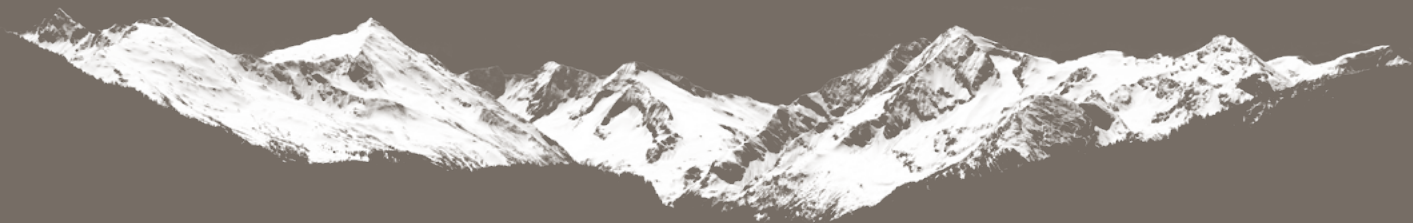


sanomag  
GRANDER

sanomag  
GRANDER



# CONTENT

Your SANOMAG®	4	Strengthen Your Immune System	20
Johann Grander – Naturalist and Visionary	6	Prepare for the Cold Season	20
History - Magnetism and Magnetotherapy	7	Awakening Vital Energy	21
The Power of Natural Magnetism	8	“Cold” Pain - Red Plus Pole	23
The Three Impact Levels	9	Tight muscles, Lungs, Heavy Legs	24
House and Garden	11	Muscle Pain, Common Cold, Migraine	25
Interference Fields + Radiation, Indoor Climate	12	“Hot” Pain - Blue Minus Pole	27
Animals	13	Insect Bites, Vein Pains, Haematoma	28
Flowing Energy - bipolar	15	Eyes, Burns, Headaches	29
Sleep, Revitalisation	16	How the Poles Work	30
Concentration, Harmonisation	17	Spheres of Impact	32
Calm, Relaxation, Meditation	18	Application Period	33
Energy flow	19	Closing Remarks, List of Sources, QR-Code	34

4

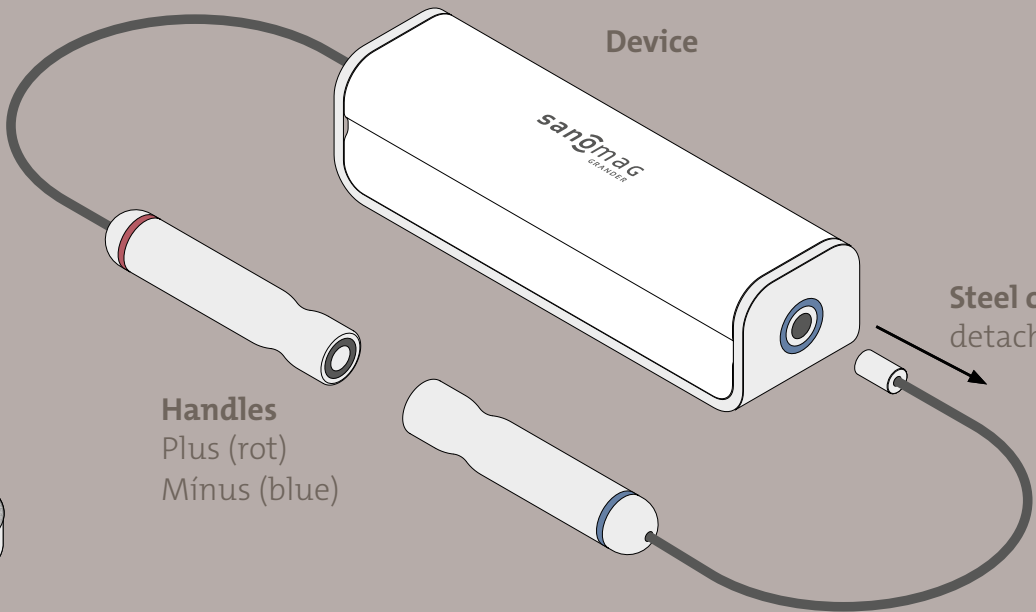
Steel cable

Device

Steel cable,  
detachable

Compass

Handles  
Plus (rot)  
Minus (blue)



# YOUR SANOMAG®

## Cleaning and Care

Your SANOMAG® is made of high quality and resistant materials. Nevertheless, you should clean the handles from residues of lotions, grease and sweat. Standard household cleaning cloths and disinfectants are suitable for this purpose.

Please do not use any abrasive too cleaners or cloths - they damage the surface of SANOMAG®.

## To preserve the Magnetic Power - Storage of your SANOMAG®

Handle the SANOMAG® with care and protect it from extreme temperatures and demagnetization. Falls and shocks might reduce the magnetism. Magnets should be kept energized and be store in this way. The SANOMAG® is constructed in a way to enable storage with the handles detached, without weakening the

magnetism. Ideally, the handles should be stored attached to each other. If the SANOMAG® is used stretched out, please attach the handles to each other for some days each month to restore the energy. This is how the magnetic handles recharge.

## The Compass

The SANOMAG® creates with its natural magnets a magnetic field similar to the Earth's, only on a smaller scale. To check the functionality of the SANOMAG® and the magnetic field, we have enclosed a compass. If there is a magnetic field, the compass needle aligns with it. Move the compass over the SANOMAG® or along the cables to the handles and pay attention that the needle can move freely. You will realize that the compass needle changes the alignment several times - a sign that there is a magnetic field and its force field is working.



## JOHANN GRANDER

### Naturalist & Visionary

Born and grown up in Tyrol, Austria, Johann Grander started early to think about nature and the environment. He realized the importance of improving the well-being and the health of people by using the power of nature, for which it matters to be in balance with nature.

*"If humankind would realize, the Earth is also a living being, they would not treat it like that."*

Supported by his large family, he devoted himself completely to his experiments, which led to the significant findings on how water and magnetism interact with each other, resulting in the development of the SANOMAG® in 1974.

# GESCHICHTE

## Magnetismus – The Flow of Life

The universe, creation and life consist of energy, power, and information. A constant flow of giving and taking, from one pole to another.

Energy is never generated, only converted when different magnetisms interact between plus and minus poles. In this transfer, water carries the energy and information. It passes energy to living beings and absorbs it again.

*“Water and magnetism work together closely.”*

## Magnetotherapy - Rediscovering the already known

The healing power of magnetism is known for thousands of years. In India they say even nowadays: “In every medicine cabinet, there should be a magnet.”

In Europe, magnetotherapy was very popular until the end of the 18th century but was forgotten when mainstream medicine became more influential in the middle of the 19th century. The knowledge endured over time, far away in Asia.

With the growing importance of awareness and traditional healing methods, this gentle treatment is used more frequently and put to use in maternity and beauty clinics in addition to classical medicine.

## THE POWER OF NATURAL MAGNETISM

Natural magnets are fixed in a magnetic inner sheath inside the SANOMAG®. The connected steel cables conduct the energy directly in the handles, which have also natural magnets in their iron cores. The secret of the effectiveness of the SANOMAG® is the right choice, the alloying elements, and the position of the magnets.

For the SANOMAG®, we only use ALNICO magnets by casting process - a metal alloy, which can be found in nature for example in volcanoes.

Due to the permanent magnets, the SANOMAG® requires no power supply and therefore, no additional frequencies and radiation arise.

At GRANDER, we believe magnetism to be the regulating principle. In case of low energy levels or energy blocks, magnetism is solving and reviving. If there is an energy surplus, it can drain off. If the body is out of balance, magnetism helps to restore the balance and put it back to order.

You can use SANOMAG® in two different ways: Stationary and permanently for the living and sleeping areas or as a therapy device for the use directly on the body.

The interdependency of geological fault lines and water veins lead to a differentiated application in the permanent use of SANOMAG® at home.

**Use SANOMAG® without handles if you would like to neutralize geological interference zones.**

**If you would like to neutralize water veins, connect SANOMAG® to a circle.**

For the therapeutic application, magnetism is considered to be very gently and rewarding when used continuously and persistently. How to use the poles to the best is explained on the following pages.



# THE THREE LEVELS OF EFFECT

## 1. Physical Magnetism

On the material level magnetism can be experienced best, i.e., with a compass needle, which aligns along the earth's magnetic field, or the energy with which similar poles repel each other. Regarding the human body, we speak of energy lines, nerve paths or blood paths that are stimulated by magnetism. External disturbances, such as the Earth's natural magnetic field or internal disturbances of the energy flow due to injuries, lead to sleep problems, headaches, and other ailments.

## 2. Mental Magnetism

This is about the question: Which mental orientation do we have, which attitude do we have towards life?

This results in our personal attention filters which let us pursue certain interests, hobbies, and media: If we think positively, confidently, and kindly, we attract exactly these people and events into our lives. If we go through life rather anxiously, with fear or aggression, we perceive only such issues and attract negative people and situations.

The mental magnetism reflects the own mood.

## 3. Spiritual Magnetism

If someone is in a harmonious state, we talk about a stable person. You hardly lose your composure and seem to be up to all challenges. How we feel inside is crucial and we are in a harmonic, safe ideal state. The counter pole is insecurity, connected with stress and rushing, we seem to be uneasy and out of the step. When our inner rhythm is off the beat, our performance and physical well-being is affected.

*The SANOMAG® works on all three levels: It balances our body, calms the thoughts, and harmonizes the emotions.*

10



## HOUSE AND GARDEN

Brain research showed us magnetic crystals exist in our brains, which react to magnetic surroundings and are important for our well-being as well as our mental health.

People nowadays live in concrete houses, surrounded by a lot of technology, and thus withdraws from natural magnetism. WIFI, Bluetooth, radios and numerous electric devices are part of our daily lives. This creates alternating magnetic fields, which superimpose the Earth's magnetic fields.

At a young age, we are persistent and robust. The older we become, the more sensitive we are for these home-made technical interference zones.

As a remedy, avoidance is better than shielding. Disconnecting from the grid or switching of the WIFI during the night is not only saving energy but also reduces the individual exposure to radiation.

According to a study by the International Association for Electric Smog Research IGEF carried out in 2005, the use of the SANOMAG® reduces the effects of mobile radiation on the heart rate of people and the regeneration time is much shorter after switching of the phone. The SANOMAG® is protecting us.

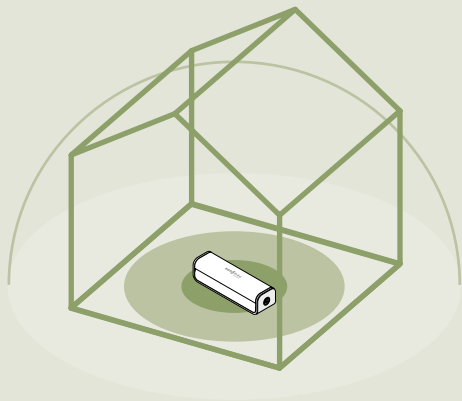
There are various disruption zone in the underground, of which water veins are the most well-known ones. They all have in common to be in connection with electric charge.

If sleeping or living areas are situated due to constructional or architectural reasons, the SANOMAG® helps.

## INTERFERENCE FIELDS + RADIATION

As a protection field in a living area, the SANOMAG® balances out natural and artificial interference fields. Its reviving effect has a diameter of appr. 20 metres. Therefore, place it centrally in the house - e.g., in the cellar or in the attic.

*Important: Place the SANOMAG® with connected handles best placed as a circle. The geographic direction doesn't matter.*



## INDOOR CLIMATE

The radiant energy in our rooms consists of a jumble of pulsating power lines, spherically propagating mobile phone waves and the flicker of screens and LEDs.

In this chaos, the stable magnet field of the SANOMAG® creates a safe place to calm down. When you don't see or feel it, you will realize that you are more concentrated and calmer. A positive living environment where you feel safe and in good hands.

Magnetism is directly related to polarity, moisture in masonry has to do with charge.

To place the SANOMAG® in the cellar, has therefore been the reason for moisture in the walls to vanish after two to three months.

## ANIMALS

Dogs and cats are our favourite pets, they give us so much affection. Even when we share the same living space, they feel and see world with differently. While dogs avoid the influence the water veins, cats seek exactly those spots with radiation. Where cats like to sleep, you should try to recover.

The SANOMAG® also helps pets, same as for humans, to become calmer, more tolerant, and resistant towards radiation.

Insects are not welcome in our homes; they take energetic and magnetic flow lines as an orientation. It is tiresome when those paths lead through our living areas and the animals turn into annoying pests.

With its magnetic influence, the SANOMAG® can also here change the behaviour of the animals, so that ants or flies avoid the respective place.

14



# FLOWING ENERGY - BIPOLAR

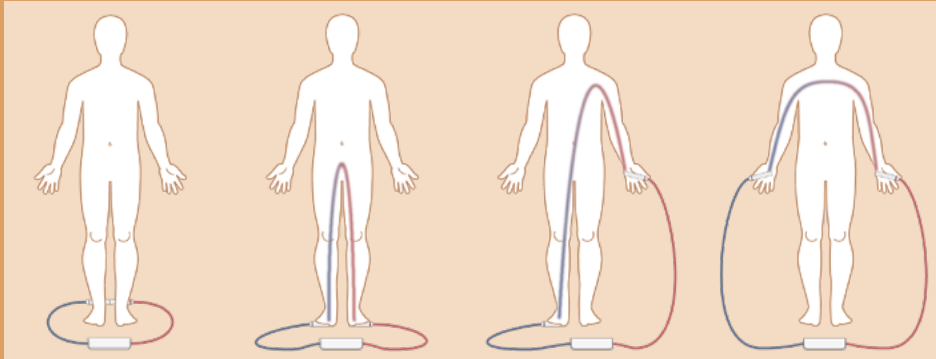
## Activate the flow in blocked body parts

Connect the **two poles** with your body and let the magnetic energy flow through you (bipolar) Pay attention to with body parts you feel the positive effect best.

## Feel inside your body

When the **blue pole** is more pleasant, this points to an energy surplus in your body. It is calming and absorbs the energy, releasing it.

When the **red pole** is more pleasant, this points to a lack of energy. The red pole acts stimulating and provides the body parts with new energy.



*Advise:*

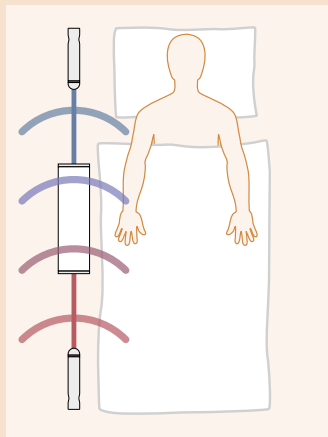
*Drink water - it supports the magnetic flow and improves the metabolic properties of the cells you wish to stimulate.*

*Avoid carrying metal jewellery. Metal interferes and blocks the influence of magnets.*

## SLEEP

The head towards north, the legs towards south: Should the ideal sleeping position not be possible, the SANOMAG® can be used to provide a direction.

Position the SANOMAG® lengthwise under or next to your bed. The blue handle lies under the head area, the red handle under the feet.



*"The head is assigned to the element fire, it needs coolness. The feet correspond with the element earth, they need warmth."*

*Johann Grandner*

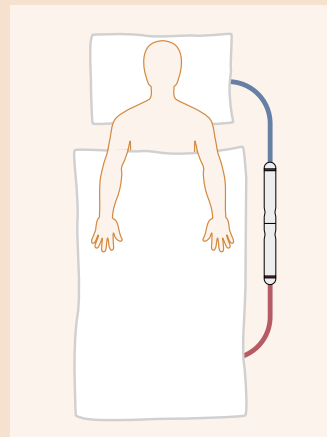
*If you would like to improve the effect, close the handles to a circle. (Right image)*

## REVITALISATION

When feeling unwell, tired or without energy, place the SANOMAG® under your bed and close the magnetic handles to a circle.

When the reaction of the body is unpleasant, place the cables first openly or stretched out for a softer effect (image on the left).

The effect of the massage treatments is more intense and goes deeper, when the SANOMAG® is connected to a circle and placed under the treatment table or the handles are held for 10 minutes before the treatment.

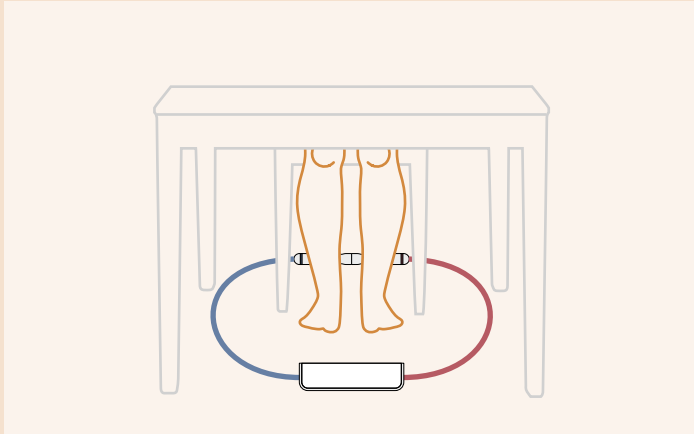




## CONCENTRATION

The SANOMAG® connected to a circle creates its own magnetic field. This affects the inner stability and provides the cells with energy as well as it supports attention and concentration.

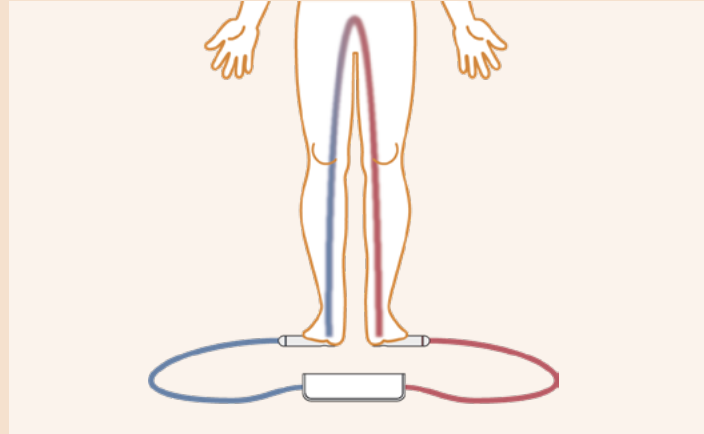
*Advise: Trust your intuition and listen to the signals of your body. Place e.g., your feet without shoes directly on the handles or the device.*



## HARMONISATION

The magnetism flowing through our feet has a very positive effect on our lower chakras. Feet, lower thighs, knees, thighs, and the lower body experience harmonisation and are strengthened..

*Advise: Alternate the poles, so that you use each pole roughly the same amount of time*



## CALM, RELAXATION, MEDITATION

Find a quiet place, for example on the couch or with a mat on the floor. Close the handles of the SANOMAG® to a circle and sit down inside this circle.

Closing the handles puts the two magnets in tension. You are sitting in your own power field which has a calming and balancing effect on the stresses of the day. At the same time, magnetism has the power to supply a lack and deficiency with energy. The SANOMAG® helps to regain an inner balance.

18

*Advise: Pay attention to break slowly and deeply, inhale through your nose, hold your breath for one-two seconds and exhale through your mouth. Exhaling should take the double amount of time than inhaling. You feel the relaxation within short time, and you might fall asleep. In this way the body can recover and recharge the batteries.*



## ENERGY FLOW

Place the handles in a way that the magnetic energy can flow through the areas in pain.

Pay attention to the signals of your body:

If the pain feels “cool”, place the red handle (=warming pole) as close as possible to the respective area.

If the pain feels “warm” or “hot”, place the blue handle (=cooling pole) to the area in pain.

The respective other handle should be not close to the affected area.

*Important: Do not wear necklaces, bracelets, rings, or earrings made of metal.*



## STRENGTHEN YOUR IMMUNE SYSTEM

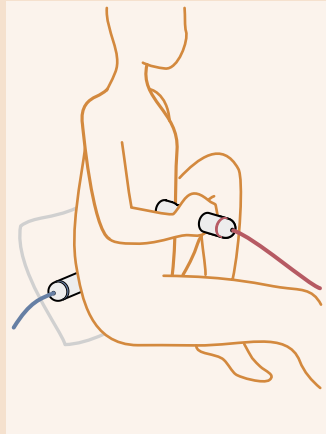
Infectious diseases weaken the immune system and over-sensitize the red blood cells, which can no longer defend themselves against bacterial infections.

20

For a treatment, place the red plus pole on the navel and the blue minus pole on the backbone right under the lumbar vertebrae.

The magnetic flow increases the energy potential of the organism and stimulates the body defences to better break down the bacteria in the blood.

In general, drinking a lot helps. It enhances the magnetic effect and supports the body.

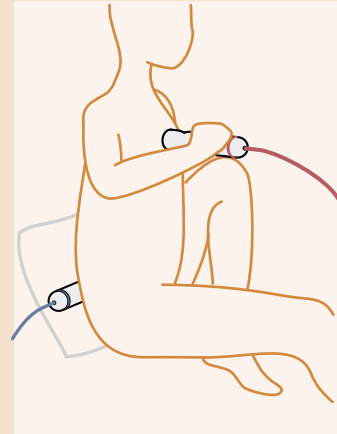


## IN PREPARATION FOR THE COLD SEASON

In case of a common cold, you can activate the blood flow in the area of the thymus gland and stimulate the immune defence of the organism.

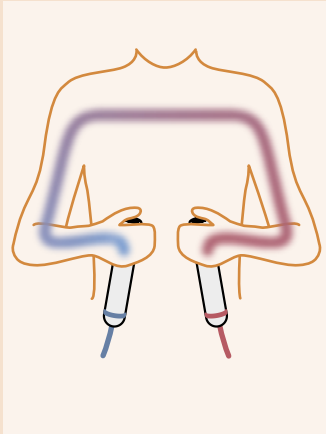
Therefore, place the red plus pole on the middle of the chest on the height of your armpits and the blue minus pole in the area of the kidneys below the second lumbar vertebrae. The resulting energy gradient revitalises the immune defence.

Support the treatment with drinking a lot of water. For this the reviving and original GRANDERWASSER® is ideal.



## AWAKENING VITAL ENERGY

Awake your spirits and your vital energy by aiming the flow to your upper body.



If you are right-handed, take the blue pole in your right hand and the red pole in your left hand.

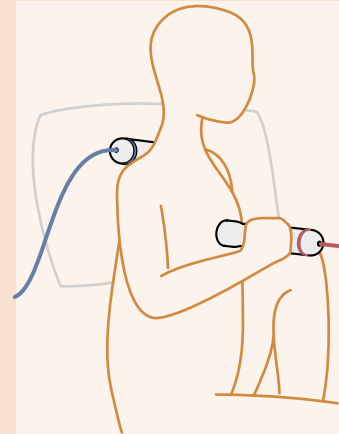
Repeat this exercise daily for at least three weeks for 30 minutes each day. Afterwards, connect the SANOMAG® to a circle and place it in the living area to ensure permanent well-being.

Depressions are a slow poison and difficult to master. The causes often include circulatory disturbances of the celestial vascular network.

You can improve the blood flow by placing the blue minus pole in the neck area below the seventh neck vertebra and the red plus pole on the sternum.

The resulting energy shift in favour of the cerebral vessels activate the red

blood cells and enhances the energy level in the vegetative nervous system.





# “COLD” PAINS - RED PLUS POLE

## Symptoms, that feel “cold”

Your pain feels stiff and rigid?

“Cold” pain is a symptom of a lack of energy.

Use specifically only the red plus pole and place it directly or close to the cold area. You can remove the blue handle or just put it aside.

The plus pole is animating and stimulating, it supports the renewing process of the tissue, providing energy and warmth. Thus, the muscle main is reduced.

The plus pole increases the heart rate, the blood pressure, enlarges the blood vessels and intensifies bleeding. Additionally, it increases the building up of acids and the calcium level in the blood. It helps to improve metabolic sub-functions which are connected with a lack of energy and bad digestion, supporting the immune system.

Be careful with bacterial infections, viruses, and unwanted cell growth.

## Note for therapists

Associated properties of the plus pole:

Protons, positive,

warming, clockwise

Centrifugal, explosion - directed outwards, sour

Active - sets free, speed up, energized, activated, according to the traditional Chinese Medicine assigned to Yang, according to Vedas Shiva

Body: Right, upper body, backside sex: Male

Element: Fire

Corresponds with Earth’s magnetic south pole

*Note:*

*The use of SANOMAG® does not replace medical treatment.*

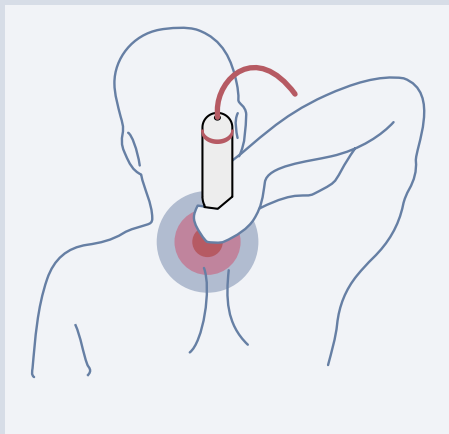
*In case of pain or physical ailments it is recommended to*

*contact for physical for medical advice. SANOMAG® is consi-*

*dered as use in daily life and as an accompanying treatment for therapies and healing processes.*

## TIGHT MUSCLES

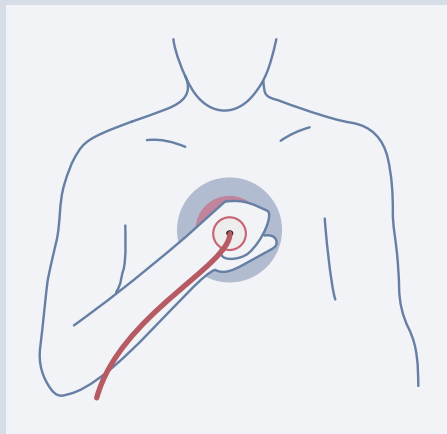
If the muscle feels cool and rigid, use the red plus pole and place it directly on or just next to that spot. In difficult places such as the back, another person can provide assistance.



## LUNGS

Place the red plus pole on the centre of the sternum and hold the blue pole in the other hand.

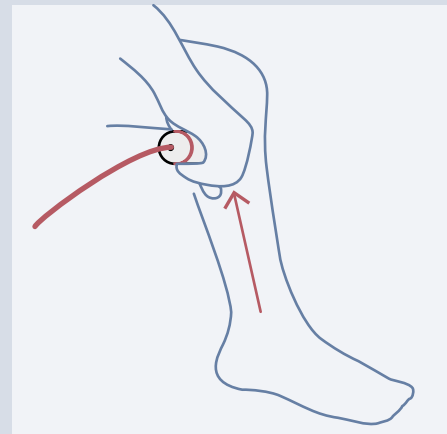
Warm up the handles before use by holding them in your hands.



## HEAVY LEGS

Place the foot on the blue pole and gently stroke the leg with the red plus pole towards the heart.

Alternate between both legs.

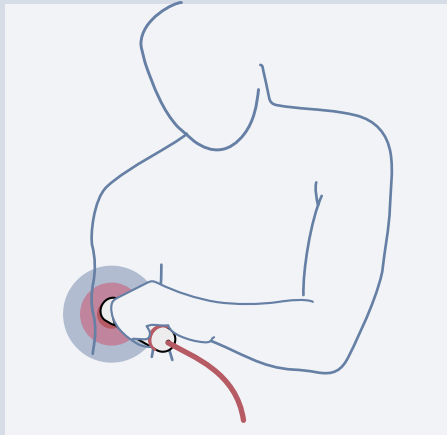




## MUSCLE PAIN

Massage the sore muscle gently with the red pole, while holding the blue pole in your hand.

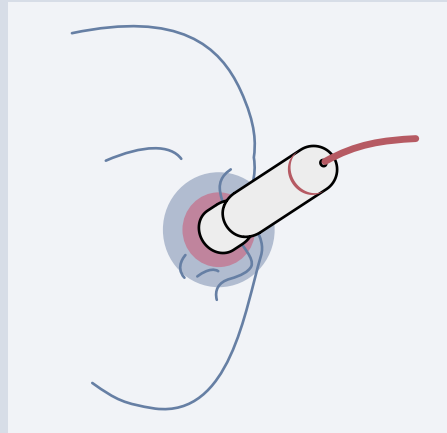
Massage repeatedly after short breaks.



## COMMON COLD

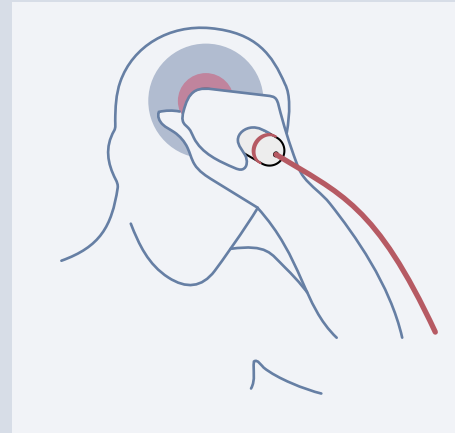
To free your block nose from mucus, hold the red pole to your nostrils. Afterwards, calm the infection with the blue pole.

In case of severe symptoms, you may use the blue pole first.



## MIGRAINE

Hold the red pole to your forehead and the blue pole to the back of your neck. Relax and breathe deeply for some minutes. Place the red plus pole on the affected areas.



26



## “HOT PAIN” - BLUE MINUS POLE

### Ailments with an energy surplus:

In case of „hot“ pain, the blue minus pole has a relaxing and calming effect, increases concentration, and relieves nervous pain and inflammation.

It slows down metabolism, relieves ulcers, inhibits the proliferation of microbes, bacteria as well as cell growth.

The minus pole breaks down acids (alkaline) and reduces the calcium content in the blood.

It lowers the heart rate, contracts blood vessels, and stops bleeding, causes muscle contractions, and lowers blood pressure.

#### *Beauty advice:*

*Sweep gently with the blue minus pole from the cheeks to the eyes to the root of the nose.*

*Under the earlobes on the neck, the blue pole has a refreshing and soothing effect.*

### Note for therapists:

Associated properties of the minus pole: Electron, negatively charged, cooling

Counterclockwise

Centripetal, implosion, directed inward

Passive - Inhibits, slows down, calming, reducing, according to traditional Chinese medicine assigned to Yin, according to Vedas Shakti

Body: Left, lower body, front side, sex: Female

Elements: Earth, Water

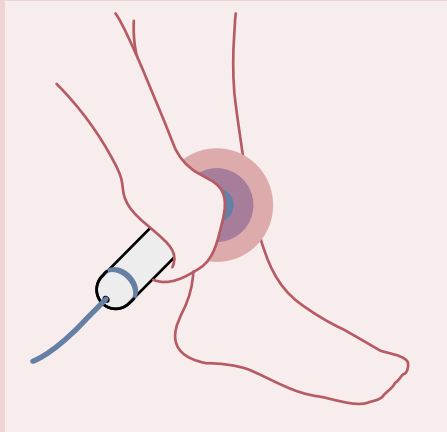
Corresponds with Earth's magnetic north pole

#### *Medical Notice:*

*The use of SANOMAG® does not replace medical treatment. In case of pain or physical ailments it is recommended to contact for physical for medical advice. SANOMAG® is considered as use in daily life and as an accompanying treatment for therapies and healing processes.*

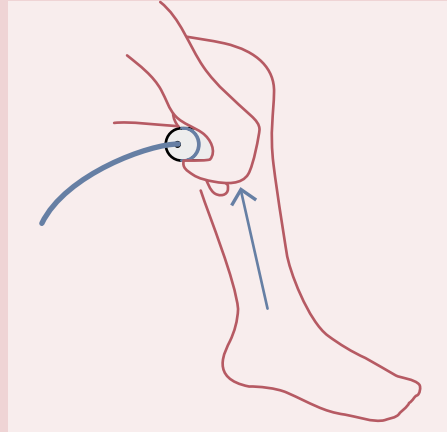
## INSECT BITES

Insect bites cause swelling, which may feel hot quickly. Place the blue minus pole directly on or close to the bite for relieve. This takes the heat and soothes.



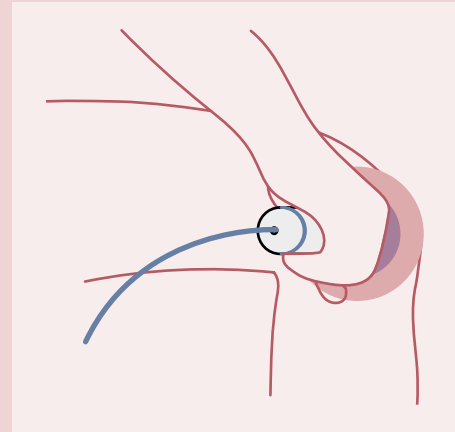
## VEIN PAIN

In case of pain in the veins, move the blue pole along the vein from the feet in direction of the heart. To strengthen the veins, please use both poles alternating for at least 15 minutes a day.



## HEMATOMAS

Cuts, abrasions, contusions, or bruises generally respond very quickly to the blue pole as the vessels constrict and contract. Treat the cut after operations on top of the dressing..



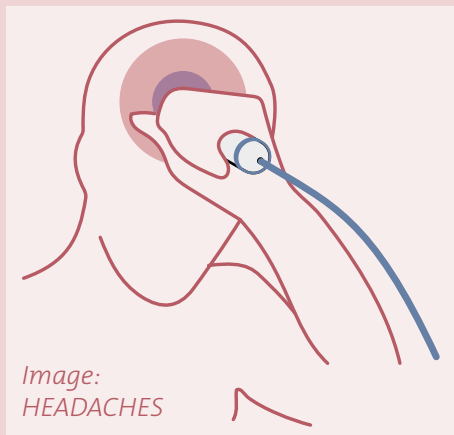
## EYES

When eyes feel hot, tired, and dry, gently hold the blue pole on the eyelid without pressure. This cools and refreshes. For inflamed eyes, only go over the eyelids with the blue pole and avoid skin contact.

*Advise: To strengthen your vision and vitality of the eye / eyes, use both poles alternately at least half an hour a day.*

## BURNS

For minor local burns, hold the blue pole side directly over the wound without touching it. The pain stops promptly, and healing can begin quickly and without infection.



## HEADACHES

Headaches can occur in very different ways. On the forehead, base, back of the head or temples. Feel into your body and place the blue negative pole on the affected area. In case of migraine, start with the blue pole and continue with the red pole after 5 minutes.

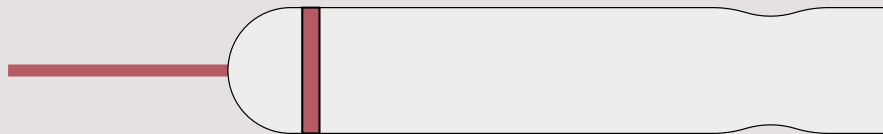
*Advise: Rotate slowly and brush softly over the area reduces the pain.*

# HOW THE POLES WORK

## Monopolar

Use specifically only one handle of the SANOMAG®.

30



## The red plus pole

is activating  
Provides energy and warmth,  
improves the blood circulation,  
enlarges the vessels

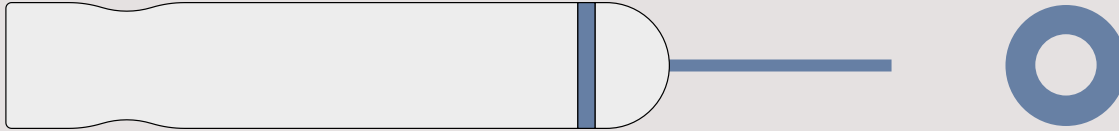
*(see also p. 23).*

The red colour represents the warming pole, which provides energy.

In bipolar treatments, the energy flows from the red to the blue pole.

## Bipolar – Everything is flowing

Connect the two handles with your body and create a flow. Solves blocks and improves blood circulation (*see p. 11*).



### The blue minus pole

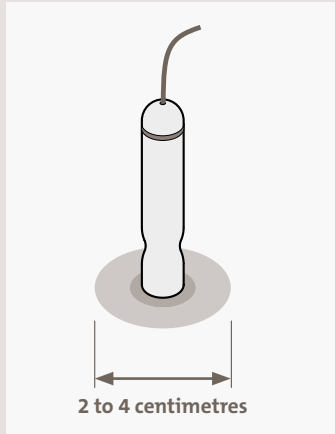
is cooling and calming,  
absorbs the energy  
reduces inflammations,  
constricts the vessels  
(*see also p. 27*)

The blue colour vibe harmonizes well with the minus pole, the colour coding for the SANOMAG® is very intuitively. Blue stands for a cooling effect, the minus pole, with breaks down an energy surplus.

# SPHERES OF INFLUENCE

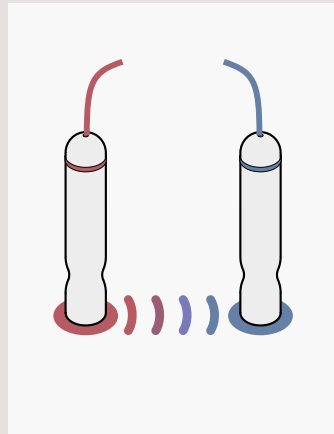
## Monopolar

In local treatment, the magnet pole has an effect on the pain point.



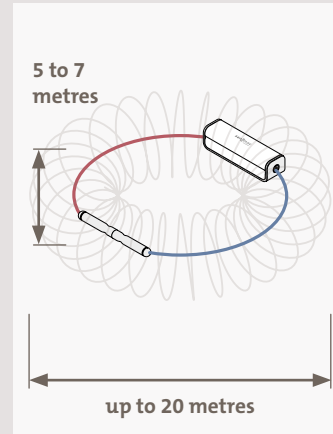
## Bipolar

The energy flows from the red to the blue through your body.



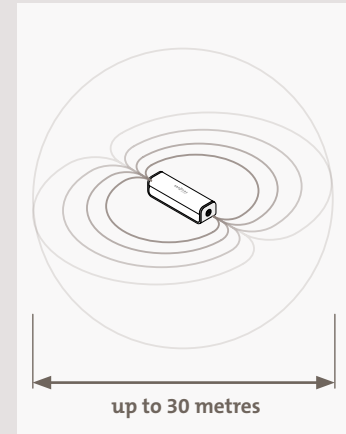
## Connected to a Circle

Connected to a circle, the whole magnetic force is channelled into the cables. The form of the magnetic field follows the form of the cables.



## Open

Without the handles, the SANOMAG® expands to its strongest magnetic field. It can flow freely in the room, like with bar magnets.





## TREATMENT TIME

In individual cases, the use of the SANOMAG® depends on how long you have the symptoms. The longer you have them, the longer should the treatment with magnetic energy be.

Therefore, acute pain responds quickly to treatment. The pain calms by using the blue pole and the balance state of the respective body areas is restored.

Chronic complaints that persist over a long period of time are first activated with the red pole and then, after a positive reaction, calmed down again with the blue pole.

Treatment time varies from case to case. We recommend using the SANOMAG® for minimum 5 minutes. For the optimum effect of the SANOMAG® use it for 30 minutes minimum - the longer, the better!

Magnetism is a gentle energy, and the body cell absorbs only the amount it needs. An overdose of magnetism is therefore not possible.

In stationary use, for example for a positive interference-reduced room atmosphere, you can use the SANOMAG® constantly.

Pain has to be considered as a signal from our body. Should you have reoccurring or permanent pain, please contact your physician.

*The SANOMAG® is no substitute to medical treatment*

**Do not place the SANOMAG® directly on wounds! Please let them have covered and dressed professionally and then you can support the healing process with the SANOMAG®.**



### Mr. SANOMAG

I got this nickname because I was so curious and kept researching on magnetism and magnetic forces, and therefore gathered a lot of expertise on the SANOMAG®. It makes me proud, because I can remember the SANOMAG® since the early days of my childhood. My father developed it and I could experience first-handedly, how

he cured himself with it and how also my mother used it later. I come from a big family and also, we have been using it all the time, until today.

The SANOMAG® is the right tool to help yourself, to reach and maintain the ideal level of well-being!

In this handbook we have collected personal experiences and observations, messages from friends and - in the meantime numerous - clients.

Generally known facts about magnetism were added from books on magnetotherapy and biological magnetism.

Constantly improving and learning is a great pleasure and responsibility to me. If you would like to share your experience with me or if you have questions regarding the SANOMAG®, please contact me via mail: [SANOMAG@grander.at](mailto:SANOMAG@grander.at)

or write me on Instagram: [mrsanomag](https://www.instagram.com/mrsanomag).

With best wishes  
Heribert Grander

#### Sources:

*Magnetismus, das Urheilmittel. Bericht eines Heilers*  
(Rudolf Thetter, 1975)

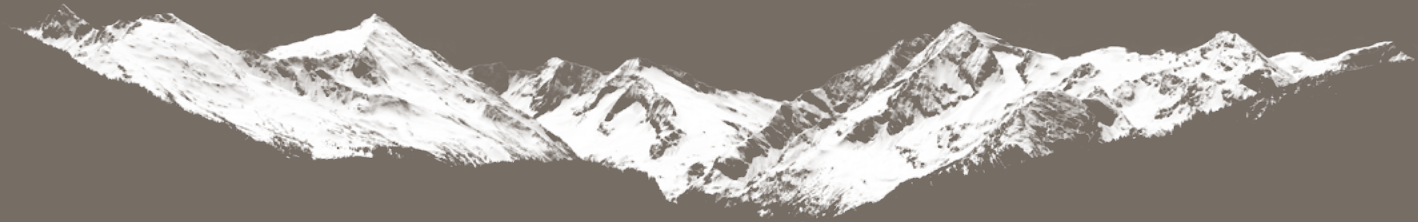
*Magnetismus in der Therapie*  
(W.O. Stark, 1981)

*Das große Handbuch der Magnetheilung*  
(Waltraud-Maria Hulke, 1998)

*Magnet-Therapie: Wirkungsweise und Anwendung von Heilmagneten*  
(Ghanshyam S Birla und Colette Hemlin, 2005)

*Heilen mit Magneten: Das Handbuch zum Biomagnetismus*  
(Michael Tierra, 2005)

sanomag  
GRANDER



© 2022 Grander GmbH, (01-2022)  
Layout + Illustrations: Hillemann Design

*Discover the latest  
news and video  
instructions for your  
SANOMAG®*



[www.sanomag.com](http://www.sanomag.com)

GRANDER GmbH | Bergwerksweg 10 | 6373 Jochberg/Tirol  
Tel. + 43 (0)5355-5615 | Fax + 43 (0)5355-5459 | [info@sanomag.com](mailto:info@sanomag.com)