

## HEALTH NOTES



SARAH STACEY

## POSITIVE FORCES

**Magnets are routinely used to treat horses suffering from strains, sprains and arthritis. No surprise then that they also work on people (as YOU's Dr Ali confirms).**

**Our bodies function on electromagnetic energy but disease can scramble the polarisation. The idea is that magnets realign the system so that the positive and negative poles are in the right place. I use a magnetic neck wrap when driving and wear a Magna Therapy bracelet (£29.99, plus £2 p&p, tel: 020 8958 9719; [www.magna-health.com](http://www.magna-health.com)) to help the repetitive strain injury in my right hand; a colleague wears one to help her headaches.**