

with Jill Palmer



Magnet cure for migraine

DANCE teacher Sheila Myers's life was blighted for years by migraine.

All attempts to control the headaches, nausea and vomiting failed.

The mother-of-two from Pensby, Wirral, cut out coffee, chocolate, cheese and fruit — common triggers for migraine — to no avail. She also tried acupuncture and manipulation without success.

Prescription drugs had little or no effect.

Then a friend suggested Sheila try magnet therapy and within months her migraine had disappeared.

"I tried everything to avoid attacks, but still they came, some lasting three or four days," said Sheila, 47. "Twice I was rushed to hospital.

Popular

"I was very sceptical when my friend bought me a magnet bracelet.

"But amazingly the attacks stopped. I could not believe it." Sheila has worn a Magna therapy bracelet for the past nine months — and only had two migraines.

"Now if I get a migraine I take a paracetamol and it goes."

Magnet therapy is increasingly popular although scientists are unsure how it works.

Magnets are said to stimulate the body's electrical currents



BETTER: Sheila Myers with magnet bracelet

which encourages healing. They also increase blood flow which improves oxygen supply and reduces pain.