

## Health Magnets

You should always consult your health practitioner and/or doctor before applying magnets to your body. The person who sold you the magnets is not responsible for the use, performance, or any damage the magnets may cause.

### **CAUTION: Very Important**

DO NOT allow anyone to wear magnets that has a pacemaker or any electronic health device. Magnets could interfere with electrical devices.

DO NOT allow anyone to wear magnets that uses a medicine patch. Magnets could interfere with the dosage rate.

Keep magnets away from computers, credit cards or electronics as it may result in erasing data or damaging devices.

Allowing the magnets to snap hard together could result in damage or defect to the magnet.



The label side of the magnet = positive (+)  
The opposite side of the magnet = negative (-)

### **2 Disc Health Magnets**

Wear as long as you like. The magnets will not harm human tissue. If you notice an increase of pain, then remove the magnets immediately. This usually means there is a circulation weakness.

**Directions:** Put 1 magnet on the skin where the pain is greatest, make sure the negative side ( - ) is towards the body or touching the skin (and you can see the positive ( + ) side facing outward. Then take a second magnet and put it on the outside of the clothing and carefully, slowly place the two together. Try to slide the magnets off, and on. If possible, put the magnets on a durable surface such as a belt, boot, jeans, jacket, etc. Try to avoid delicate clothing.

(2 magnets are commonly used together to avoid having to tape 1 magnet to the body.)