

Treating Fibromyalgia with Biomagnetic Pairs

Preliminary Results 2016

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What is Fibromyalgia (FM)?

Fibromyalgia is a chronic condition characterised by generalised pain, fatigue, waking unrefreshed, feeling confused and having many other ailments such as migraines, IBS, irritable bladder, problems sleeping, etc.

Study aims

- This project aimed to test the effectiveness of a complementary therapy called biomagnetic pairs (BMP) on treating fibromyalgia (FM)

Effectiveness was defined...

- For individuals
 - as reaching minimal clinically important difference (MCID) in at least one of the two measures most commonly used in FM studies
- As a group
 - as reaching statistical significant difference for a one tailed, paired t-test

What is biomagnetic pairs therapy?

- It is a form of magnetic therapy first discovered by Dr Broeringmeyer, a NASA physician, and developed by Dr Goiz, a physician and physiotherapist
- When there is an illness in the body, localised magnetic imbalances are present
- A pair of north and south permanent magnets (over 1000 Gauss) is used to restore each imbalance
- This allows the body's own mechanisms to finish the process of getting well
- Individuals are treated holistically and over the clothes
- Based on empirical research, not any faith system

Study design

- Questionnaires were given
 - Just before treatment started (pre)
 - As soon as treatment was ended (post)
- Fibromyalgia Impact Questionnaire (FIQ) with 80 points
- Pain visual analog scale (pain VAS) with 10 points
- As many treatments as necessary (dosage in BMP cannot be standardised)

Participants: 18 people with confirmed FM diagnosis (via NHS letter)

Female 16, male 2

Age mean 58 ± 8 years

Years with FM 10 ± 9

Also diagnosed with chronic fatigue/ME 3

Pain medication summary: Amitriptyline 6, Paracetamol 4, Tramadol 3, Pregabalin 2, Gabapentin 2, Ibuprofen 2, Duloxetine 1, Co-codamol 1, Dihydrocodeine 1.

Number of BMP treatment sessions 6 ± 1

MCID FIQ: drop of 11 points or more (in bold); $p < 0.001$ paired t-test, one tail

Participant	FIQ pre	FIQ post	FIQ difference
M1	67.74	72.27	4.53
M2	73.05	68.20	-4.85
F1	46.62	9.85	-36.77
F3	31.35	10.90	-20.45
F4	54.73	8.00	-46.73
F6	51.63	41.14	-10.49
F7	42.79	5.33	-37.46
F8	66.85	41.92	-24.93
F9	58.55	44.79	-13.76
F11	63.26	37.14	-26.12
F12	50.65	33.28	-17.37
F13	49.21	24.19	-25.02
F14	38.83	31.92	-6.91
F15	61.03	31.60	-29.43
F16	38.47	9.86	-28.61
F17	60.06	21.20	-38.87
F18	16.47	3.00	-13.47
F19	50.60	16.98	-33.62

MCID pain VAS: drop of 2 points or more
(in bold); $p < 0.001$ paired t-test, one tail

Participant	Pain VAS pre	Pain VAS post	Pain VAS difference
M1	9.5	9.5	0
M2	8	8	0
F1	7.5	1	-6.5
F3	0	0	0
F4	6	2	-4
F6	6.5	5.5	-1
F7	7.5	0	-7.5
F8	9.5	5	-4.5
F9	8	7	-1
F11	7	6	-1
F12	7	7	0
F13	4.5	2.5	-2
F14	5.5	5	-0.5
F15	7	5	-2
F16	6	0	-6
F17	8.5	4.5	-4
F18	0	0	0
F19	5	2	-3

Discussion

- Group improved statistically with $p < 0.001$ for FIQ and pain VAS
- 78% benefited according to FIQ, reaching MCID or better
- 50% reached a MCID for pain or better
- Also improved fatigue, sleep, mood, irritable bowel, migraines and other symptoms
- Project will continue to reach 30 participants

References

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