

# Equine Sports Therapy MAGNETS - THE SILENT HEALER

By Kristen Giglio



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Did you know that magnetic energy is considered one of the universe's strongest natural forces? Magnets influence physical and biological energy as well as behavioral and mental functions. The therapeutic benefits of magnets are countless and it has been proven repeatedly to be successful in treating acute and chronic ailments. Magnetic energy co-exists in everything that surrounds us; the amounts of negative (south) and positive (north) magnetic energy account for our internal wellness and homeostasis. An excess of negative magnetic energy calms, while positive stimulates. For cells to function properly, there must be a balance between both negative and positive magnetic fields. When internal magnetic imbalance

es occur, symptoms become present. In my therapy, most horses I treat have an imbalance caused by an external force. For example, improper riding equipment, knocking a fence rail or pulling a muscle while being exercised. This, in turn, causes an internal magnetic

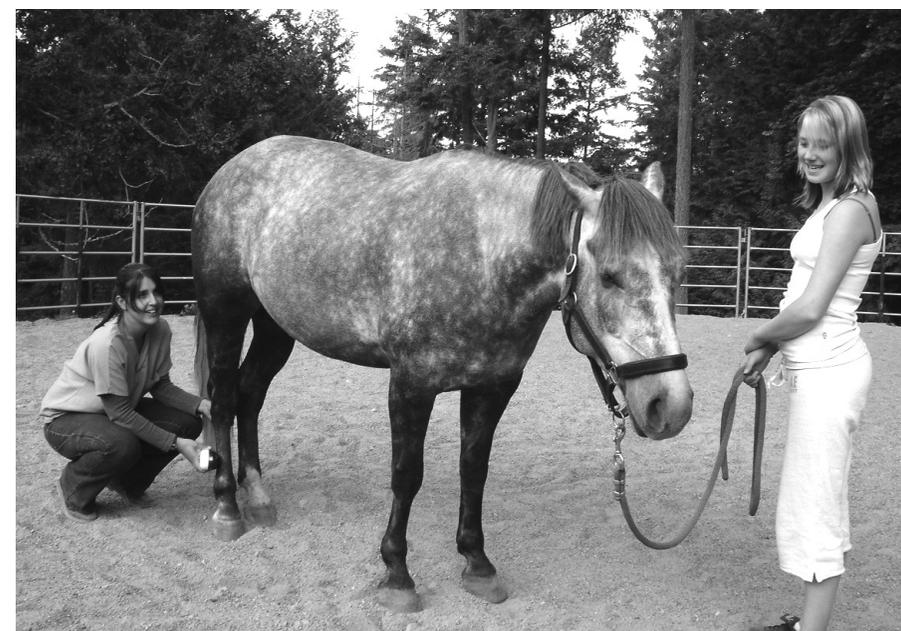
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imbalance of the horse's muscles. In this situation, there will be an excess of positive magnetic energy, which stimulates muscle pain. Treatment of negative magnetic

energy will be beneficial because it pulls oxygen to the effected area by stimulating a negative magnetic force, promoting normal cell growth and repair. Your horse's nutrition and food intake will also



effect its internal balance. Higher quality foods and balanced supplements allow for proper digestion, absorption and the adequate processing of nutrients ingested. In today's technologies, magnets have been proven and are successful in treating numerous medical conditions by aiding and stimulating the body's natural healing response process. Because of these studies and through my own personal experiences, I believe magnets to be an invaluable tool in assisting in the therapeutic process. The magnet I use in my therapy, is a Bi-axial Magnet contains a rotating magnet of both negative and positive polarities, creating a three-dimensional magnetic field. It not only treats superficial imbalances, it effects problems deeper within the body as it has a large surface area

of treatment, changing its angles as much as twenty-three times per second. By using the appropriate magnetic polarity necessary to stimulate the desired response the magnet is a useful tool to complement any treatment because of its ability to reduce inflammation and edema, relieve pain, increase circulation and blood-flow, stimulate the healing process, aid in breaking down scar-tissue, and assist in muscle and tissue repair. Including magnets in therapy is imperative in increasing the effectiveness of each treatment by achieving an optimal healing environment for your horse's body to rectify its imbalances. Because research, experience and the body's responses has proven their effectiveness, I use magnets daily in conjunction with my treatments.



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