

The Pair Therapy Handbook

Understanding biomagnetic pair therapy — the Goiz method, honest expectations, and the practice around it

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Foreword

Biomagnetism asks a simple question with a complicated answer: can carefully placed magnets support the body's balance and ease certain kinds of discomfort? It is a modality that inspires strong feelings in both directions — enthusiastic testimonials on one side, firm skepticism on the other — and the honest truth lives in the careful middle, where a practice can be offered with integrity precisely because its claims are stated modestly and its limits are stated plainly.

BiomedRx Biomagnetism practices the Goiz method of paired magnetic therapy as a complementary wellness modality — offering consultation, mapping, sessions, chronic-pain and athletic-recovery protocols, detox programming, and practitioner training. This book explains the practice to those considering it and to those learning to provide it, with one non-negotiable commitment throughout: biomagnetism is a complement to conventional medical care, never a replacement for it.

Read this as an honest orientation, not a sales pitch. It describes what the modality claims, how it is practiced, where the science genuinely stands as of 2026, and what ethical practice requires. The checklists at the end of each chapter are meant for the practitioner's notebook and the informed client's questions.

Chapter 1 — What Biomagnetic Pair Therapy Claims to Do

Biomagnetic pair therapy is built on a specific idea: that pairs of magnets of opposing polarity, placed at particular points on the body, may help restore a balance the practice frames in terms of the body's internal environment. Practitioners describe the goal as supporting the body's own regulatory and purification processes rather than acting directly on a disease the way a drug would. The framing is holistic and whole-body by design.

It is essential to state these as the modality's framework and claims, not as established biomedical fact. Biomagnetism is a complementary and alternative practice, and its underlying model is not part of conventional medical science. A responsible presentation says so directly: this is the theory the practice operates from, offered as a complement to — never a substitute for — the diagnosis and treatment your physician provides.

Understood this way, the appeal becomes clear without overreach. People are drawn to biomagnetism as a gentle, non-invasive experience that many find relaxing and supportive, particularly alongside conventional care for chronic discomfort. That modest, honest description is both more accurate and more durable than any inflated promise, and it is the only description an ethical practice should make.

Field Checklist

- Present the biomagnetism model as the practice's framework, not medical fact
- State clearly that it complements rather than replaces medical care

- Describe benefits modestly, in terms of support and comfort

Chapter 2 — The Goiz Method and Point Mapping

The Goiz method gives biomagnetic pair therapy its structure. Rather than placing magnets arbitrarily, the practitioner works from a system of paired points, using a mapping process to identify where opposing-polarity magnets are to be positioned for a given session. This mapping is the intellectual heart of the practice — an assessment that guides placement rather than a one-size-fits-all routine.

A session therefore begins with assessment, not application. The initial consultation and mapping produce a personalized picture of where the practitioner will work, and subsequent sessions apply paired magnets accordingly. The emphasis on individualized mapping is part of what distinguishes structured pair therapy from casually placing magnets on sore spots, and it is why practitioner training centers so heavily on the mapping method.

Clients should understand mapping honestly: it is a systematic framework within the modality, and it should be described as such. The practitioner maps according to the Goiz system; the client receives an individualized session plan. What mapping is not is a diagnostic procedure that identifies medical disease — that remains the province of qualified medical providers, and an ethical practitioner keeps that boundary explicit.

Field Checklist

- Begin every engagement with consultation and mapping, not application
- Personalize placement using the Goiz pair-point framework
- Keep mapping distinct from medical diagnosis, and say so

Chapter 3 — Where the Evidence Actually Stands

Honesty about evidence is the foundation of ethical complementary practice, so it deserves a chapter of its own. As of 2026, biomagnetism and the Goiz pair framework remain classified as complementary and alternative medicine, and the published clinical support is limited to small pilot studies and early trials rather than large randomized controlled trials. Sessions are therefore offered as a complement to conventional care, never as a replacement.

At the same time, scientific interest in therapeutic magnetic fields is genuinely expanding, and that broader context is worth understanding without conflating it with pair therapy specifically. A 2025 double-blind, placebo-controlled crossover trial of a wearable multipolar magnetic-field device reported significantly greater pain reduction in the active group among workers with chronic musculoskeletal pain. That is an encouraging result for magnetic-field research generally — and it is also preliminary, from a specific device and population, and not a validation of biomagnetic pair therapy as such.

Holding both facts at once is exactly what integrity requires. The evidence for biomagnetism as practiced is early-stage; the wider field of magnetic-field therapy is producing some promising signals. Neither statement should be inflated into the other. A practitioner or client who understands this can engage with the modality with open eyes — interested, hopeful, and appropriately cautious all at the same time.

Field Checklist

- State plainly that pair-therapy evidence is early-stage and limited
- Distinguish general magnetic-field research from pair therapy specifically
- Interpret promising preliminary trials with explicit caution

Chapter 4 — The Session Experience, Start to Finish

For a client, knowing what to expect removes both fear and false hope. The journey begins with an initial consultation and mapping, in which the practitioner learns about the client's primary concerns and produces a personalized magnetic point map. This first step is conversational and assessment-focused, and it sets the plan for what follows.

Subsequent sessions are the paired-magnet applications themselves, typically scheduled weekly or bi-weekly depending on the protocol. The experience is non-invasive and generally described by clients as relaxing — magnets are placed at mapped points and left in position for a period while the client rests. There is no discomfort inherent to the process, and clients remain fully in control, free to end a session at any time.

Setting expectations honestly is part of good care. Some clients report feeling more relaxed or noticing changes in how they feel over a course of sessions; others do not, and a responsible practitioner never promises a specific outcome. Framing the experience as a supportive, complementary practice — pleasant, low-risk, and offered alongside conventional care — is both truthful and, for most clients, exactly what they are seeking.

Field Checklist

- Walk clients through consultation, mapping, and session cadence up front
- Describe the experience as non-invasive, restful, and client-controlled
- Set outcome expectations honestly and promise nothing specific

Chapter 5 — Applications: Pain, Recovery, and Balance

The practice organizes its work into recognizable areas of interest: chronic-pain protocols, athletic recovery, whole-body balance, and detox programming. Each is offered as a complementary support rather than a treatment, and the distinction matters in every one. For chronic pain, biomagnetism is presented as something people explore alongside — not instead of — the pain care their medical providers direct.

Athletic recovery is a natural fit for the modality's non-invasive, low-risk profile. Athletes routinely combine many recovery practices, and a relaxing, drug-free session can find a comfortable place among them, again as a complement to, not a substitute for, sound training, rest, and medical guidance. The framing is support and balance, not a claim to enhance performance in ways that would demand clinical proof.

Detox and balance programming carry the highest need for careful language, because "detox" is a word often abused in wellness marketing. Ethical practice describes these as sequences intended to support the body's own natural processes and general sense of balance, without medical claims about removing specific substances or curing conditions. Across every application, the constant is the

same: complementary support, modest claims, and consistent deference to conventional medical care.

Field Checklist

- Frame every application as complementary support, not treatment
- Avoid performance or medical claims that would require clinical proof
- Use careful, non-medical language especially around "detox" and balance

Chapter 6 — Practitioner Training and Standards

A modality is only as trustworthy as its practitioners, which is why training and standards matter as much as technique. BiomedRx Biomagnetism offers certification and advanced training in the Goiz method, and responsible training covers far more than magnet placement. It must instill the mapping method, yes — but also the ethical framing, the scope-of-practice boundaries, and the disciplined honesty that ethical complementary care demands.

Scope of practice is the most important lesson. A biomagnetism practitioner is not a physician and does not diagnose or treat medical disease, and training must make that boundary vivid and non-negotiable. Knowing when to refer a client to conventional medical care — and doing so without hesitation — is a core competency, not an afterthought. The practitioner who recognizes the limits of the modality is the safe one.

Standards also protect clients through consistency and record-keeping. Trained practitioners should document consultations, mapping, and session plans, maintain clear consent and disclaimers, and present the modality's evidence status accurately to every client. Training that emphasizes these professional habits produces practitioners who serve clients well and represent the modality with integrity — which is the only foundation on which a complementary practice can responsibly grow.

Field Checklist

- Train ethics, scope, and honesty alongside the mapping technique
- Make referral to conventional medical care a core competency
- Require documentation, consent, and accurate evidence disclosure

Chapter 7 — The Ethics of Complementary Care

Complementary care sits in a position of real ethical responsibility, because the people who seek it are often in discomfort and sometimes desperate. That vulnerability imposes duties: to be honest about what the modality can and cannot do, to never discourage effective medical treatment, and to place the client's genuine wellbeing above any commercial interest in the next session booked.

The gravest ethical failure in this space is leading someone to delay or forgo effective medical care. Ethical practice actively guards against it — encouraging clients to maintain their relationships with medical providers, refusing to make claims that could substitute for medical treatment, and treating a client's health as the priority even when that means recommending they seek care elsewhere. The practitioner's loyalty is to the person, not the modality.

Transparency completes the ethical picture. Clear disclaimers that biomagnetism is complementary and not a substitute for medical care, honest representation of the early-stage evidence, and modest claims about outcomes are not legal box-checking — they are the substance of respect for the client. A practice that operates this way earns a durable trust that no exaggerated promise ever could, and it is the only kind of complementary practice worth building.

Field Checklist

- Never discourage or delay effective medical treatment
- Place client wellbeing above the commercial interest in more sessions
- Make disclaimers and evidence honesty a matter of respect, not formality

Conclusion: Honest Wellness at the Frontier

Biomagnetic pair therapy is a modality best offered with a steady hand and a clear conscience. Its claims are modest by honest design — support, balance, and comfort rather than cure — and its practice is gentle, non-invasive, and low-risk. Held to that honest frame, it can occupy a legitimate place in a person's broader wellness life, alongside and never instead of the medical care their providers direct.

The evidence picture as of 2026 supports exactly this measured stance. Biomagnetism as practiced remains complementary and alternative, backed so far by small pilot studies rather than large trials; the wider field of therapeutic magnetic fields is producing some promising preliminary results, such as the 2025 wearable-device trial, that are worth watching without overstating. Both truths belong in every honest conversation about the practice.

Practice modestly, speak honestly, and keep the client's medical care central. The frontier of complementary wellness is not a place for miracle claims; it is a place for careful practitioners who respect both the possibility that a gentle modality can help and the responsibility that comes with offering it. That is what honest wellness at the frontier looks like — and it is the standard BiomedRx Biomagnetism holds itself to.

References

1. Classification of biomagnetism and the Goiz pair framework as complementary and alternative medicine, with published support limited to small pilot studies and early trials (general reference, as of 2026).
2. 2025 double-blind, placebo-controlled crossover trial of a wearable multipolar magnetic-field device reporting significantly greater pain reduction in the active group among workers with chronic musculoskeletal pain.
3. General principles of ethical complementary and alternative medicine practice, including scope-of-practice limits and non-substitution for conventional medical care.