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## Can Magnets Help Fibromyalgia?

Posted on July 29, 2009 by Ben

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I was asked yesterday if **magnets** can help with **fibromyalgia**. I would like to be able to just say "yes" and move on, but that would be irresponsible and get me in a whole bunch of trouble with the **FDA**, so I won't.

Before I go any farther, I want to make it completely clear that I am not a doctor, I cannot diagnose whether you have fibromyalgia or any other condition, and I cannot prescribe anything for any condition that you may have.

So, what can I say about **fibromyalgia**? Well, for one, medicine hasn't actually decided exactly what fibromyalgia is. It is closely related to **Chronic Fatigue Syndrome** and the lines between the two conditions appear to be very blurry. I often hear that fibromyalgia is actually misdiagnosed lyme disease.

It is classified as one of the many **auto-immune conditions** where the immune system attacks the body as if it was an attacker. People who have fibromyalgia usually complain that their whole body hurts all the time, and it is a chronic condition, which means that they will probably have it for a very long time and maybe the rest of their life. People with fibromyalgia don't usually have much hope of getting out of pain, which is a really sad way to have to live.

I read a good description of fibromyalgia on another site. It said that it is an **inflammation** based condition. For whatever reason, inflammation is triggered in the body and it stays on, becoming chronic.

I have heard many people report that problems with inflammation have improved after using a [magnetic sleep system](#), [magnetic insoles](#), and other [magnetic devices](#). I have also heard several testimonials in regards to fibromyalgia specifically.

As I said before, I'm not a doctor, so I cannot tell you that magnets will help you if you have **fibromyalgia** or any other condition. I will say that magnets have been determined to be completely safe, unless you have a pacemaker or some other battery-powered implant. With that said, my recommendation is that if you want an alternative to living with discomfort, give magnets a try. Use a magnetic sleep system, magnetic insoles, and always drink plenty of water (we are 70% water and need to stay hydrated) for 3 months. The worst that can happen is that nothing happened, and just maybe something might.

Wayne Woodworth

A good night's sleep on a magnetic mattress pad makes me feel great.

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