**1. What is the meaning of the magnet? Try to guess what´s the meaning and think if all of us have those Yin-Yang elements and if we should balance both elements on our lives. Some of us may be more Yin and some others may be more Yang, and both are necessary and fine. Write a short text about these questions in a Word document, upload it to Materials/Files/IES Cantabria. Try to write a nice text, please.*(Compulsary for a good grade)***

The magnetic poles of a biomagnet (healing magnet) correspond with energies of Yin and Yang. Depending on the type of imbalance, a particular magnetic pole can be used to achieve balance, known as homeostasis. The north pole of a biomagnet is cooling, sedating, dispersing, clearing, eliminative and detoxifying.

Yin and Yang needs each other because they both work better together because one develops different things better than the other so one helps the other.