

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Can magnets relieve pain?

Q. Can magnets relieve pain?

A. Here's the official position of the National Institutes of Health (NIH), which is the medical research agency of the federal government:

Preliminary scientific studies of magnets for pain have produced mixed results. Overall, there is no convincing scientific evidence to support claims that magnets can relieve pain of any type. Some studies, including a recent National Institutes of Health (NIH) clinical trial for back pain, suggest the possibility of a small benefit from using magnets for pain. However, the majority of rigorous studies have found no effect on pain. More research on magnets for pain is needed before reaching any firm conclusion.

People have been using magnets to improve health for a long time. In the third century A.D., the Greeks were treating arthritis with magnets. Medieval doctors used magnets to treat gout, poisoning, and baldness. During the American Civil War, some used magnetic hairbrushes, shoe insoles, ointments and magnet-adorned clothing to treat maladies of many types. Today, magnets are popular for pain relief in shoe insoles, bracelets, headbands, belts and mattress pads. Lack of regulation and widespread public acceptance have turned



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magnetic therapy into a \$5 billion world market.

A magnet produces a force called a *magnetic field*. Static magnets have magnetic fields that do not change. Electromagnets generate magnetic fields only when electrical current flows through them.

Magnet advocates claim that sufferers need more magnetic fields in their bodies. Magnets are supposed to increase your magnetic fields and make you feel better.

Magnets are considered safe when placed on skin. However, they present a danger to those using pacemakers, defibrillators or insulin pumps because magnets can interfere with these devices. People with metal implants should also avoid magnets.

Magnet therapy has not been tested for safety in pregnancy and infancy, and there is some evidence in animals that it could damage the brain of a developing embryo

or newborn. One animal study indicated that sperm might be adversely affected by magnet therapy.

"If you can afford to spend the money and think magnets make you feel better, that's fine," says James Livingstone, a physicist at Boston's Massachusetts Institute of Technology and author of *The Natural Magic of Magnets*. "I'm very skeptical. I can't convince myself to say it is totally impossible, but my own feeling is that 90-99 percent of it is nonsense."

However, magnets are a useful tool in mainstream medicine. They are used for diagnosis in magnetic resonance imaging (MRI) machines and in magnetic pulse fields used to treat Parkinson's disease.

There is a relatively new procedure known as Transcranial Magnetic Stimulation (TMS) that is used to treat moderate depression when medication and psychotherapy aren't effective. During TMS, doctors place an electromagnet against your head.

If you would like to ask a question, write to fred@healthygeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Take-out meals are also available. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

June 3
Volunteer Group – First Lutheran Church
Soup and sandwich
Fruit

Pickle
June 5
Volunteer Group – First Lutheran Church
Chicken Alfredo
Vegetable
Dinner roll
June 10
Volunteer Group – St. Thomas Social Concerns
Hot beef/turkey sandwich
Mashed potatoes and gravy
Vegetable

June 12
Volunteer Group – St. Thomas Social Concerns
Spaghetti and meatballs
Corn
Salad
Bread stick
June 17
Volunteer Group – Zion Lutheran Church
Baked chicken

Baked beans
Fruit
Dinner roll
June 19
Volunteer Group – Zion Lutheran Church
Pork chops and butter beans
Mashed potatoes
Dinner roll
June 24
Volunteer Group – Evangelical Covenant Church
Turkey cacciatore
Vegetable
Pudding
Dinner roll
June 26
Volunteer Group – Tuesday Musicale
Pork and potatoes
Gravy
Vegetable
Dinner roll

MEMORIAM

In loving memory of our adorable, fun loving and special loved one, **Betty Lou Carlson**, on her 80th birthday, May 31.

Happy Birthday, Sweetie!
*A precious one from us is gone,
Her voice we loved is stilled.
A place is vacant in our midst,
Which never can be filled.
Sleep on, dear loved one,
Sleep on and take thy rest;*

*We loved you lots and lots,
But God loved you best.*

**Until we meet again -
Sadly missed but in our hearts
and loved forever and ever,
Steve, Anna and family
Shirley, Gerry, Sue
Bonnie, Wendy, Jeff and families
XO XO XO**

BIRTH

Samantha Vacura and Russell Thompson, of International Falls, announce the arrival of their son, Noah Alan Ray Thompson,

7 pounds, 15 ounces, 20 inches long, born Saturday, May 17, 2014, at Rainy Lake Medical Center hospital campus.

Grandparents are Tara Thompson, Brenda Skaggs, Tim Thompson and LeRoy Vacura.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the

meal. Cancellations may be made the day of the meal.

MONDAY
Ham
Whipped sweet potatoes
Peas and carrots
Emerald pears

TUESDAY
Goulash
Bean salad
Fruit

WEDNESDAY
Parmesan crusted chicken
Parsley buttered potatoes

Carrot coin salad
Strawberry shortcake

THURSDAY
Bratwurst
Sauerkraut
Mashed potatoes
Fresh fruit

FRIDAY
Fish sandwich on a bun
Slice of cheese
Homemade tarter sauce
Baked beans
Coleslaw
Fruit

KOOCHICHING COUNTY

Household
Hazardous Waste
Collection Day

Wednesday, June 4, 2014 • Noon - 4 p.m.
At the Recycling/Transfer Facility

Hazardous Waste from businesses will NOT be accepted on this day.

Safely dispose of household hazardous waste at no charge.

ACCEPTABLE
HOME WASTE

- Paint (*all types*) • Home & Garden pesticides
- Button & Rechargeable Batteries
- Thinners, Solvents, Flammables
- Fluorescent Tubes • Household Cleaners
- Adhesives, Hobby Supplies

NON ACCEPTABLE
HOME WASTE

- Tires • Alkaline Batteries
- Empty Containers • Propane Tanks
- Bullets/Explosives
- TV's/Computers/Electronics
- Appliances/Microwave

No products accepted before noon.

Sponsored by the Western Lake Superior Sanitary District and the Minnesota Pollution Control Agency in partnership with Koochiching County.
For more information call the Environmental Services Dept. 283-1157.

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— user xeriminox

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