

# FAQ



Q. What is the best way of putting on a copper bangle?



A. First open it slightly, holding it near the ends so as not to pull it out of shape. Then slide it over the narrowest point of your wrist and turn it through 90 degrees so that the opening is at the back. Squeeze the ends gently together so that the bangle fits your wrist comfortably, like a watch.

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Q. Does magnetic jewellery have any adverse effects?



A. In very rare cases, people felt a slight sickness which stopped immediately when they only wore their bracelet during the day.

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Q. Why don't I feel any difference?



A. There can be many reasons. To name just a few: It is particularly important to drink enough water. 1,5-2 litres of water are recommended per day. Magnet Therapy does not work on an occasional basis. If you are not normally wearing your magnets you can not expect results. If you are fit, energetic and do not have any ailments, you may not notice any significant effects. As your regular mineral and vitamin intake tends to ward off illnesses it may be helpful to wear magnets in a preventative role. Sufferers from serious conditions should always seek professional medical advice.

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Q. Can I wear my bangle in the bath or shower?



A. Set stones or magnets can fall out. This is the reason why we recommend not to wear the jewellery in the shower, swimming pool or whilst doing wet housework. Hair sprays, perfumes, deodorants or washing agents can affect the jewellery.

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Q. What do I have to attend to concerning the care of the jewellery?



A. Please note that water can affect your jewellery. This is the reason why we recommend not to wear the jewellery when encountering water. Hair sprays, perfumes, lotions, deodorants, washing agents etc. can also affect the jewellery! Please use our polishing cloth to clean the jewellery.

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Q. How long will the ENERGETIX magnets keep their effect?



A. The neodymium magnets in ENERGETIX products have a lifetime guarantee (neodymium loses about 1% of its magnetic strength every 100 years).

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Q. Do I have to wear the magnets all the time?



A. You do not have to wear your magnetic jewellery day and night. You can wear your magnets day and night (some people never take their jewellery off) or you can choose to wear your magnetic jewellery during day time only. Magnet therapy is a natural therapy to which individuals react in varying ways. Just try and see what works best for you!

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Q. Does the bracelet have to be in contact with the skin?



A. No, you can wear your magnetic jewellery loosely around your wrist. Our magnets are strong enough to have an influence on the blood circulation from several millimetres away from the skin.

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Q. Does the bracelet have to touch the artery?



A. No, this is not necessary. The magnet influences the blood circulation. The more blood flows through the magnetic field – the more effect a magnet can have. This is why we recommend you always wear a bracelet or necklace as the primary source of magnetic energy and earrings only as an additional, not main source.

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Q. I am pregnant or i am wearing a pacemaker. May I however wear magnetic jewellery?



A. People wearing pacemakers should not wear magnetic products.

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Q. Handling magnetic jewellery. Is there anything i have to pay attention?



A. Magnets can harm credit and other cards with magnetic stripes. Please keep magnetic jewellery and accessoires away from these cards.

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Q. Can I wear my bracelet on the same wrist as my watch?



A. Yes. Only mechanical watches can be affected by strong magnets. In case you wear such a watch, please contact the producer in order to inform you about its magnetic sensibility.

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Q. Can my wrist turn green if I wear a copper bracelet?



A. Many people find that the bangle discolours their wrist as a result of the natural reaction between the acidity of their skin and the copper. This is a good sign and is an indication that the body's perspiration is reacting with the copper from the underside of the bracelet. Some compounds of the copper are then absorbed through the skin into the blood stream. Copper has anti-inflammatory properties which is helpful to people who suffer from arthritis and rheumatism. The green mark washes off easily with soap and water or lemon-juice. Many ENERGETIX products are not made of copper as a lot of people do not want or do not need a copper supplement. There are also technical reasons why copper cannot be used for some designs. In case you prefer resigning the effect of copper, you can paint the copper bangle's inside with transparent nail varnish.

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Q. Which kind of magnets are used in the jewellery?



A. The pieces of jewellery contain one or more neodym magnets with a strength of 0,12 Tesla (if not labelled differently) with North polarity facing towards the body. Please note that magnets can do damage to your credit card if they encounter with each other.

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Q. How strong are the magnets in ENERGETIX products?



A. Each magnet normally has a strength of 1200 gauss (unless otherwise indicated). The magnetic field strength is measured in Tesla or Gauss. 1 Tesla corresponds to 10,000 Gauss. The gauss number indicates the number of lines of magnetic force passing through one square centimetre.

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Q. Which finish is used for the jewellery?



A. The jewellery is plated in high quality gold or rhodium. The jewellery can also be worn by people suffering from nickel allergy.

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Q. How do I find the right size?



A.

Bracelets:

XS = 15cm, S = 16 cm, M = 17,3 cm, L = 18,5 cm, XL = 20 cm, XXL = 22,5 cm

S-XL = 16,5 - 20 cm, L-XXL = 19,5 - 23 cm

M-L = 17,3 - 18,8 cm, XL-XXL = 20 - 21,5

Kids' bracelets:

length approx. 15,5 cm (can be shortened)

Necklaces:

S = 38 cm, M = 42 cm, XL = 50 cm, XXL = 60 cm, XXXL = 70 cm

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Q. On which wrist am I supposed to wear my magnetic bangle?



A. As the blood flow is about the same in both wrists, there should not be a big difference. You could however test if you can feel a difference as according to the oriental medical understanding, the body is asymmetrical. Each wrist disposes of different acupuncture points and meridians for example.

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Q. How is it that wearing a magnetic bangle on my wrist can help my bad knee?



A. As it is understood that the primary effect of magnets is on the condition of the blood circulation, it is reasonable that any part of the body can be helped by this improvement. Oxygen and nutrients being carried to all cells in the body and toxins taken away more efficiently, enables the body to heal itself to a surprising extent. It is rather the same as putting an aspirin in your stomach to take a headache away! It may however be beneficial sometimes to apply magnets locally to a problem area in the form of magnetically charged wraps.

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Q. What is the meaning of regulatory therapy?



A. This means a therapy which has a controlling effect on a condition. For instance with high or low blood pressure Magnet Therapy can give improvements to either condition. If you are under medication you should always seek professional advice regarding any treatment.