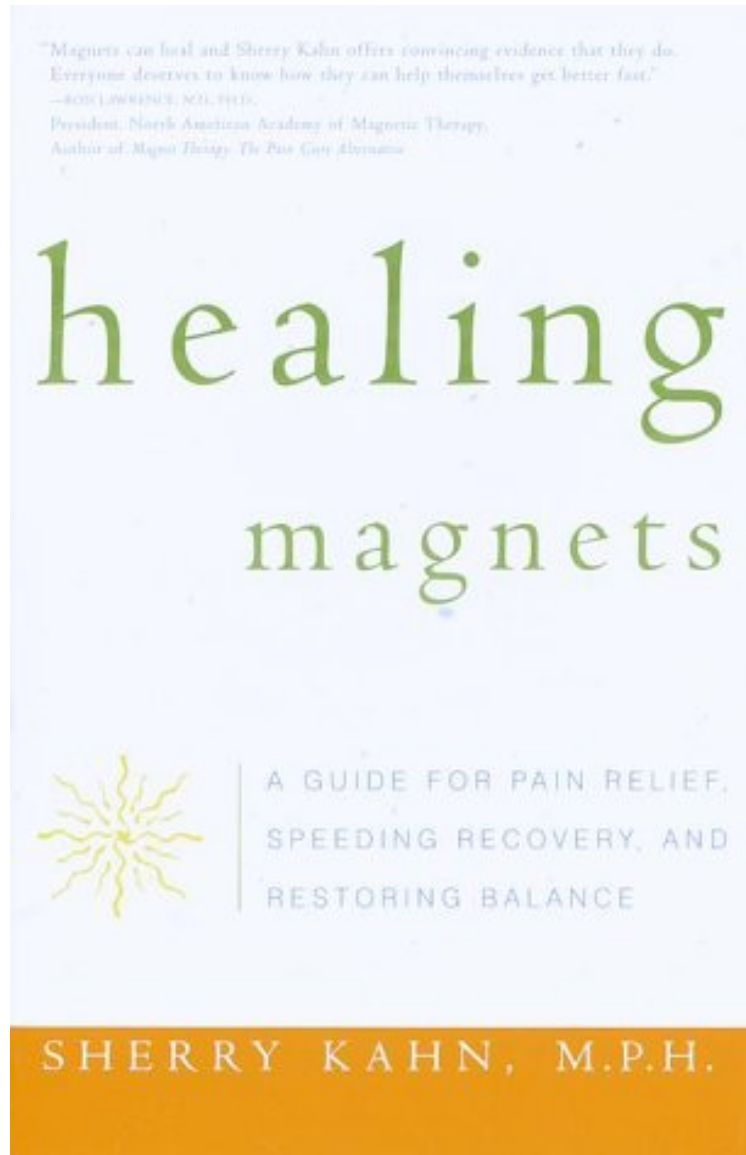


(Free) Healing Magnets: A Guide for Pain Relief, Speeding Recovery, and Restoring Balance

Healing Magnets: A Guide for Pain Relief, Speeding Recovery, and Restoring Balance

Sherry Kahn

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This is one of the best starter books I have ever read on this field. Clear, concise, right at the point and fairly ojective! Also liked the many refferences at the end, and the practical, do-it-yourself advice! If you want to start learning about magnet therapy and you want to do it yourself, this is the book!

Boasting an impressive 80 percent success rate in reducing pain, magnets have been used as powerful healing tools for decades in Europe and Asia. A documented breakthrough healing technique, magnet therapy supports the body's natural inclination to return itself to a healthy state. Using simple, jargon-free explanations, *Healing Magnets* introduces the principles and practices of magnetic healing, including the use of magnets to: alleviate neck, back, shoulder, and foot pain; relieve headaches; accelerate the healing of bone fractures and soft tissue injuries; speed postoperative recovery and wound healing; reduce symptoms of fibromyalgia; treat depression. Also featured are a variety of exciting, up-to-the-minute breakthroughs, describing how magnet therapy has relieved symptoms of arthritis, Parkinson's disease, multiple sclerosis, post-stroke disabilities, congestive heart failure, and more. The book's comprehensive resource guide and appendixes will help any reader find experienced practitioners and buy the right magnets for home use.

"Finally, there is a book on magnet therapy that I can recommend without reservation to both my patients and colleagues."--Serafina Corsello, M.D., Corsello Centers for Integrative Medicine
"Sherry Kahn's book, *Healing Magnets*, is a scientifically accurate account of magnetic healing. She has researched the topic well and provides good, solid references for the statements made in her book."--John Zimmerman, Ph.D.,
President, Bio-Electro-Magnetics Institute
"Sherry Kahn has done a yeoman's job in separating fact from fiction and putting anecdotal evidence into the best possible scientific context available."--Mary L. Hardy, M.D., Medical Director, Cedars-Sinai Integrative Medicine Medical Group
"Magnets can heal and Sherry Kahn offers convincing evidence that they do. Everyone deserves to know how they can help themselves get better fast."
--Ron Lawrence, M.D., Ph.D.,
President, North American Academy of Magnetic Therapy,
Author of *Magnet Therapy: The Pain Cure Alternative*
From the Inside Flap
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From the Back Cover
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