

.Replenishing the Magnetic When Lacking, Precaution “Eager of Magnetic” (Excerpted from Chinese Sports Newspaper)

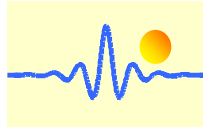
In the modern society full of tall building and cars, some people have the clinical symptoms of persistence headache, insomnia, acratia, diarrhea, dermatitis and arthralgia and so on. After the inspection and diagnose by the experts these people are caused by an uncommon modern civilization disease called “eager of magnetic”. The earth is a tremendous magnetic field that regards the south and north to be the center. It gives off the mighty magnetic force continuously, which makes the average of the ground magnetic field up to 0.5 gauss per square meter. It is this natural magnetic field of biosphere environment that effects the growth and health of human beings.

Human beings live in the middle of the magnetic field. The gauss is between 0.35 and 0.7, which forms the human own biological magnetic field. It is reported that the magnetic force in front of the human bosom is 1 micro gauss, correspond to the millionth of the geomagnetic intensity. Human bodies' heart, lung, cerebrum, muscle and nerve all have different intensities of micro magnetic force, even capsule parts. It is also investigated that the activity of human cells is affected by the geomagnetic. The renascent cells are round and the magnetism volume is the most, while the decrepit ones are triangle and the magnetism volume is less. Therefore, geomagnetic is the indispensable substance factor of human beings as sunshine, air and water that is the normal life activities of human beings must rely on a stable magnetic environment.

Though human beings live in a big magnetic field in the world, it cannot be seen, touched and smelt, so it is called vitamin of underground work. Once the magnetic changes, it has huge impact on human health. If the magnetic direction and size in some place suddenly turn up an irregular change, it indicates that the incidence of a disease and mortality in this place will rise obviously.

Datum indicates that some place in Indian, the incidence of a disease of fulminant heart attack directs reaction to the change of geomagnetic. The geomagnetic in Rio de Janneiro in Brazil is much lower and the children are a bit shorter than those in American in the same age. The geomagnetic intensity in Rwanda in African is a bit higher and the men's height of Greek territories is taller than European men. The magnetic volume of the water source is special high in Hansa area of Paskistan, which becomes the natural magnetism water source. The people whose age is over 100 can be found everywhere. The disease such as hypertension, heart attack, paralysis, is related to the month mean of geomagnetic index. In magnetic anomaly area the incidence of a disease is much higher, for example, the icidence of a disease of hypertension caused by magnetic disk, which is in the bureau magnetic anomaly area of Kursk in Russia, is 125~160% higer than it in the normal area. In the north of Yellow River valley, some places located in the magnetic anomaly area of East Asia continent, the incidence of a disease of coronary heart disease is obviously higher than it in the south.

Human body should not lack of magnetic because the activities of the cells all are affected by the magnetism. The magnetic volume of the renascent cells is more and appears round. When the cell magnetic volume is not enough, it will die. The activities of masses of blood reduce because of lacking of magnetic. Besides, the disease of neural, urinary system and digestive system will happen as the sediment close up the circulatory.



In recent years, the geomagnetic intensity has declined sharply. Especially in these years, the economy develops rapidly, and tall buildings are everywhere, the road is full of cars with every kind of pipeline and wires, all of which inform the magnetic masking space and shutoff or weaken the geomagnetic. Investigation datum indicates that the magnetic intensity reduces around 40~50% in the apartment and lift of the tall building and in the car. If the magnetic we produced declines too much, it easily leads to cause "eager of magnetic". The clinical symptoms are as follows: persistence ache, insomnia, acratia, diarrhea, dermatitis and arthralgia. Thereof, it turns up every kind of discipline nervous disorders symptoms.

Replenish the magnetism when lacking it. The following advice is given by the scientists:

First of all, take the measures of "replenishing the magnetism", provide the magnetism properly to the human body and let the cells receive the biological magnetolectric telepathy so as to accelerate the cell activities.

Secondly, every kind of magnetism treatment devices, such as magnetism bracelet, magnetism necklace, magnetism earring, magnetic waist chain, magnetism insole, magnetism cup, magnetism ring, magnetism rod, magnetism mattress, magnetism quilt and pillow, can add the magnetism force. Make use of the magnetism force to improve the human micro-circulation, promote the blood circulation, catharsis the blood, accelerate the cell metabolism and recover from the flexibility of blood vessel.

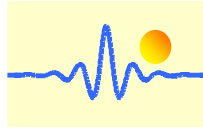
Thirdly, magnetism can also enhance the waste excrete and be impacted on the human blood vessel tip, decline the ropy degrees and prevent the heart attack, paralysis and other blood embolism diseases. So, magnetism health products can play a long-term, stable and effective fill magnetic effect. It has certain adjusting effect especially to the patient whose physiology function confusion is caused by lacking of magnetism.

Pay attention to the daily diet to replenish all kinds of food which is rich in micro element, fiber element and vitamin. Meanwhile, doing more exercise is also good to replenish magnetism. That is because electrolyte is the indispensable substance engendering biological electromagnetism. Physical training is the accelerant that promoting biological organism produce biological electromagnetism. Then, reach the magnetism balance by self-adjusting.

Causes reason newly said lacking of magnetism (excerpted from <<Medical Care Newspaper>> why are people illness? The source of the disease is stem.

All the diseases are caused by stem, such as blood circulation stem, perspiring and defecating stem. Especially blood circulation stem is one of the most serious. How does stem happen? It is caused by lacking of magnetism. Magnetism in the body makes the blood ionization and promotes the blood metabolism. Nowadays the society culture develops, the high buildings turn up and the cars increase day by day, which all blot out many natural magnetism, make the lack of magnetism and lead to emotion upset and the self-discipline nerve maladjustment. Scientific research finds that magnetic water can prevent the disease and prolong one's life.

Former Soviet Union scientists have made a contrast observation that the tube wells of the boiler using the magnetic water is clean and smooth, while the ones not using the magnetic water whose furring is more than 10 mm and some places are clogged by the furring seriously. The blood circulation is similar with boiler's circulation that using the magnetism products for long time can prevent the thrombosis.



Magnetism-----the treasure of human health! Air, water, sunshine and magnetism are the indispensable factors in the life. In the ancient time, magnet was used as a natural drug stone, curing all kinds of diseases. At the beginning of Western Han dynasty, there was a tale that (Shen Nong's Herbal) written by Yan emperor had introduced the peculiarity of the magnetism and cured the disease with the magnetism added to apozem. Li Shizhen had recorded put the magnet which is as big as bean in the ear. During the long years, scientists have found that the earth is a huge magnetic field. But the magnetic field is disturbed as well as the human magnetic field because of the society development. If the human body lacks of magnetism, it will turn out to be "eager of magnetism", what's worse, many disease might occur and it maybe long-standing malady.

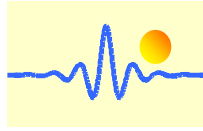
After the century of 1960s, the progress in science and technology accelerates the research on magnetism. Many experts at home and aboard spend all their lives in searching the experiment and the result turns out that proper magnetism which has especially good effect to dozens of disease is a healthy substance to human health.

The application scope of magnetic therapy can be summarized in the following aspects:

1. Promote the cell metabolism and activity cell so as to accelerate the inner excrete cell waste and hazardous substance and balance the endocrine disorders.
2. Promote the blood circulation and improve micro-circulation state.
3. Promote the fade away of inflammation and remove the ache and intumescence of inflammation.
4. Adjust the blood pressure bothway; particularly it can reduce the high blood pressure.
5. Enhance the oxygen carrying capacity of erythrocyte and bring down blood viscosity.
6. Amplify and ameliorate the immunity functions of human body, improve the human resistance to disease.
7. It has the impact on fighting against senium and removing the stockpile free radical inside the human body.
8. Ameliorate the blood fat metabolism and reduce the cholesterol.
9. Remove the tirement and promote the stamina recovery.
10. Play role in composure; remove the insomnia and mettle nervous.

Why is the geomagnetism gas good to human body? When the magnetic force is impacted on human body, it engenders the electric energy by electromagnetism inducement. This kind of electric energy engenders the current in supplement which promotes the increment of the ions so as to deepen the impact of self-discipline nerve. If the balance of the self-discipline neural controlling the blood flow changes, it will promote the blood circulation. The improvement of the blood circulation can supply enough oxygen to human tissue, expel the waste from inner body continuously, ameliorate the metabolism and remove the muscle ache, all of which is in favor of alleviating the physical fatigue. For example: The ache of the shoulders is because the blood circulation of the muscle is not good which leads to the shortage of the oxygen and lactic acid called "fatigue substance" and other waste materials sediment down with the tight state of cell tissues. If the blood circulation is fine, it will supply enough oxygen and expel the waste and remove the shoulder ache.

Magnetic therapy is a therapy which makes use of magnetic field impacted on human meridian cavity part or hurt part. It was written obviously in <<Shen Nong's Herbal>> in the second century a.d that "magnet was an indispensable material that tastes sweet and pungent and mainly treat paralysis, rheumatism and dismemberment gall-". In the year 450 a.d Greece had the record that hands got hold of the magnetic to cure the gout. After the 16th century every kind of magnetic devices came out one after another. In the 50 years of this century it was popular to use the magnetism step-down band to treat hypertension and neurasthenic. Modern medicine summarizes that magnetic has the functions of exciting the



human meridian, cavity and nerve, adjusting the meridian, blood and viscera. In the perspective of herbalist doctor, when human body suffers the disease, the blood silts, the meridian obstructs and it will be ache and swollen if it is unobstructed. It can make meridian blood flow unobstructed by magnetism adjusting.

In the perspective of Western medicine the impact mechanism of magnetic produces the biological effect and treatment by the biological current distribution from magnetism, the kin estate of the electric charge and distant between biological molecular. Other researchers think that human cavity has the electromagnetism characteristic, which is the concentrate point of magnetic field. Meridian is the main ditch to realize the biological amplification effect and if the biological electric charge loses the balance, it will lead to the disease. So, magnetic treatment with the magnetic effect to meridian can adjust balance of the biological electromagnetism and reach the goal of curing the disease. In general, the functions of the magnetism treatment are as follows:

1. promote the blood circulation.
2. Decline the blood grease and blood viscosity.
3. Remove the inflammation and ache.
4. Reomove the swollen and composure.
5. Balance the endocrine disorders.
6. Improve the sleepy and remove the tirement.
7. Enhance the saturation oxygen.
8. Prevent diarrhea.
9. Reconcile the blood pressure.
10. Postpone the decrepitude.