets, but unfortunately I always had the feeling that none of them really helped. I often thought that “life in the fast lane” was over. I was lucky that my wife had always given me loving support and was a great help to me.

On one of her visits, my daughter brought me a magnetic bracelet and thought that I should just try out it to help my back pain. She gave me the piece of jewellery and I wore the bracelet. The pain really did improve. Within a few days I stopped having the injections and was also able to stop using the tablets and creams. My body gradually regenerated itself and I had the feeling that I had been given a new source of energy for life. Life became really fun again, until one day I had another unfortunate bicycle accident. A piece of branch got stuck in the spokes and I was thrown over the handlebars. The result was comminuted fractures of both elbows; I was taken straight to hospital and operated on. I suffered with severe pain and my daughter once again brought me a magnetic heart in hospital, which she put on my elbows. After just a short time I felt my pains subdue and I knew that the magnetic heart had helped me. As my wife had pains, I gave her the magnets for a week. She also experienced a very rapid improvement, but during the time that I was not wearing any magnets I was in pain again. I now wear the magnetic bangle every day and we share the heart.

### Slipped disc

“I am pleased that my daughter helped me using magnetic jewellery and so that I also now know this wonderful remedy.”

## Pain-free thanks to bangle

For 15 years, I have had pains in my elbow and can no longer organise my day as I want. I am retired and do a lot of housework. If I have some spare time then I enjoy walking and cycling. My elbow probably got inflamed through working out in the open. I was always in pain, even being woken up at night because of the pain. I no longer knew what to do. Every day I rubbed in various creams and alcoholic liniment. The doctor diagnosed inflammation and prescribed injections. I had up to ten injections per month and was also meant to put ice packs on my elbow. To crown it all, I then had bronchial problems too. My chest was constantly full of mucus and I was coughing all the time.

My husband has been wearing a copper magnetic bracelet for a while, which has apparently helped him a lot. I decided to try it too and hoped that my lungs would calm down. But it did not help at all, I even had the feeling that my lungs were even worse than before. I wanted to take the copper bangle off, but then noticed a considerable improvement in my inflamed joint. The pains diminished from day to day. Two weeks later I was able to stop using the creams and having injections and had no pain whatsoever in my elbow. I can sleep again at night. I then bought a copper magnetic bracelet for my husband and myself and we share a clip-on magnetic heart. I am pleased to be rid of my pains in this way and to be able to go without all those injections and medicines.



Ingrid Thiesmeyer  
59269 Beckum

[Joint pains,  
Bronchial problems](#)

*"I am pleased to be rid of my pains in this way and to be able to go without all those injections and medicines."*



Marita Thomsen  
22529 Hamburg

### Fluctuating blood sugar level

"I have told all my friends about this quick improvement and I started distributing this jewellery myself."

## Animal enjoyment of life

My life must always be full of variety. Animals have a large part to play in it. I have a terrarium with snakes and also some parrots to sweeten my tranquility. Apart from keeping animals, photography is also a big hobby of mine. I used to work in a photo laboratory and now I work in the civil service. With my well-balanced life and a variety in my hobbies I was always full of energy. About three years ago, I started feeling weary and tired even after a small amount of effort. The doctor saw that I had a higher than normal blood sugar level, some days it was over 400mg/dl, which is very high in comparison with the normal value of 100 mg/dl. The constant fluctuations from 40 to over 400 mg/dl in a day really got to me. I was given an insulin pump and became dependent on a daily dose of this medicine. Many specialists examined me and could not explain the constant fluctuations in the blood sugar level.

One cold autumn evening I got myself comfortable in front of the television. A programme about pretty designer jewellery drew my attention. This jewellery contained magnets and it was the first time that I had ever heard that magnets could have a positive influence on the body. The very next day I bought myself a bracelet and after a very short time I noticed an improvement in my general wellbeing. I simply no longer felt weary and my blood sugar level was more constant. It settled at 130 mg/dl, which I could not explain after such a short period. The doctors were also unable to explain the improvement. I am very enthusiastic and am really pleased to have found something that helps me. In addition, the jewellery is very attractive and I have had absolutely no side effects, unlike with tablets. Now I can enjoy a bright and colourful life again, as opposed to the grey dreary kind it had been.

## Touching a nerve

I have a dentist's surgery in a sleepy village near to Marburg where I see patients everyday. But for many years I have suffered from severe joint rheumatism and have already been operated on several times. It was very difficult for me to continue practising as the pain stopped the free movement so important and necessary to treat my patients. In addition, a worsening tinnitus has caused me a lot of trouble in the last three to four years. The doctors could not be of any further help, so I tried to get on with life despite the suffering.

One day a friend gave me a bangle and later earrings too, that had small magnets in them. He told me about magnet therapy and recommended me to just give it a try. Without any prejudice, I accepted the jewellery in the hope that it worked. After a few days I noticed that my hands and feet were always warm and I had the feeling that the blood circulation in my body was now working much more efficiently. The worsening tinnitus has disappeared completely and I am now waiting to see if my rheumatism symptoms will also be reduced. My friends and colleagues have also noticed that I look healthier and have more vitality. If wearing the magnetic jewellery has helped so much in the first three weeks, I can only hope that the next few weeks will also do my body as much good. I'm longing to see what happens and am full of hope.



Anna Wagner  
35043 Marburg/Bauerbach

### Joint rheumatism, Tinnitus

"If wearing the magnetic jewellery has helped so much in the first three weeks, I can only hope that the next few weeks will also do my body as much good."



Monika Wegener  
33605 Bielefeld

**Bad eyesight,  
insomnia,  
nervousness**

**“It was a miracle, for  
three years I have  
needed reading glasses  
and now I could  
read without them.”**

## Evidently miracles do happen

Reading had always been my hobby. Already as a child I had been called a bookworm as I absorbed every book I could and loved to bury myself in the stories. For many years now I have worked in a large chain of department stores and hardly ever get to see daylight. My workplace is surrounded by neon lights and other artificial sources of light and my vision deteriorated enormously for that reason. I had to buy myself reading glasses. I can actually say that I have a healthy body and the only other problem I have to deal with is a lack of sleep. Due to the fact that I rarely sleep well at night and wake up two to three times, I often feel exhausted and weak. I never was calm enough to just let things drop. I was always nervous with a thirst for action.

A friend, who often visited me in the department store, gave me a magnetic bracelet to test and to help me sleep better. I had already heard that magnets were meant to have a positive effect on the body, but without knowing exactly what they were meant to do. I thought I would just wait and see, although to be honest I did not think much of all this hocus-pocus. For the first time in years I slept right through the night and felt as fit as a fiddle the next morning. My friend lent me the magnetic bracelet for the next few days too and I was pleased to be able to try it out a bit longer. Two weeks later I was looking for my glasses because I wanted to read some small print. As I could not find them, I looked at the invoice and to my amazement I was able to read the numbers on the piece of paper without my glasses. But I was not sure if this was due to the magnets. My optician confirmed the improvement in my eye strength. Thanks to magnetic jewellery I can now read again without glasses and the pains in my eyes have completely disappeared. At night I can now sleep right through and generally speaking I have much more vitality and feel calmer.

## Wind of change with magnetic jewellery

As an active person, I enjoy walking and love being out in the fresh air. One of my biggest hobbies and passions is playing in a band. Naturally I also love sitting cosily in front of the fireplace and reading an exciting book on grey winter days. Unfortunately I have suffered from severe headaches for ten years. They were so severe that I expected my head to explode into a thousand pieces. It was unbearable and drove me completely mad. As I am very hard to keep down, I never wanted to be signed off sick and got through the day with tablets. I went to several doctors and they diagnosed a blockage and every six to eight weeks they manipulated my back and put it back in place. This was a very painful affair.

A friend, who knew about my suffering, then gave me a catalogue full of magnetic jewellery. I looked through it and bought myself a bangle. After a few weeks the tension really had diminished and I no longer needed to go to the doctor. I somehow had the feeling that I had more energy and the blood circulation around my body was more effective. I also felt much more alive, which gave me momentum and energy. I really am happy with the result that I have achieved through magnetic jewellery.



Angelika Witt  
23638 Krummesse

### Headaches

“I also felt much more alive, which gave me momentum and energy. I really am happy with the result that I have achieved through magnetic jewellery.”

## Glossary

### **Magnetic field**

The space around a magnet or electrical current, in which magnetic force can be measured.

### **Magnetic force**

Is the turning, repelling or attracting force that affects a magnetic or charged object. If one holds two magnets, one can feel the force of attraction or repulsion.

Magnetic force, also called magnetic strength or intensity, is measured in Gauss. It quickly diminishes as the distance from the magnetic object is increased.

### **Magnetic therapy**

Also called magnet therapy or biomagnetic therapy,, are expressions for the use of magnets on human or animal bodies.

### **Biomagnetic**

Is an all-encompassing term for the interaction between biology and magnetism.

### **Pulsed magnetic fields**

Are electrically generated magnetic fields, with rhythmic variations, either getting stronger and weaker, changing their polarity or turning on and off.

### **Gauss**

Is a unit that defines magnetic strength. It is normally measured on the surface of the magnet and varies between the centre of the magnet and the sides. The size of the magnet is just as important as the Gauss value. A large magnet of 1,000 Gauss is much stronger than a smaller magnet with the same Gauss value. The Gauss number indicates the number of lines of magnetic force passing through one square centimetre.

### **Tesla**

One unit of magnetic flux. 1 Tesla = 10,000 Gauss

Anzeige

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