**Dos and Don’ts When Undergoing Magnetic Treatment**

Magnetic therapy is a highly effective treatment for many diseases and ailments. However, in order to obtain the best results, without experiencing any side effects, it is necessary that you have some information about the things which are allowed to be done before and after the treatment and the things you should refrain from in this period. Below you will find some of the most common dos and don’ts when undergoing magnetic therapy.

First of all, it is necessary to mention that the perfect time for applying the magnets is in the mornings, after your normal shower, but before taking your breakfast. In fact, it is recommended that you do not use the magnets after you eat, as it may lead to side effects like nausea and vomiting. Also, it is advisable that you refrain from eating cold foods and drink cold drinks for at least one hour after you have undergone the treatment, as they may significantly diminish the effects of the magnets. Yet, you are strongly encouraged to drink hot drinks and eat hot foods, as this way you will further contribute to the maintaining of the warmth generated by the magnetic power.

Caution should be taken when using high power magnets. Because they are very strong, it is advisable that they should not be used for treating children, sensitive people or pregnant women. For these categories of person, medium or low power magnets are much more indicated. Also, the more sensitive parts of the body, like the eyes and the head, should not be exposed to high power magnets, but rather be treated with low or medium power magnets.

Last, but not least, it is highly important that you use the magnet of the right pole when undergoing treatment. A too long exposure to a high power magnet of the wrong pole can produce serious side effects, this is why you should ask a magnetic specialist before starting your treatment. If you have started the treatment with the magnet of the wrong pole you can counteract its negative effects by keeping in your palms a zinc plate or by taking supplements containing zinc.

Resource box:

Find out what other things you must or must not do while undergoing a magnetic treatment by reading…You will learn all the basic things you must know about this type of treatment and about how you can have a healthy life the natural way.