

This summer I was introduced to the C-Prime bracelet. It's a polyurethane bracelet, which attaches with a magnetic clasp and is embedded with an "activated substrate" which enhances one's flexibility, balance and strength. A few simple "tests" were performed on me with and without the bracelet. My flexibility and strength were noticeably better with the bracelet on, so I bought one for \$100. The price seemed steep, but it was good looking, very sporty and chic, and it was going to enhance my well-being, right?

One morning, less than a week after I bought it, I noticed it was missing from my wrist. It must have caught on something and popped off and fallen to the ground without my knowing it. Shoot. I went back to the person from whom I bought it and inquired if I might be able to buy another bracelet at cost. He informed me that the bracelets wholesale for \$80 and retail for \$100, so there was no great break to buy it wholesale. Wow, I thought, old C-Prime is making some real jack here!

Not wanting to spend another \$100, I went home and did some research on the C-Prime bracelet. Needless to say, there's about a 50-50 split of pro and con opinions out there. Some people think the C-Prime and other magnetic bracelets do wonders for the wearer; others think it's all hocus-pocus. There are also many other brands sold (Power Band, CieAura, EFX), and some are much less expensive. The C-Prime is sold through network marketing. We used to call this a "pyramid scheme" and, for many people, that holds a negative connotation.

Out of the blue, my husband very generously surprised me with a replacement C-Prime bracelet. Even though I thought it was overpriced and probably didn't work, I was thrilled. I've been wearing it everyday for the last few weeks and I just can't decide if it's "working" or not. My sore knee does feel a bit better. My sore thumb is improving. On the other hand, I have been icing my knee regularly and have been resting my thumb. Hmmm. My conclusion is that whether the magnet bracelet works or if it's merely the placebo effect, I'm not sure it matters. If my aches and pains improve with the bracelet or with positive thinking, improvement is improvement. Besides, it's a great looking bracelet.

Anyone out there reading this want to weigh in on the C-Prime bracelet?