



**Using Your Device
Maintaining Your Device
&
Warranty**

Questions?

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www.magnetex.org

WARNING—STOP!

**Read this
BEFORE
you use your Magnetex®!**

Do NOT use the Magnetex™ AT ALL—or use CONDITIONALLY—under the following circumstances:

- ◆ As with anything that contains strong magnets, do not place the Magnetex® on or near the heart without proper medical supervision.
- ◆ As with anything that contains strong magnets, do not place the Magnetex® on someone who has a pacemaker or defibrillator.
- ◆ If you have anything metal in your body—wire, implant, stent, joint replacement, metal plate or screw, piercing, or staples—consult your physician before placing the Magnetex® directly over areas that contain the metal. Otherwise, you may use the Magnetex® on other areas of the body if you keep the unit at least 8 inches away from the area that contains the metal implant.
- ◆ As with anything that contains strong magnets, do not place the Magnetex® on pregnant women or on children under two years old.
- ◆ People with a history of seizures, strokes, who are taking blood thinners, or who have other serious health issues (such as missing organs or organ transplants), should consult their physician before using any magnetic equipment.

The Magnetex's Neodymium Magnets Create Powerful Detox

- ◆ **More is not always better.** The Magnetex® feels great, but don't use it for more than 15 minutes, especially at first. It's better to use the equipment more often and for less time during each session, than less often and for more time.
- ◆ **Don't eat a large meal before the session.** Applying the Magnetex® to the abdomen after a large meal can unfavorably change the gastric secretions and interfere with digestion. Therefore, it's best to wait 2 hours after a large meal before using the device. However, you may use the device on other areas of the body.
- ◆ **Water is essential!** As with any detoxification protocol, toxins will be released during Magnetex® sessions. You must drink enough water to reduce the ratio of poisons to plasma and flush the contaminants from the body. See page 6 for details about how much water, and what kind, health professionals consider optimal.
- ◆ **See page 6 for detailed instructions on what to take to detoxify from the debris released by the Magnetex®.**

**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

Caring For Your Magnetex®

Congratulations on Your Unique Purchase.

You are among the open-minded health pioneers who have chosen this cutting-edge, holistic magnetic technology to make your minds clearer, your bodies function better, and your lives easier.

The Magnetex® Must Be Handled Correctly.

The device is sturdy, but the magnets inside (although powerful) are delicate. They, and the plastic housing, could break if you drop the device. The Magnetex® must also be protected from extreme temperatures and demagnetization.

The Magnetex's® Powerful Neodymium Magnets Affect Not Only You . . . They Also Affect Objects!

- ◆ Keep the device away from cell phones, computers and diskettes, DVD and Blue-Ray players, credit cards, mechanical watches, hearing aids, pacemakers, Defibrillators, and anything else that contains electronic data storage. These items can become demagnetized if the Magnetex® is placed too close to them. When OFF, the device has a 12-inch range (measured from the handle). When ON, the device's range increases to 36 inches (measured from the cap).
- ◆ If using an extension cord, select one that's heavy enough to carry the current drawn by the device. The thicker the wire, the smaller the wire gauge size (AWG) is. A wire gauge size of 16 or lower is recommended for an extension cord that's 50 feet or less in length.
- ◆ The Magnetex® has been specially designed with cooling vents to prevent overheating. It should not overheat in the course of normal use; but if it feels too warm to the touch, let it cool before using it again.

How the Magnetex[®] Works

Overview:

The Magnetex[®] gently balances the entire body by emitting a unique magnetic vortex that can pull dangerous toxic substances from the cells and tissues, which the body then excretes through its usual elimination channels. Detoxification relieves the strain on every system, thus allowing the body to begin repair and function properly. The release and elimination of toxins helps alleviate pain. Tests have proven beneficial changes in heart, brain, blood, and energy field readings (see website, www.magnetex.org).

What Prevents Cells From Working Properly:

- ◆ Biofilms from Bacteria, Fungi, Parasites and Viruses
- ◆ Acids, Hormones, and Other Wastes produced by the body
- ◆ Heavy Metals
- ◆ Microbial Wastes, Including Mycotoxins
- ◆ Nanoparticles (Wires, Particulates, Composites)

What Assisted Detoxification Can Help Relieve:

- ◆ Aches and Pains
- ◆ Allergies
- ◆ Anxiety
- ◆ Brain Fog / Poor Concentration / Memory Problems
- ◆ Cellulite
- ◆ Chemical Sensitivities
- ◆ Chronic Headaches and Migraines
- ◆ Cold Extremities
- ◆ Dark Circles under the Eyes
- ◆ Depression
- ◆ Digestive Issues
- ◆ Fatigue
- ◆ Lung Congestion
- ◆ Congestion in Back, Joints, and Muscles
- ◆ Scar Tissue
- ◆ Sinus Congestion
- ◆ Skin Rashes
- ◆ Sleep Problems

Not a Substitute for Medical Treatment.

The Magnetex[®] is highly effective, but must be used alongside a balanced diet and healthy lifestyle. If you have a serious medical condition, please consult your doctor to see if magnetic sessions are compatible with the treatments you are receiving.

**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

How To Use the Magnetex[®]

For Your Own Protection, Keep the Magnetex[®] Away From:

- ◆ Cell Phones
- ◆ Computers and Diskettes
- ◆ DVD / Blue-Ray Players
- ◆ Credit Cards
- ◆ Mechanical Watches
- ◆ Hearing Aids
- ◆ Pacemakers
- ◆ Defibrillators
- ◆ ...and anything else that relies on electronic data storage to run

These items can become demagnetized if placed too close to the Magnetex[®].

Magnetic field when OFF: about 12-inch radius range out into the room.

Magnetic field when ON: about 36-inch radius range out into the room.

Length and Frequency of Your Magnetex[®] Session:

Typically, each Magnetex[®] session lasts for 10 or 15 minutes, although some people use the equipment for 20 minutes. It's better to use the equipment more often and for less time during each session, than less often and for more time during each session. So, use the Magnetex[®] for a little time each day rather than a lot of time every other day: the effects are cumulative. *Remember: the more toxins you carry in your body, the less time you should take per session. Build up session time gradually.* And make sure you drink enough water to flush out the toxins. Only when your system is relatively clean can you comfortably have longer session times. But don't go over 30 minutes.

Tips To Maximize Your Results:

- ◆ **Don't eat a large meal just before the session.** Applying the Magnetex[®] to the abdomen after a large meal can unfavorably change the gastric secretions and interfere with digestion. Therefore, it's best to wait 2 hours after a large meal before using the device. However, you may use the device on other areas of the body.
- ◆ **Make sure your skin is clean** before using the Magnetex[®]. It's best not to have toxins on your skin when applying the magnetic vortex.
- ◆ **If the skin is sensitive, try these methods instead.** (1) Hold the Magnetex[®] over the body without touching it. The magnetic vortex field is quite strong and will still do its job. (2) Place a towel between the device and body to provide extra cushioning.
- ◆ **Work on the fleshy portions of the body rather than the bone.** For example, if you're working on the knee, place the Magnetex[®] on either side, and in the back, of the joint.
- ◆ **Try to wear clothing made of natural fibers.** Due to the strong vibrations from the device, it's preferable to wear clothing when using the Magnetex[®]. Try to use cloth made from natural fiber, although it's okay if it's synthetic.

Detoxification Reactions—and What To Do About Them

- ◆ **Water is essential!** As with any detoxification protocol, toxins will be released during Magnetex[®] sessions. Water will reduce the ratio of poisons to plasma and flush the contaminants from the body. Drink two cups of water after the session, and additional water throughout the day. (One popular guideline is one fluid ounce for every two pounds of body weight.) The water should be alkaline (with a pH of over 7.0, up to about an 8.5 pH). To further mineralize the water, add electrolytes, colloidal minerals, chlorophyll, freshly squeezed lemon juice, or a pinch of Celtic salt or pink salt. Do not drink distilled water.
- ◆ **Health professionals suggest that you take, either just before or immediately after your Magnetex[®] session, the following nutritional supplements.** These will help protect your cells and bind the toxins that have been released by the magnetic vortex. Failure to address detoxification may cause you to feel worse. Maximum results will be obtained if all of these are taken together; however, if you wish, you may take either zeolite or charcoal (and not both) along with the other supplements.
 - a) Vitamin C (ascorbic acid); buffered is okay: 500 mg–1 gram
(Antioxidant and cell membrane protection)
 - b) Protease (enzyme that digests protein): 2–3 capsules
(Scavenges protein wastes)
 - c) Zeolite (inert binder), powdered: 1–2 teaspoons
(Binds many toxins, including heavy metals)
 - d) Activated Charcoal (inert binder): 3–4 capsules, or 1 teaspoon of powder, in a full glass of water, followed by another full glass of water
(Binds toxins in the gut and prevents them from being redistributed by the bile. Charcoal can be constipating if you don't drink enough water.)
 - e) ...Or, use the detox protocol recommended by your practitioner.
- ◆ **Pay attention to how you feel.** A person's health history will determine what symptoms they might experience from the sessions. Fatigue, fogginess, yawning, heaviness, tingling, nausea, skin rash, and sneezing are some signs that toxins are being released.

People with a history of Herpes may have sudden and intense outbreaks. Those exposed to nano metals or nanoparticles may feel sensations of electrical tingling or see actual particles emerging from the skin. If your detox reaction feels too intense, turn off the Magnetex[®], drink more water, and rest.

For more information on complementary therapies and detoxification protocols, see *The Rife Handbook of Frequency Therapy and Holistic Health* by Nenah Sylver, PhD and *Natural Detoxification* by Jacqueline Krohn, MD and Frances Taylor, MA.
- ◆ **See a health professional if you suffer from a serious condition and require assistance with detoxification.**

Step-by-Step Guide to a Magnetex[®] Session, Including Body Placement

Please read the following guidelines carefully to optimize your Magnetex[®] sessions. The instructions are for giving someone else a session, but you can use the same guidelines when applying the Magnetex[®] to yourself (on whatever areas you can reach).

Note that in the illustrations, the figure is unclothed, but this is *for demonstration purposes only* so you can see what parts of the body need to be addressed. Also note: when we say “move, apply or hold the Magnetex[®],” it's always with the white cap (head) of the unit flush against the body.

Finally—and we cannot emphasize this enough—despite the seeming simplicity of its design, the Magnetex[®] contains very powerful neodymium magnets that spin so rapidly, a vortex is created. It is this vortex that pulls debris out of the tissues. Especially when you start, *don't do sessions for longer than 15 minutes*. It's better to use the device more often with less time during each session, than less often with more time during each session. Use the machine for longer amounts of time (suggested 20 minutes *maximum*, only under unusual circumstances of great need), *only* after you have experienced minimal detoxification symptoms from previous shorter-length sessions.

TO PREPARE

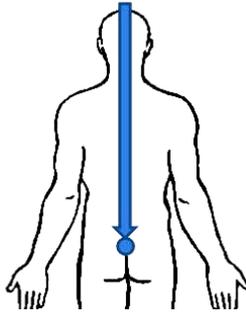
- A. Before beginning, subject should remove all jewelry (watch, earrings, etc.), as well as wallet, cell phone, and credit cards from pocket. Keep these objects at least 4 feet from the session area—you don't want them to become demagnetized.
- B. The subject may straddle a chair, facing the back of the chair. Or, he/she can lie face down in a massage chair or on a massage table.
- C. Turn on the unit. The gray switch is the on/off button.

The following protocol is only a suggestion. Each person is different. Feel free to change the order, or do something else entirely, if you or the subject feel inspired to do so.

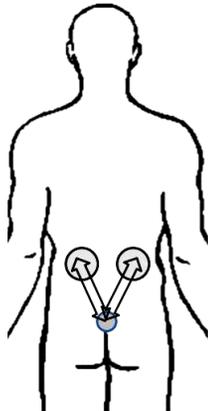
INSTRUCTIONS FOR BODY PLACEMENT

The Back

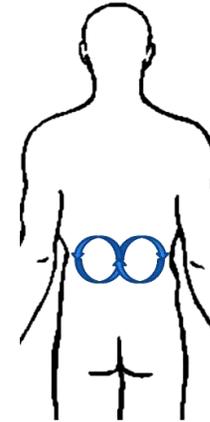
1. Place the Magnetex[®] at the top of the subject's head. Gently and slowly, glide the Magnetex[®] from the top of the head all the way DOWN the spine to the small of the back (the sacrum). You can return to painful areas of the back and give them more time in a moment.



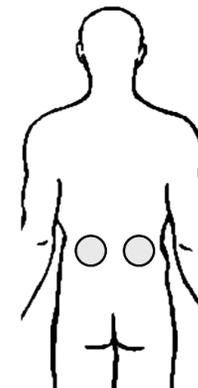
2. The kidneys and adrenal glands are in the lower back, just above the waist. Beginning at the sacrum, the low point in a "V" shape, move the Magnetex[®] first UP to the LEFT to the adrenal gland on top of the LEFT kidney, then back DOWN to the sacrum. Then move the unit UP to the RIGHT to the adrenal gland on top of the RIGHT kidney, then back DOWN to the sacrum. Repeat at least three times.



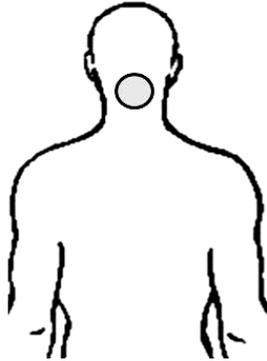
3. Now move the Magnetex[®] in a sideways Figure-8 (Infinity Symbol) between the two kidneys, with the spine as the center point. Keep doing this motion until the subject reports an energetic shift, more relaxation, or a release from pressure.



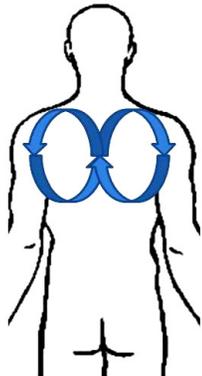
4. Hold the Magnetex[®] still, directly at the kidney/adrenal area on one side. Then do the same at the kidney/adrenal area on the other side.



5. Go back to the upper spine (occiput), at the very top of the neck. Rest the Magnetex® there until the subject senses greater relaxation or some other type of beneficial shift.



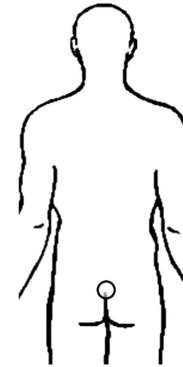
6. Move the Magnetex® to the shoulder area. Make a sideways Figure-8 (Infinity Symbol) around both shoulder blades, with the spine as the center point.



7. Work on the rest of the back, applying the Magnetex® in a sweeping motion, following the line of the ribs.

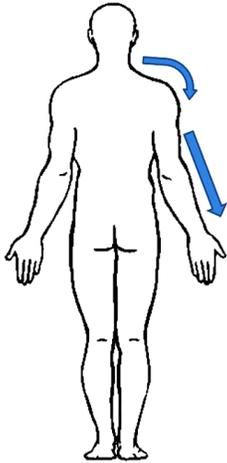


8. You may focus on specific problematic areas of the back. Do whatever feels good to the subject. Some acupuncturists like to hold the Magnetex® at key acupuncture points.
9. Return to the sacrum (base of spine) if needed. Some doctors find that holding the Magnetex® at the sacrum pulls out pathogens (such as Lyme and Herpes) that tend to hide in the spinal cord. When the base of the spine feels warm, the subject has had enough. Make sure the subject drinks enough water, as the levels of toxins and pathogenic wastes may be high.

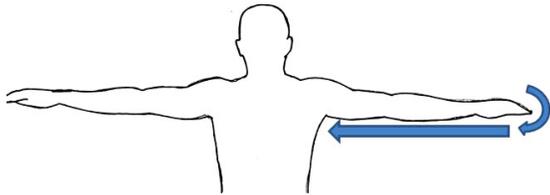


Arms and Legs

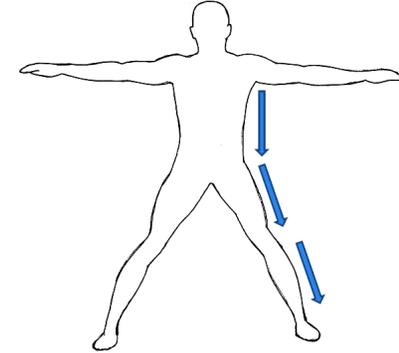
10. The subject may stand while you apply the Magnetex® to the rest of the body. If the person cannot stand, s/he can lie on a couch, bed or massage table and lift their arms and legs. Beginning at the neck on one side, move the Magnetex® DOWN to the shoulder, along the OUTSIDE of the arm, to the OUTSIDE of the hand.



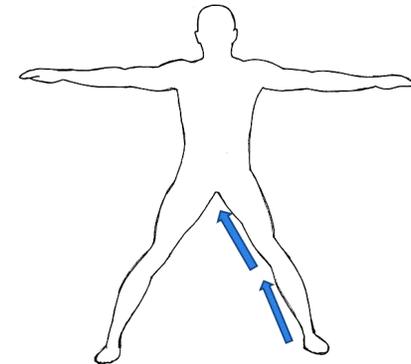
11. Glide over the fingers to the palm. Then glide UP the INSIDE of the arm to the armpit. *You are following the direction of the lymph.* This will help promote lymphatic drainage so toxins can move out of the body.



12. Going DOWN from the armpit, continue along the side of the body. Glide DOWN the hips and the OUTSIDE of the leg. When you reach the ankle, bring the Magnetex® around the front of the body and let it rest on the INSIDE of the ankle.



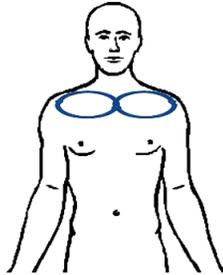
13. From the ankle, move the Magnetex® UP the INSIDE of the leg. Glide the unit UP towards the groin, as high as is comfortable for you and the subject. Be aware that there are loads of lymph nodes in the inner thigh region, so the more area you can cover—and the more pressure you can comfortably use—the better the results will be.



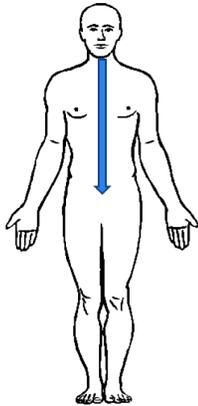
14. Repeat Steps # 10–13, but this time, for the OTHER SIDE of the body.

Front of the Body

15. Now it's time to apply the Magnetex® to the front. Start near the armpits, which are rich in lymphatic tissue. You can make a sideways Figure-8 (Infinity Symbol) between the two shoulders, remaining on the clavicle (collarbone). Or, you can hold the Magnetex® still, at the front of the armpit just over the breasts. Some people do both.

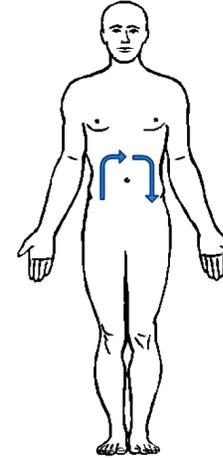


16. You'll be moving the Magnetex® from top to bottom. Begin at the throat, moving gently DOWN the midline separating the right and left sides of the body. (Acupuncturists call this the Conception Vessel.) Do not linger over the heart; keep the unit moving DOWN the body. If you and the subject feel comfortable, you can hold the Magnetex® at the pubic bone area for a moment.

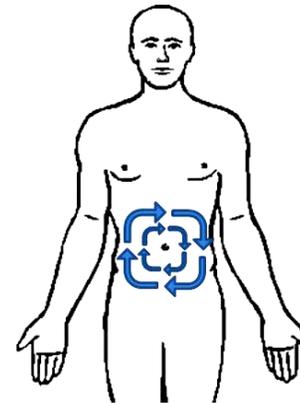


Belly

17. Glide the unit *clockwise* in a circular motion at the abdomen. Move UP from the subject's lower RIGHT side, horizontally ACROSS the belly, and DOWN the subject's LEFT side. This follows the line of the ascending, transverse, and descending colon. You can also rest the unit at the navel for several moments.

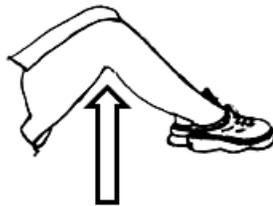


18. After following the line of the colon, make a clockwise circle with Magnetex® on the belly. Keep making concentric circles until you end up at the navel. Rest the unit on the belly button for a few moments.



Back of the Knees

19. Knee joints often cause problems. Rest the Magnetex® at the back of each knee for as long as needed (3 minutes is usually sufficient). The subject may stand or sit. If subject sits, you can rest the Magnetex® on the massage table. Place the unit at both sides of the knees—on the fleshy areas, not directly on the joint, which may be uncomfortable.



Hands

20. Many people suffer from repetitive injuries in their hands and wrists. The most comfortable, convenient way to use the Magnetex® is to rest it on a soft surface (massage table, couch, cushions, or even lap), and then lightly place hands, wrists and forearms, on top of the Magnetex® cap.



Head

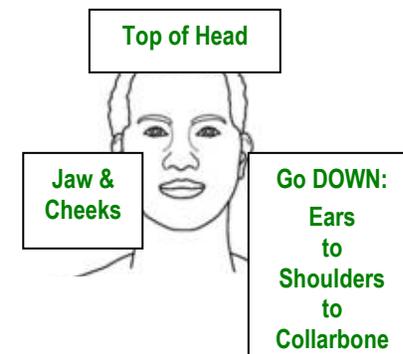
21. The ears, eyes, teeth and sinuses are in the face. The pineal and pituitary glands are nestled in the skull. The thyroid and parathyroid glands are at the front of the neck. So it's worth spending extra time on these areas.

When touching the face and neck, put the terrycloth cover over the cap. The cloth will protect the delicate thin skin. Note that the effects of skin cream, aloe vera, or anything else that you put onto your face, will be magnified when using the Magnetex®.

Head. If the subject suffers from headaches or scalp tension, glide the Magnetex® over the scalp, top of head, and side of head. Make a circle with the unit at the back of the head to help eliminate mental "clouds." It's not necessary to touch the Magnetex® to the head if the subject doesn't want any pressure.

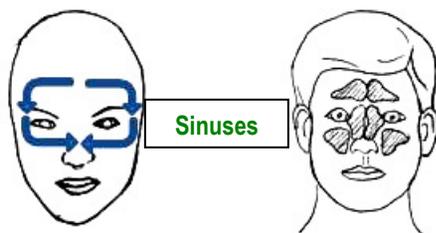
Ears. *If you have hearing aids or implants, do not use near the ears!* Glide the unit from the bottom of the ear to the top of the shoulder. Rest the unit in the curve of the neck until the subject reports feeling relaxation or an energetic shift. The vortex energy will affect the Eustachian tube as well as the rest of the ear.

Jaw and Cheeks (Teeth). If you have a dental infection, hold the Magnetex® still over the cheeks and jaw. Don't touch the teeth together; you don't want them to clatter against each other from the vibration of the unit. It's been reported that working with the Magnetex® will *not* negatively affect silver-mercury fillings.

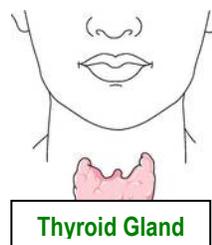


Sinuses. Begin at the center of the forehead and hold. Slowly and gently glide the Magnetex[®] across the left temple over the subject's left eye, and then down the outside of the left eye. *Do not touch the unit to the eye itself.* Then, very slowly, slide the Magnetex[®] across, underneath the eye, toward the nose. Hold the unit still over the sinuses. (Or, you may start with the right side and finish with the left.) *Repeat for the other side.*

The Magnetex[®] does an excellent job of draining the sinuses. The subject might sneeze, have a runny nose, or begin tearing in the eyes. This is normal. As the sinuses continue to drain, the symptoms of drainage will lessen or stop altogether. If you have dark circles or puffiness under the eyes, you'll find that with continued use of the Magnetex[®], these symptoms will abate.



Throat. The Magnetex[®] can help balance the thyroid gland. Gently and slowly glide the Magnetex[®] horizontally from one side of the throat to the other. Hold the unit still over the thyroid gland—it's toward the front of the neck, below the Adam's apple—as needed.



22. If any other areas of the body require attention, rest the Magnetex[®] on them or glide the unit over the areas.

Feet

23. Hold the Magnetex[®] at the soles of each foot. Make sure to include the heel. We like to finish a session with the feet for two reasons: All the acupuncture meridians end in the feet. And this way, the cap of the Magnetex[®] needs to be cleaned only once. You can wipe the cap with 3% food grade hydrogen peroxide or rubbing alcohol.



Remember...

these guidelines are merely suggested.
Our team of researchers found this protocol useful,
but every person is different!

Feel free to change the order, or do something else entirely,
if you or the subject feel inspired to do so.



Customer Agreement

I understand that the Magnetex[®] technology is experimental, and I assume all personal liability and responsibility for all risks.

I understand that the Magnetex[®] is a magnetic vibrator, and that its technology utilizes a rapidly spinning magnetic vortex field.

I understand that this technology is not intended to diagnose, treat, cure or prevent any disease.

I will consult a health practitioner for help with any serious health issues.

I have read this booklet, and understand how to use the Magnetex[®] properly and how to manage any detoxification reactions I might have.

By purchasing or using this equipment, I agree to use the Magnetex[®] appropriately, and will immediately stop sessions if I don't feel right.

* * * * *

References

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Ghanshvam, Singh Birla and Colette Hemlin. *Magnet Therapy: The Gentle and Effective Way to Balance Body Systems* (Rochester, Vermont: Healing Arts Press, 1999).

Zhong Chen, Hui Ye, Haiyun Xu, Shukang An, Anmin Jin, Chusong Zhou, and Shaoan Yang. "Rotating Magnets Produce a Prompt Analgesia Effect in Rats." *Progress In Electromagnetic Research*, 2012, Vol. 27, 203–217.



WARRANTY

90 DAYS PARTS AND LABOR

Read pages 21–22 carefully!
Failure to properly maintain your unit will void the warranty.

TO SAFEGUARD YOUR WARRANTY:

- **DO NOT DROP the Magnetex[®]!!!** The unit is sturdy, but the magnets inside (although powerful) are delicate. They, as well as the case or components inside the case, may crack or break if you drop the unit.
- **Protect the Magnetex[®] from extreme temperatures.**
- **Keep the Magnetex[®] away from liquids, solvents and oils.**
- **Keep the Magnetex[®] away from anything that might demagnetize it, including other magnets.**
- **DO NOT OPEN the Magnetex[®] case or tamper with the unit in any way. This will void the warranty.** It will also nullify the opportunity for any future repairs. Try to keep all of the original packing materials in case you need them later.

TO RETURN YOUR UNIT:

- If you need to send the unit back for any reason, notify Paddy McAlister by emailing her at magnetex.info@gmail.com or calling 713-408-3456 for the shipping address. This will also give us notice to expect your package. You are responsible for paying the shipping costs to us. We will pay for return postage. *Note: We are not responsible for loss or reimbursement of the unit if you decide to ship it without authorization.*
- **YOU MUST PACK IT WELL and INSURE IT.** Insure it for \$1000 (one thousand dollars). Shippers are known to toss packages around, and we will not be responsible for a shipper's negligence.
 1. Wrap the unit well in bubble wrap or packing paper. Put bubble wrap or paper around it on **ALL SIDES** before you put the Magnetex® into the box. **DO NOT** use packing peanuts!! There's a chance that peanuts may get into the unit through the air vents. If you use peanuts, it will void the warranty.
 2. Put \$25, either as cash or a BLANK money order, into the box containing the machine. This will cover analysis, handling and return shipping.
 3. Now put the box into another, larger box. Put packing material between **ALL SIDES** of the inside box and the outside box. Yes, this means **DOUBLE BOXES**.
 4. Write a note with your name and shipping address printed legibly, along with an explanation of what the unit does or doesn't do, that you want corrected. Tape this note to the **INSIDE BOX**.

WE ARE LIABLE: If we have determined that your Magnetex® has malfunctioned due to a manufacturing defect, we will repair it and send it back to you without charging you for repair. (You still must pay the \$25 analysis, handling and shipping fee.)

YOU ARE LIABLE: If we determine that your Magnetex® has been handled improperly (and this includes your not packing it properly), we must charge you for repair. (Your \$25 analysis and shipping fee still applies.) Paddy McAlister, President of Magnetex, will call you to discuss the cost.

NOTES:

SPECIAL THANKS



I would like to give very special thanks to my dear friend and colleague, Nenah Sylver, PhD. Nenah has stuck with me through thick and thin, looking for effective alternative remedies. She has outdone herself with research on the Magnetex[®] and with the donation of her time to lovingly create this manual, for the betterment of people everywhere.

Also, a very special thanks to James, our brilliant, loving and caring engineer. His attention to detail, creative ideas and fast completion have continued to amaze us all.

And for all of my research angels out there in the field, I want you to know that this project could not have proceeded without you. From the bottom of my heart, thanks to:

Connie Patterson
Alice Tomasello
Jimmy Pennington, OMD
Phyllis Piccard, ND

And to everyone, please note...

We've just begun!

In loving service and gratitude,

Paddy McAlister
President, Magnetex