



- Dipl Remedial Therapist
- Ass.Dipl Massage Therapy
- Ass.Dipl Structural Balancing
- Ass.Dipl Sports Injury Management
- Degree in Homeobotanical and Herbal Medicine HB1411
- Certificate in Shiatsu
- Certificate in Crano-Sacral Balancing 1-3
- Certificate in Oriental Medicine Physical Diagnosis
- Certificate in Myofascial Release 1-3
- Certificate in So Tai
- Certificate in Hyperton-X Basic
- Certificate in Hyperton-X Advanced

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CLIENT INFORMATION SHEET

Magnetic Field Therapy

Hi all,

I hope 2010 has begun well for you in every way, but especially in terms of your health, which although a platitude to say it, is the most important thing of all.

I thought I might tell you a little this time about a form of therapy which I have practised for quite a few years now and which I heartily recommend for a whole range of conditions. I am referring to Magnetic Field Therapy, the efficacy of which is a thing of mystery to many people.

In fact, Magnetic Field Therapy is simply a treatment which helps the body to regain its self-healing electromagnetic balance in a natural non-invasive way without recourse to injections or tablets, drugs or surgery.

Basically, electromagnetism affects each of the organs in our body and, in turn, every cell within. Cellular function and associated regulatory processes, as well as the function and health of body tissues, are all controlled by electromagnetic impulses. It is wholly logical and unsurprising, then, that magnetism and its effect on the body's electromagnetic activity play a major role in health and in disease.

It has been shown that, if these electromagnetic impulses are disrupted or are lacking, it can give rise to a number of health problems, such as: stress symptoms, mental disturbances, headaches, arthritis, rheumatism, muscle pain, osteoporosis, chronic fatigue, allergies, insomnia, inflammations, circulatory disorders, bowel disorders, digestive problems and many other degenerative problems which

cause ill health.

In the search for a broadly effective treatment, there is none that deserves the designation more than magnetic field therapy. At any rate, as far as successful pain treatment is concerned, it has been found that seven out of ten patients who received this treatment were completely freed of their pain – a result that is just as good as that obtained by traditional medicine. Above all, magnetic field therapy produces no harmful side effects, is not addictive, does not interfere with other therapies, and is not expensive.

Researchers have established beyond doubt that magnetic field therapy rebalances altered metabolic functions that cause pain, oedema (tissue swelling), excess acid in the tissues and lack of oxygen in the cells, by initiating tissue healing with consequent pain relief. Skin calcification, the cause of skin aging and wrinkles, disappears. Joint mobility increases and muscle becomes more flexible. Digestion and elimination improve, prostates shrink and kidneys eliminate body wastes more effectively. Mental function increases, energy levels go up and sleep is better.

Tests carried out with various organic substances in a magnetic field have shown that the timeline of these substances is extended.

Because it stimulates the body's free radical scavenger and antioxidant system, magnetic field therapy is reported to be effective in counteracting degenerative processes causing heart and circulatory diseases, arthritis and auto-immune illness, as well as neuro-degenerative and allergic afflictions.

Many illnesses can be caused by 'stress', but this risk factor can be greatly influenced by administering magnetic field therapy prophylactically, both during the day and at night. It stimulates

the production of the hormone, melatonin naturally.

Higher melatonin levels in the body reduce stress, help to counteract the aging process and protect against infection. Magnetic field therapy is most often used to promote healing.

The human body itself is an electromagnetic machine. Each body cell has a positive and a negative field, and both physical and mental functions are controlled by electromagnetic impulses from the brain and central nervous system. Moreover, all life – plant and animal, including human – exists in and responds to the magnetic field of Earth.

For instance, Earth's magnetism activate the enzyme system in fruits and vegetables to bring about normal ripening.

In the past decade, biomedical experts have begun to realise that, since magnetic energy influences our health, it can be used intentionally to improve our health, by means of a magnetic field therapy device.

Indeed, enough is already known to outline some important facts. As electromagnetic systems, our bodies exist in balance between negative and positive magnetic forces. The earth's crust exerts a powerful negative magnetic field at night while, during the day, we experience opposite, positive magnetic forces from the sun.

It may surprise you to learn that the magnetic field of the earth can be duplicated and enhanced with the aid of magnetic field therapy devices.

The pineal gland in the centre of the head controls hormones, enzymes and
"Specialising in Back Problems"

immune function and is, itself, a magnetic organ containing magnetite crystals. It is actually sensitive to magnetic energy stimulation and produces its most important and characteristic substance, the sleep hormone melatonin, almost entirely during the night.

When magnetic field therapy is applied during the night, it has a calming and sleep-promoting effect on the brain and the entire body. Growth hormone, which is produced by the hypothalamus as we sleep, appears to be strongly influenced by melatonin.

Without discussing the wide range of illnesses – from arthritis and arteriosclerosis to schizophrenia and sleep disorders – which can be treated with a qualified magnetic field device, let's see how magnetic energy can stimulate the pineal gland's production of melatonin and the hypothalamus's production of human growth hormone.

As we age, we produce less of these essential hormones. But high levels of melatonin are necessary for adequate sleep, and human growth hormone is the controlling factor in hair, skin and muscle mass. Its decline is responsible for many of the effects of aging. So it may be no exaggeration to say that the electromagnetic stimulation of the pineal gland could slow the aging process. Some people show signs of hair returning to its normal colour. Because of the increase of human growth hormone, older subjects typically show an increased rate of hair and nail growth. There are two simple bedtime/nighttime uses of magnetic therapy: you may place the therapy device under your pillow with the appropriate adjustment, so that your head is in the magnetic field, or even better, place the therapy device

beside you, as close as possible to your solar plexus area. This will keep your entire body in the magnetic field.

The idea of electromagnetic therapy may seem novel and perhaps even disarmingly simple, but there are many patients who have benefited and support its very real effect.

Atreatment with magnets will:

- Reduce and eliminate pain through the release of endorphin, enkephalin, serotonin and nor-adrenalin
- Improve blood and lymph circulation – blood flow can be increased if the device is set at between 12 and 15 Hz – at extreme low frequencies (5-9Hz/second) there is a mild restrictive effect on the blood flow, which is important for treatment of acute stages of injury to reduce swelling, infection and inflammation
- Improve cell regeneration and healing, and the DNA content of cells increased (at 4-5 Hz)
- Facilitate ionic transfer – calcium, potassium and sodium balance is restored
- Stimulate the immune system and regulate appetite

Side effects:

No adverse side-effects have been observed with magnetic energy and the FDA (Federal Drug Authority) in the U.S.A. has classified Magnetic Therapy as not harmful.