

## Health Clinic Stratford

Health Clinic Stratford - Magnetic therapy is an alternative healing practice that claims to tap into the energy fields which surround the body in order to facilitate healing. The general concept behind magnetic therapy is that by strategically positioning a series of magnets at different parts along the body, it is likely to promote more efficient blood circulation through the body while helping the muscles relax simultaneously. Believers of magnetic therapy claim that the magnets aid create a force field that prevents exterior forces from interfering with the body's natural rhythms, therefore, allowing the body to heal itself.

In magnetic field therapy, there are several types of tools that are used like for example the really common bracelets which can be worn around the wrist or the ankle. Typically, the magnetic field bracelet is a plain tool which simply fits onto the wrist or ankle. This bracelet is supposed to tap into the body's natural energy pathways and provides numerous advantages like for example promoting relaxation within the muscles, limiting inflammation in the tissues and easing the ill effects of stress.

For individuals who choose not to put on or cannot wear bracelets; there is another way so as to enjoy magnetic therapy. There are bands obtainable which make use of magnets inside the headband. Some magnetic believers think that wearing headgear that situates magnets next to the brain is an excellent way to help people cope with depression, stress or anxiety. Other magnetic items comprise shoe inserts which have tiny magnets placed inside the soft padding and can be worn daily with a great deal of comfort. There are straps designed together with a series of magnets that could be worn around the waist and would unnoticeably fit under clothing also.

Several people enjoy the benefits of magnetic therapy whilst sleeping. There are sheets and blankets obtainable together with a series of little magnets woven into the material which are ideal for placement on the bed. The idea is that a network of small magnets assists to produce a protective field that covers the entire body. As the individual sleeps, the magno-therapy supports blood flow and expedites the method of taking oxygen to each part of the body. The proposed result is a more recuperative and deeper sleep that leaves the individual feeling rejuvenated upon waking.

In recent years, the concept of a magnetic chamber has become common. There are large units designed which resemble tanning booths that are used to direct a steady flow of magnetic energy along the body from head to toe. The claim is that a 30 minute session on a daily basis is sufficient to promote good health for the rest of the day, assuming that the person gets some type of regular work out and eats a balanced diet.

Magnetic therapy is used often so as to ease inflammation and swelling in the joints. Along with the positive effects of promoting blood flow and relaxing tense muscles, magnetic therapy is supposed to help the body heal faster from small abrasions. Various people make use of a magnetic blanket when recovering from surgery or put on magnetic jewelry, in view of the fact that the steady flow of magnetism is believed to assist the body heal from the trauma of the invasive procedure. Magnetic therapy is also meant to aid with emotional issues. It has the reputation of being useful for those people suffering from mild depression or coping with particular phobias. Numerous people prefer the jewelry option because they can accessorize and obtain the benefits.

At this time, there is no real base of solid evidence stating that magnetic therapy works, then again there is rather many anecdotal evidence pointing to the effectiveness of magnetized things to promote good health. So far, there has been no proof to show that magnetic therapy could directly produce whichever ill effects on the mind or the body. This indicates that the worst case scenario for individuals who choose to try this particular technique of alternative healing is that the therapy has no impact at all.