

THE D. J. LETTERS©: Health & Wellness For Smarties

DOING EARS: Pinnal Cybernetics™ is OK where you live, D.J.; but get informed before you touch ANYONE ELSE besides your mamaLoo, auntBoo, Pop-Pop, DrMimi, or UncaSam, (& the same goes for sisterT, sisterM, Loo, Boo, & b'scotty too!)

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Dearest D J:

You know how much I love to write letters, sharing with you the education and information whirling around in my brain after all these years exploring *Alternative Healthstyles™*. Based upon Proverbs 13:22, here's another letter for you to stash in your file so you can find it again if you need to refer back to the information herein. If you decide to ignore me, I won't be offended! You already know that old saying "Knowledge is Power" is untrue. Only applied knowledge is power while knowledge itself is merely potential power... these letters won't help you one bit if you never read them (and it wouldn't change my love for you one tiny bit).

This time I want to teach you about those magnets you've seen me and your mamaLoo and my b'scotty taping all over our bodies. These magnets are an important part of your *Alternative Healthstyles™* Toolbox if you understand them and use them exactly the way I describe to you. This is not to say these are the Only Ways you can use this type of tool; I freely admit my educational and experiential limitations but have proven over the years that the things Jim taught me during my mentorship with him have been accurate, effective, and predictable when I follow his instructions exactly the way he gave them to me.

Beyond that, I'm clueless! so let me know if you gain additional information or education in the process of your own applications and experiences with any of the tools I offer for your own *Alternative Healthstyles™* Toolbox.

My first encounter with these magnets was back in 1998. I was one year clean 'n sober and people who make money on illness had managed to convince me that I was being overcome by a condition in my body to which someone, somewhere, had attached the labels "disease" and "Stage 4 lady-part cancer". Since then I've learned that this condition, identified by the "mutation" of cells in the body clustered in a group large enough to show up via any number of various testing methods designed to make money on illness, is not an illness or disease but rather, a naturally occurring condition in every single body, every single day. Our bodies are designed to effectively eradicate such mutations but because of physical and emotional toxicity, cannot always rise to that task. Unfortunately for us, we wind up in crises because of this condition and our ignorance of how to prevent it.

When I finally admitted that something was going on that appeared to be getting worse, I went to Jim and he made me aware of tools I could use myself, to boost my own immune system, in addition to the Chinese herbs and acupuncture he administered as my doctor. One of those tools was the Acu-Band™ 9000 magnets which I utilize to this day, as you know. I've never tried any other kind of "magnet therapy" because of what he taught me then. It's critical for you to always remember that I am not a doctor; because I'm DoingEars I can legally tell you what he told me because you are my family and if you ever have occasion to use this tool yourself, you will appreciate that connection!

Before I share with you the instructions Jim gave me for using the magnets, I'll tell you what I've learned that makes them so special to me, and keeps me from feeling any necessity to try any other brand or type (with one notable exception, which only served to reinforce my loyalty to this product and which I'll come back to later in this letter).

The Refrigerator Isn't The Only Place for Magnets, Lil'Man!

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First, these magnets are called Rare Earth Magnets, which means they "come out of the ground" as magnets; i.e., they aren't manufactured or magnetized, they are mined. Magnets' strengths are measured by the term GAUSS (I've heard it pronounced goss as in boss as well as gouse as in house and I'm certain both ways are acceptable). I've looked at books about "magnet therapy" and they typically refer to magnets with a strength of 1500-2500 gauss and these are 9000. I met an erstwhile inventor who was fashioning some kind of tank to magnetize his drinking water. I won't go into detail about the nature of his gadget; my point is that he bragged "these are the strongest magnets you can get".

My curiosity was instantly aroused, because "I thought I was buying the most powerful magnets... can you hook me up with your supplier? I'll buy those if they're better..." and I meant what I said. He proudly stated that he's able to procure 5000 gauss magnets, producing an awkward moment for me. Hindsight is always 20/20 isn't it? I'm pretty sure I stammered before blurting "the ones I use are 9000 gauss"... (it must be my co-dependency that prompts me to come across as though I'm one-upping in such a situation?!) His eyes got wide, and he said "they must be rare earth"... and I recalled the description in the catalog saying "Rare Earth Magnets".

Please believe me when I say it was not my intention to burst his bubble! I think he may have been trying to be somewhat of a show-off because he had a difficult time masking offense or embarrassment that his claim was unfounded. I've been told since then, by someone who made his fortune using magnets in his particular industry, that 5000 gauss is the most powerful magnet that can be manufactured.

It's pertinent to note that such a magnet will eventually lose its strength or power, but also that such a magnet can be re-magnetized. I'm not sure where one might go to accomplish that, and won't ever bother to find out because I won't search any farther than the Acu-Band™ 9000.

This seems like an appropriate time to mention that I did try a different type of magnet, as I mentioned above, and that experience reinforced my loyalty to "the 9000's", as we call them. For additional information, Acu-Band™ also sells magnets in other strengths but I won't even mention them because I cannot imagine why you would choose anything else once I tell you what I know. (And I gotta be honest, Lil'Man: I'm still undecided as to how many specific examples I'll share with you in this particular letter.)

The individual I mentioned above was already retired when I met him, and from what I gathered without being too nosy, he achieved his financial independence as the owner of a manufacturing concern in the food-service industry, The term "magnetic food separators" comes to my mind, and because such a term is so far removed from anything that could conceivably be produced by my own experiences, I'm thinking it may actually be an accurate quote! (*Please forgive me, AT & MT, if I've inadvertently misrepresented the nature of your business! I know you've already realized "that's not the point"...*) This gentleman, whose fascination led him to complete my certification training requirements even though he's retired, has a wealth of experience with magnets, and the tools to prove or disprove my claims (which are based upon strictly informal education, innate curiosity, personal need, and the photographic memory we all possess but few of us realize and/or develop), and in the interest of The Greater Good, he asked his son to send one of the company's gauss meters so he could test the magnets himself.

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His results were surprising. Not only did he confirm that the magnets are, indeed, 9000 gauss, two of them (from the several he tested) were even higher. He said one of them had "just a speck" of 12,000 gauss, and another had "barely a blip" of 13,000 gauss! When I contacted the manufacturer/importer, I was told they'd already made the same discovery and the very next day I received a promo from them announcing the introduction of an all-new product, "12000-gauss magnets". I purchased one package, optimistic at the prospect of having a "better mousetrap".

Suffice to say, two attempts with the 12000's and inconsistency of markings between the two packages concerned me enough to realize that the Acu-band 9000's are always the same, always consistent, always predictable, affordable, and effective. Stick with these, Lil'Man (pun intended!) and you'll rely on this tool as much as the rest of your family has come to over the years.

This is also the perfect segue into the Second Reason these magnets make such a great tool: the opposite poles are clearly and permanently marked so that an informed individual can get the greatest possible benefit and the same results as I've seen. The Thing Jim taught me About Magnets that has made the longest-lasting impression is his statement that "no unhealthy cell can live under a north-pole magnet". (While I didn't specifically ask him, in my mind that would mean any unhealthy cell would thrive under a south-pole magnet.) He explained that other products (assorted jewelry items, mattress pads, chair cushions, back braces, etc.) available to the general public and through various network-marketing companies contain mixed-polarity magnets, because "you cannot hurt yourself with a mixed-polarity magnet, but you're not going to help yourself.....much."

Imagine my dismay upon realizing that the \$900 I paid for my (barely used by a close friend) imported magnetic bed had been quite the waste of money! Oh, and let's don't forget the \$300 magnetic chair cover I bartered for ear treatments when I worked in Jim's clinic!

If you've already purchased and/or tried such products, my Darling, think back: you may remember noticing some type of warm-fuzzy effect initially, which must have worn off, now that you think about it. Or perhaps you recall a feel-good but cannot recall how long it lasted, much less pinpoint when it abated. My experience with these magnets has not been with long-term, ongoing, or even widespread use!

Please permit me to explain, DJ... The 9000's are extremely small and the magnetism is thereby (obviously) quite concentrated. I'll describe a couple of examples in our family: when I was battling what "they" told me was "stage 4 cancer" I was also in serious liver distress which, in my opinion, completed negated any possibility that I would undergo mainstream western treatments.

Jim helped save my life during that battle! Among many other tools, he utilized these magnets by attaching six of them together by their tapes (called Plasters) in a triangle shape (3-2-1) and prescribed me to affix them to my skin at the LadyPart whereabouts and "don't take them off until the cancer is gone". Needless to say, I had to shave, and found out the hard way that my sensitivity to nickel in the magnets (FYI nickel is so hard that it's used as an alloy for nearly all metals; whatever isn't 100% pure has been alloyed with nickel) produced a rash on my skin! I solved that problem by putting a tiny piece of

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tissue on each magnet to protect my skin from a topical reaction (watches and other types of costume jewelry don't work for me either, Lil'Man).

The gentleman mentioned earlier, who owns the Gauss Meter and who is, in my opinion, an expert on magnets, told me that I could even tape the magnets to a close-fitting article of clothing; i.e., create a customized "magnet garment", become one's own designer, fashioning a longer-term method of use. The very idea held immediate appeal for me, and my pleas for more specifics were rewarded by his giving me an estimate in practical terms: "typical men's briefs are too thick; cotton boxers are okay" and "one layer of a woman's silk undergarment would be okay; more than one layer or a thicker type of fabric would likely obstruct the strength of the magnet" which would thereby reduce the beneficial effects we've come to expect/rely/depend upon because of the consistency in the results our family has seen over the years. The cancer in my LadiesOnlyPart went away, incidentally; I was officially pronounced cancer-free in January 2000 without any chemotherapy, radiation, or surgery.

Another example hit close to home when my sisterTee went to her doctor because of some vague, unidentifiable but unfamiliar sensations, and was informed she had a cyst "the size of a lemon" on her left LadyPart. She was given an appointment time three weeks later to have the cyst aspirated and analyzed, and a course of action determined. Her follow-up appointment revealed a cyst her doctor described as "the size of a grapefruit." She was advised to abort the pregnancy without further delay and have that LadyPart removed; advice that was justified in light of the current medical model and supported by past cases of growth hormones designed for baby, feeding a tumor or cyst instead and killing mother and baby. However, Jim was not only sisterTee's employer, he's also a doctor so she went to get a "second opinion" from him. He fashioned a patch of magnets about the size of a grapefruit and told her to attach the magnets above her left LadyPart and not to remove it until the baby was born.

Naturally, sisterTee's ob-gyn appeared to be aghast and tried to scare her into taking his advice to abort the pregnancy, attempting to paint the most horrific pictures imaginable of whatever strange things the magnets Could Possibly Do To Deform The Fetus. SisterTee elected to follow DrJim's advice instead and by the time your great-aunt Jazz was born, the cyst was gone. Three years later your great-aunt BeeFlat was born, and to this day there have been no further signs of cysts or any other abnormalities in my sisterTee's LadyParts!

I feel it's necessary and pertinent for me to qualify this story, my darling DJ, by mentioning that my sisterTee was 41 when Jazz was born and 44 when BeeFlat was born. Because of her age and the associated "high risks" attached thereto by the medical community, had she agreed to have the cyst and her LadyPart removed, chances are they would have gone ahead and removed the other LadyPart and her LadiesOnlyPart just for good measure, and she would be childless today. I see it as though the Acu-band™ 9000's may very well have saved their lives: if the cyst had grown out of control as the ob-gyn predicted, it would have killed sisterTee and Jazz, thereby preventing the birth of BeeFlat as well. (and needless to say, if she'd aborted the pregnancy it's hard to say whether sisterTee would've had other chances at motherhood.) Thanks, Jim!!

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Once again, Dearest DJ: "no unhealthy cell can live under a north-pole magnet." Obviously, a healthy cell does just fine in that environment!

Okay, those were two examples where the "unhealthy cell" was identifiable and measurable. Don't think for one minute that you must be able to identify or measure the unhealthy cells. These magnets work for pain as well, even if you don't exactly know what's causing the pain. The best part is they usually diminish the pain immediately upon application!

If you're in pain, affix one of the 9000's to the most intense spot or trigger point; i.e., wherever it hurts the most. It's not uncommon for the pain to rapidly move to another, adjacent location (we're disturbing the toxic-happy-homes of bacteria and free radicals with these magnets, babyboy) in which case you would move the magnet. If the pain moves again, move the magnet again.

I call it "chasing the pain with the magnet", Lil'Man, and it's kind of phenomenal even when we keep in mind that said bacteria, toxins, and free radicals have but one instinct: survival. It's easy to imagine them scattering; "no unhealthy cell can live under a north-pole magnet."

The plasters hold great (a week or more) on one spot but don't hold very well once you start moving them around. Unfortunately, the magnets are so powerful that if the tape isn't tightly adhered to your skin, the magnet will remove itself from the tape if another metal object is nearby.

This inevitably serves to bring me to hold myself accountable for recognizing the only "drawback" from using these magnets: they don't wear out, they get lost! The 9000's are so strong that if you drop one and it isn't attached to a piece of tape, it might never even hit the ground. You may or may not hear it "ting" when it leaps onto something metallic. I've heard stories about people finding them stuck up underneath a metal table leg, stuck on a zipper pull inside someone's purse, or even in one case stuck to the running board of a van (that magnet survived weather, carwashes, and foot-traffic) a year after it was lost!

Do yourself a favor, Lil'Man: keep your magnets in a safe place when you're not wearing them. I suggest you use one of those tin candy boxes (you know, the candy in the red/white hinged tin box)... if you drop the box, the magnets cannot fall out, nor will they pull themselves off the tin and stick to something else. One of my friends thought it was a neat idea to put her magnets on the metal hinge-plate of her medicine cabinet door while she was showering. That worked great until the day she stuck one of the magnets too close to the actual hinge and when she opened the medicine cabinet, the magnet flew off. She said she heard it hit something, but never found the magnet. Another friend called me, laughing about how she'd just crawled across her bedroom floor on her hands & knees, chasing a magnet that was "hopping along" before it "jumped up under the bedside table" and stuck on a screw there!

There is one other application for the 9000's that Jim taught me, to help you with insomnia, but I'll reserve that for another letter (which I'll give my Lil'Man when we cover the chapter on Emotional & Behavioral Health) since this one has covered a lot of territory. As always, call or email me if you have any questions, concerns, curiosities, or just want to chat. I love hearing from grandson for any little reason!

I love you very much, I'm proud of you every day, and IF YOU CAN DREAM IT, YOU CAN DO IT D. J.!

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-TheGami