Can PEMF Therapy Heal Your Thyroid? The Science Revealed Transcript

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Guest Introduction and Background

Hello, everyone. Welcome back to a reversing Hashimoto's and Thyroid disease summit. I'm your host, doctor Anshul Gupta, and I'm really excited for our guest today, who is doing some amazing work and very innovative approach towards Hashimoto's.

So let me introduce our guest today and then we will move forward with the discussion. So Doctor William Pollack is a holistic doctor near Baltimore, MD.

And has held previous academic positions at Johns Hopkins and University of Maryland. He is considered the foremost authority on the use of pulse electromagnetic field, which is a BMF therapy in the North America.

On the doctor show, they both agreed that pain management should be focused on healing the course. After 25 years of seeing the risks and side effects of traditional health solutions and approaches.

And after studying various healing approaches, he discovered that BMF provides the most benefit and allowed safe, nontoxic, self-directed, self-controlled, at home pain management.

To this end, Doctor Pollack has worked with Magnetic Fields Therapies for over 30 years and established an authoritative website. Doctor pollack.com. He has authored two comprehensive books on healing with magnetic fields called Power Tools for health.

And this year, Supercharge Your Health with BMF therapies to help promote healing with Pmfs, he has done well over 50 radio shows, podcasts, magazines and TV interviews.

He has also been a co-host of a two hour holistic health radio show in Baltimore for ten years. His podcast interviews include Dave Asprey of Bulletproof, Ben Greenfield and also radio interviews include a two hour session on Coast to Coast Doctor Pollock, welcome over here to our show.

PMF vs EMF Explained

Thank you very much, Doctor Gupta. It's a pleasure to be here. Look forward to our chat. Absolutely. So I think we first need to understand what is PMF and what is the difference between this BMF and MF.

So why don't we start with this question first. All right. Thank you. That's what I call the elephant in the room. A lot of people have, heard there may be people on the who are listening, who have heard about Pmfs, but there's going to be a lot more people who have heard about Emfs.

And the people who are worried about Emfs are there are many more of them than there are people who find the usefulness of p amps. So basically, Emfs and Pmfs are very, very different phenomena, and I call them phenomena.

So Emfs are basically broadcast of the environment and they're designed for communication purposes. That's why they're broadcast just like radio signals and television signals.

Radar, you name it, the broadcasting to the environment. And the broadcasting is done using microwaves as a, let's say, carrier wave, if you will. And then the carrier microwaves are being pollinated different ways to give you the actual signal that they're trying to deliver.

So for an emphasis primarily in our conversations, Emfs are primarily, designed for and available for my microwaves or for cell phones. So the microwave signals for cell phones, the microwave signals for cell phones are

carrier waves and microwaves.

And unfortunately, while they are very good at communicating, delivering messages through that medium, they are extraordinarily short, tiny, tiny little short waves.

And they heat and make the microwave heating aspect of microwave stimulation or microwave exposure is the same as putting something in a microwave oven.

Okay, you're using microwaves to bombard whatever you're putting in the oven to heat it. That's its purpose to heat. So inadvertently, the the emfs that are projected into the environment for communication purposes do heating when they land on a body.

And that's how the damage is done. If there is damage, because the damage depends on the dosing. So if you're exposed to high doses of microwaves, very concentrated doses, very powerful doses for a short period of time, you can cause harm.

But obviously we're more likely to be exposed small amounts of bits and bits and portions of time, bits and portions of doses, if you will. And in short, delivery cycles.

So they don't cause a lot of direct, damage necessarily in the body. If a body's healthy, it basically rejects or reestablishes equilibrium or balance as a result of that microwave stimulation.

Now, if you happen to be working on a microwave tower as a, as a, a technician, electronics technician, well, you're going to be getting some pretty good blasting going on.

So emfs are basically broadcast environment. They're incidental to humans, basically, but they can create some risk. Pmfs, on the other hand, are not broadcast.

And the analogy that I use is that my thumb is a wire and the the wire is passing a current, and that current is delivered into the wire by a control unit, a box, and that control unit that is taking AC current or using a battery and then pulsing this, this current through this wire, a law of physics, a principle of physics is that every time you have a current passing through a wire, you have a perpendicularly produced magnetic field.

So with every pulse of the wire, you get to make the actual cost of the wire and magnetic pulse of the wire magnetic field. And so the first case emf is what I call open loop.

It just goes out into the horizon. Pmfs are closed loop so that current when it's passing causes the magnetic field, which then collapses back on itself with each pulse.

After the current passes a point in the in the wire, the magnetic field collapses, so it's not projected into the environment. Now. Magnetic fields. These kinds of magnetic fields do go into the body, and they do go through the body depending on the strength of the magnetic field.

So if you have a strong enough magnetic field, it'll go completely through a body. Actually, you can stack a couple of bodies back to back and the current will go.

The field will go through a couple of bodies at the same time. So it's a very different principle. And these the pmfs are designed for health and healing purposes.

Tesla are famous inventor Tesla who discovered AC current right. He built the first high hydro current facility in Niagara Falls. Well, Tesla actually was one of the first people to design a Tesla coil.

So a Tesla coil basically take that wire and then you divide the wire and you open it up and produce a coil. So it's actually becomes a circle. And like like that, that circle then carries the current which then produces these magnetic fields.

So that whole well that is producing the magnetic field. And it's a three dimensional field, not a linear. It's not like a paper that's already one dimensional or two dimensional.

This is a three dimensional magnetic field. So that the principle then is that this magnetic field is designed for healing, is designed for affecting a body, a human body in this case versus a communication.

Now, this field, because it helps the body so much, can undo the negative effects of the other field.

How PMF Helps Hashimoto's and Inflammation

So as you pass through this field into the body is causing changes in the body that then enhance the body's ability to be able to rebalance itself from the irritating stimulus of the emfs.

So pumps can tend to rebalance some of the negative actions of emfs. So they're basically beneficial to counteract EMF. They're not designed for that purpose, and they happen to have that value as well.

Wow. That's interesting. So MFC have all heard everybody is scared of Emfs these days. And we know that, you know, they can cause several damages to thyroid in Hashimoto's patients.

And now we have this BMF which actually be healthful and heal the Hashimoto's disease. And you know, you also said that it can negate the effects of emfs on a particular body.

Is that correct? Yes, because the emfs are unbalancing the body and they're causing heating. So an example of the heating is if you have a cellphone to your ear and you have that cellphone there for 10 or 15 minutes, when you pull the cell phone away, you'll notice that the ear is bright red.

You're like, well, you've been cooking your ear. Not inside an oven, but you've been cooking the ear. Now it's a very weak signal, so it's not going to cook.

And dangerously it's not going to harm it necessarily, but it's going to be bright red. And the body by reflex action are releasing of all kinds of neurotransmitters and, and other, chemical messengers, signal messengers affects the other ear to.

And I've actually measured this where not I've seen this where if you look at the hands, they'll turn reddish. If you look at the feet, they're also red.

So that was the effect on the ear. It causing dilatation. And the heating is going through the whole body. But pumps are designed to give the body the tools and the and the energy that it needs to rebalance.

The body is constantly trying to rebalance itself if I try to push me. So if I try to push you, try to push you, you're going to resist that. You're going to try to undo that action to get yourself back into balance.

Well, all the processes in the body are always in this dance of action and reaction, and the body's trying to create the actions to be rebalanced by the reactions.

So there always is an imbalance, because if it gets too far out of balance, then that's where illness begins. Or disease begins or damage begins. That's where the cell injury model comes in.

Absolutely. So I think the next question, you know, obviously, you know, like comes into mind is that how does these BMF, you know, like therapy actually will help, especially Hashimoto's and thyroid patients.

How does it help in inflammation or kind of repairing the damage to the immune function. So tell us a little bit more about that. So that's that's the that's the critical question.

So essentially I defined PMS as having reactions. So in both of my books I go into all the different actions of

magnetic fields in the body that have been studied and proven.

There's lots of science behind it. And so what happens is that these actions, the body's trying to rebel. So the magnetic field therapy, the magnetic fields as they go into the body, they actually go through the body.

Think of it this way a magnetic field passing into a body is like the wind in the trees. You only know the winds there because the leaves are moving right. You can't see it.

Not correct. Right? You only know it's there because there's a reaction that you can visibly see what actions they're going through. The body. They do something similar.

They're causing reactions. And those are the magnetic field because it's not absorbed. It just passes through. As it's passing through. It's causing actions.

It's causing the pushes in the tissues. And those pushes that create charge. So a magnetic field interacts with an electrical field. And the body is all about ions and electrolytes and charges and so on.

So every molecule in the body has a charge associated with it. And then on top of that we are bags of electrolytes. We're not saline and we are saline too.

But we're more than that. We're a bag of electrolytes and electrolytes carry charge. And so magnetic fields interact with the electrolytes in the body.

Right. Even more charge. So magnetic fields have been found to increase charge in the body by upwards of 20% or more. And in terms of dynamic, the dynamics at the cellular level, the dynamics at the molecular level, are greater, significantly greater than the general body dynamics.

So in terms of how it interacts with, say for Hashimoto's, Hashimoto's is a condition of imbalance, right? Right. The thyroid is thrown out of balance.

And it's thrown out of balance by inflammation. And that's an autoimmune reaction. So Pmfs out of the 27 different actions I define, one of the strongest and most important actions of magnetic fields is to be anti-inflammatory.

And how it does that is it works through adenosine receptors. So adenosine is one of the molecules for ATP adenosine triphosphate. So the energy molecule of the body.

And so the adenosine receptors need to have ATP docking or adenosine docking with them to work at decreasing inflammation to all inflammation, puts a huge demand on ATP production in the body as well. Magnetic fields increase ATP.

Well, at the same time, they affect the adenosine receptor to decrease inflammation. And it doesn't matter what the organ is, doesn't matter what the tissue is.

It's not just specific to thyroid. You can affect, inflammation in the brain. You can affect inflammation in the heart or the lungs or the joints, skin.

So it doesn't matter what the cause of the inflammation is. And that's the beauty magnetic field. So it doesn't matter. Doesn't matter what the cause is.

What the magnetic fields are doing is affecting the outcome of that imbalance. And so what have in, thyroiditis then basically is you're because it's an autoimmune disorder which is associated with inflammation.

And then that inflammation causes damage to the ground, which then eventually causes hypothyroidism. All right. So magnetic fields when you get early enough you decrease the inflammation.

You may not be able to turn off the autoimmune process because once the autoimmune conditions are turned on you can't turn them off. You can't reverse them.

You can control them, you can reduce them, but you can't turn it back off. Is it even initiated? This is like a ball rolling down a hill. It's it's rolling down the hill.

No matter what time there's a hill and a ball going to roll out of it. And that's a gravity, right. So what you're telling us is that it basically works at the cellular level, not at like, you know, any organ level, but mainly the cellular level and reduces inflammation, right in the cell itself.

So that way, you know, we can see a reduction in the inflammation. And that can help with the process of Hashimoto's disease. Is that correct? That's correct.

So again it depends on a part. It might have sort of a history as a originally a family doctor. And then for like 20 years, did functional medicine, holistic medicine.

And I dealt with thyroiditis a lot. And so people were asking for a cure. Well, so I can't do that. But we can help to reduce and control. And eventually the gland becomes hypothyroid.

And it may not be like 100% hypothyroid. Right. Usually it's not usually it's partially hypothyroid. Because you supplement with thyroid hormone they provide thyroid hormone replacement for what it can't make.

But you're not providing absolutely 100% thyroid replacement. The only place that you eventually get to where you have 100% need for replacement is if you do a thyroidectomy.

You know, the thyroid left. Absolutely. There's always some some hope for, hormone to be produced no matter what. So, you know, like, as you said, like PMF devices or PMF, you know, like, is one of those, things which people will not be able to see with their visualize is so how would they feel like, you know, when they are getting this PMS, you know, will they see a difference typically in any symptom improvements or they will see an improvement in their inflammation levels in terms of like KPIs or any lab values, how what kind of differences people will see typically.

So depending on the intensity of the magnetic field. So this is a device that I recommend for thyroiditis specifically this just localized to the thyroid gland is something called a flex pulse.

So this is the machine that produces the current. And that current flows through that wire. And then that wire goes into a coil like it's like a Tesla coil.

Right. And so it's a circular coil that's flat. And then you lay that up against the thyroid gland or any tissue that's swollen or inflamed. And then you reduce the inflammation.

So then that coil then you may not feel anything from it. You may feel a little warmth. Now there are machines that we have on Doctor Polycom that are huge, that are big, and they're very powerful.

And you don't need a very powerful machine for the thyroid gland, because how deep is the thyroid gland typically half an inch. Right. An inch. Yep. Typically.

And then of course it's wide. It's wider than it is thicker.

Cell Injury Model and Tissue Repair

So a to deliver an adequate magnetic field, you need to do about 15 gauss. The gauss is a measure of intensity. The magnetic field adjusts so this coil will produce about 200 gauss, one little cross, 200 gauss.

So 200 gauss. Looking at the fact that light drops off with distance, magnetic fields drop off with distance away from

the source, right? Just like cold heat and sound, they decrease as you move away.

So a 200 gauss magnetic field will, basically go about an inch in to the body, inch and a half into the body to deliver 15 gauss an inch and a half into the body.

So you'll get 15 gauss delivered by that little coil throughout the whole gland, and then that will reduce the inflammation the most effectively in that right now, if you happen to have another magnetic field device for other purposes or your rheumatoid arthritis or your lupus or all of the other causes of, all right, it's it will help those two.

But this one is not big enough to help the whole body. Right? So if you have a lupus, then you've got to be treating the whole body, not just treating your thyroid gland.

If all you have is thyroiditis, then all you need is this. But if you happen to have a bunch of other problems going on at the same time, then you need a bigger machine that gives you a bigger magnetic field.

That's then still going to end up causing benefit to the thyroid gland and benefit to the rest of the body as well. Got it. So if you have multiple autoimmune diseases, then maybe, you know, like you need a little bit more stronger machine to deliver adequate amount of magnetic field.

And if you only have that right then you just need localized, you know like magnetic field to the thyroid gland. Right? That's correct. Awesome. Good.

So I mean you were just talking about the cell injury model, you know, like and base basis of this using this kind of PML therapy. So tell us a little bit about, you know, what is the cell injury model that you were talking about.

So any cell that has been put out of balance. Right. Has been injured. So what's an injury or an injury is not being blown up. An injury is not having a brick fall on your toe.

You don't have bricks falling on your thyroid gland. Most, most of the time. Right. So it's anything that is causing damage to the cell, it could be inflammation or toxins or viruses or medications.

Environmental toxicities, heavy metal accumulation. All of these things cause an injury to the cell and that cell injury, the body then tries to repair.

That cell eventually gets to a point where you cannot repair anymore. Now you have damage. And the body's got two choices. When you have damage, it dies naturally faster than it would normally.

And all cells turnover in the body, right? To varying degrees. So, if the cell is injured, it accelerates the damage. It accelerates the natural death of that cell.

Once you reach that point of no return, then what you're doing is trying to maintain the health, the lifespan of that cell to the extent it can be. And what we do in medicine to identify cell injury is we measure C-reactive proteins and we measure, enzymes, and we measure different kinds of neurochemical chemicals that tell us that there's damage.

So for example, for the liver, we measure alkaline phosphatase or associate or RPT. So these phosphatase, so we measure them. And if they're really sky high that we know that the cells are damaged and they're leaking these enzymes.

So biochemically we can measure the amount of damage to a great extent. And the thyroid gland, we measure the damage largely by, the, production of thyroid hormone.

Right. We can measure the amount of thyroiditis by the, by, thyroid peroxidase. Right. There may be a bunch of other tests that tell us to what extent this thyroid gland is damaged, but ultimately the the end result of the damage is there's a lack of production of thyroid hormone.

Right. So in the body, the same thing happens. We have measurements, we can do biochemical measurements, and they could detect problems earlier than, say, doing a biopsy of a thyroid gland.

So that's late in the process. And how often do we do biopsies of the ground. Right. Not very often. We do. If we have nodules, we may biopsy a nodule just to see what's going on with that nodule, see if it's a, a metastatic or if it's a tumor, a cancer, or just a, extra thyroid tissue growth in the gland.

Right, right. So the cell entry model then goes through a series of progressive steps, the number of cells being damaged then affects the tissue. And the amount of tissue damage then affects the organ.

So what we want to do is get get at the problem as early as possible so that we limit the amount of damage. And we, you know, as doctors, you know, you all know, people come to us at all stages of the progression.

Sometimes we they don't, they know and on and we know only because we did an s, a TPO thyroid peroxidase antibody test. The thyroid, thyroid function may be completely normal, right, right.

But they still have that. They have Hashimoto's. Absolutely. That right. Itis. Right. So the earlier we can get at the problem, the more reversibility we have the more we can have those cells function longer and live longer.

And the body maintains homeostasis. Awesome. So are you saying that this PMF works at this like kind of cell injury model and is able to repair the cells you know, from any kind?

You just happen? Yeah. So the cell entry model includes things like decreased production of, DNA and RNA, decreased production of, ATP. The mitochondria don't work as well.

Right. Inflammation increases as we as we discussed already. So, DNA damage, all of that happens with cell injury. So PMS basically address all virtually all the elements of cell injury.

They affect all of those. And in my book, Supercharge Your Health, I outlined 27 different actions in the body of the magnetic field. So the magnetic fields don't care about the organ.

They don't care about the disease label. They care about cellular function, because that's where they work. That's where they do their work. And that's what we need the body to do.

If we just try to turn off inflammation, we're not necessarily repairing damage. It's been done already. Right. We're not pmfs also help to increase stem cell production.

So if you stimulate stem cell production you're regenerating the tissue to the extent the tissue can be regenerated. Unfortunately I have to be and full disclosure, I have to tell people that magnetic field therapy does not raise the dead.

Right. So I say I work with the living dead, but not the dead. The dead. Dead is God's domain. So we can only do so much recovery. The body's got to have the tools and the ability to recover if you can, or has the tools available and has the nutrients available as a resource is available to rebuild itself, then it will rebuild.

And the magnetic field therapy will help it to rebuild. So the sooner you can get, treating the energy models, the more likely you are to stop the progression of the damage and then recover and rebuild as much as you can.

And eventually the body's going to tell you how successful it was in that balancing process. So that's very interesting. You know, like so in Hashimoto's we talk about these these triggers or these root causes, whether it's any infections, whether it's toxins or any food sensitivities or any other reason which leads to this cellular damage.

So you are telling us that the PMF doesn't care what was the initial damage from? It will actually work at the cellular level to repair the damage. Is that correct?

Correct. Rebalance the cell. Bring the cell back to the best state it could be. For as much damage as there is. Okay, so that's great. I mean, that's very good news because a lot of people are always concerned about, you know, can we repair the damage at least, you know, like whatever is possible and they're looking for that one way so that they can repair this damage and feel better or maybe regenerate the thyroid gland.

So you obviously like, you know, as you said, you know, like there is always a limit to how much the regeneration can happen, but at least there is a possibility by using this PPM of devices.

Is that correct? That's correct. On top of that, it will stimulate whatever cells are healthy to function. Even better.

Stem Cells, Recovery, and Treatment Use

So you can increase the function because the body, for example, if you break a bone, it's going to take x amount of time to repair, let's say 8 to 12 weeks.

You can take the cast off. And do magnetic field therapy while you right after you have the fracture you will stimulate that fracture site to regenerate and rebuild itself much faster.

I'll give you an example. My wife broke her little toe. And so it was bent out. It was swollen. It was bruised looking. And of course it was painful. So the traditional medical approach to dealing with a broken toe is to do what we call body taping.

So you take those two toes and you take them together and you put the foot in a, in a platform shoe, a flat shoe, so you don't bend it. Right. And then you cross your fingers.

Right. So all you do is preventing damage. More damage to happen, but you're not doing anything to help you with the repair. So I use this kind of device for, as soon as she broke the bone, which is about half midday, she did it for 24 seven.

This machine will run until the battery dies out, and then you have to recharge the battery. So she did it until the following morning. The battery lasted till then.

Pain is gone. Frozen is gone. Swelling is gone. She felt great. She did it 24 seven. She did it continuously for that 12 hours. Then she did it for another 24 hours.

Watch the whole body taping. Still platform. She did it for another 24 hours that she walked a mile in tennis shoes, did it for another 24 hours and walked three miles in tennis shoes.

And then we were done. Wow. That's amazing. That's pretty quick. Weeks of injuries, you know, or weeks of like, repair was done in like, you know, maybe a couple of days.

Or 48 hours, essentially. Wow. That's amazing. So a lot of these Hashimoto's patients, you know, will have like low energy because their mitochondria, you know, is not working or brain fog issues, you know, or circulatory problems or even pain problems.

So these BMPs can be useful in those situations to. Yeah. So the the thing is, is that it's not going to do that for you. Or if you're stimulating the gland, you're going to produce more thyroid hormones.

So therefore all these other things are going to get better. But Hashimoto's has a cause. Right. And I personally and a lot of Hashimoto's patients, the causes not the symptoms that they're experiencing are not coming from the gland, they're coming from the other parts of the cause.

So that affects your kidneys or affects your lungs or your heart or your brain. And you know if you treat the whole body, then everything is going to get better, not just the thyroid gland.

If you try to just rely on just fixing the gland and see how much it strips away, how much of the negatives strip away, you know, you're kind of wasting your time potentially.

So you really you're better off treating the whole body than you are just doing local treat. And if all you can afford is to buy a smaller machine that doesn't cost as much, well, then that's fine.

Then just let's work on the ground and see. See you after 6 to 12 weeks or. Yeah, or 12 to 16 weeks. How much is sort of a away. How much is improved?

Absolutely. Now you are talking a little bit about like, you know, stem cells and regenerating the stem cells. So tell us a little bit about more about that.

You know, like how the PMF, you know, affects the stem cells and how that can be useful. Again, like, you know, in the whole scheme of thyroid, you know, disorders.

So PMS affects cell lines, all cells at all of their stages of development of production. So it accelerates the growth of the cell. And so what because it's accelerating the tissue environment.

Every tissue in the body has its own stem cells. The thyroid sitting there doing nothing. Being completely normal is producing stem cells. And you need the stem cells to repair the old cells that are dying off and be replaced. Constant.

Right. What's the replacement cycle of a thyroid gland? So so it's being replaced constantly. So you need the stem cells. So what we're doing then is when we're putting a coil here on the neck you're decreasing inflammation.

You're increasing circulation. You're decreasing you're increasing stem cells. You're increasing energy ATP production. So the cell the cells have more energy to do their work.

And so all these things are happening at the same time. But one of the longer acting elements of that process of repair is the stem cell. And pmfs have been found to basically, repair essentially all stem cells in the body.

So if you do try to repair your thyroid gland by using stem cell therapy, you're more, more likely, more than likely going to get an injection. Mesenchymal stem cells. Right.

And then they're going to have to go from your vein in your arm or wherever you inject. They're going to get into the circulation. And then hopefully some of them will end up landing in the thyroid gland.

What percentage will probably not all of them. Right. So some some will then. But if you have a lot of inflammation in the thyroid gland, my my expression is you can't grow a garden in a swamp.

Right. So you decrease the inflammation. And that means if our blood then has the ability then to take those cells instead of them dying in the swamp, they now have the ability to regenerate and differentiate into thyroid cells, brain cells.

They'll differentiate the grow the cell will grow. And then if you maintain the health of the thyroid gland like any other tissue in the body, maintaining the health, then that cell that's now turned itself into a thyroid gland cell will survive and it will go through a normal lifespan.

So that's amazing. So it's not only stopping the damage, it is also maybe stimulating the existing cells to perform better. And maybe getting them the support through the stem cells so that, you know, they can regenerate, like, you know, whatever damage has been done, then.

That's correct. Wow. So it is working at multiple levels, not just one. That's the beauty of it. And I tell people that, the, the magnetic field does not do anything.

It's a stimulus. It's the wind in the trees. It doesn't do anything. When it does then is because of its secondary actions and stimulating energy in the tissues.

So you can increase the energy in the tissues by 20, 20% or more, and locally even more. Sometimes. So by stimulating those tissue, the energy, the body, the body then takes that energy and does whatever it wants to do with it.

So that's why pumps are extraordinarily safe at almost any level and even any level of you. So like in my wife, I did it for 72 hours, approximately continuously, with no damage, no risk of harm.

We have very powerful magnetic fields that we use to treat the brain, and we've been treating brains now for years, for hours at a time, safely, very safely.

So magnetic fields are extraordinarily safe. So that's good. So so I mean, so then how would people use it. Right. You know, is it like, you know, some time frame that they will use it for five minutes, ten minutes or like for 24 hours or it depends on how people know, like how long they have to use and how frequently they have to use, because Hashimoto's is a little bit on the longer term condition.

That's correct. So because it's not acute per se, at least we don't tend to typically see it when it is acute. Right now, if you happen to have somebody choking you and they massaging your neck and you're damaging your thyroid because they've been choking you, well, that's acute, right?

Then then maybe, maybe you can repair that damage much faster than you would normally. We don't normally see that. We see it when the tipos are already high, when the thyroid gland is already, the function is already dropping.

So we're talking about probably a longer term process of doing. The question still becomes how long should you repair for? We don't have science for Hashimoto's specifically, or for thyroid specifically to say how long the treatments should be.

Typically, I recommend a half an hour twice a day. Okay, but but I also tell people, I can't tell you what you should be doing. Your body is going to tell you what you should be doing.

I'm giving you a stimulus, and then you're going to see how your body reacts. I mean, we do this in medicine all the time. We give a prescription for thyroid hormones, they go home, and in two weeks, we'll recheck your blood and I'll say so we'll see whether we need to adjust the dose.

As we know in that time it's going to produce some benefits in the body, maybe even reduce some symptoms. But we won't know until we recheck how the how how well it's doing biochemically at least.

So you will be a judge of that. If you find that you do, say, eight hours a day of treatment. And then you decide, well, you have you had enough and then you don't do it for two days or three days, then you see how long it took you to see the benefit that you had go away.

I and when I deal with pain, if I do treatment for the pain and the pain comes back in four hours, you probably should treat again in four hours. If the pain comes back in a day, then you maybe you only need to treat once a day, maybe twice a day.

So I would say in general I would say do the treatment for half an hour, twice a day and see what happens. So you may have to follow up with repeat testing, lab testing, maybe in 2 to 4 weeks.

Repeat your thyroid levels, repeat your TPO levels. Now TPO levels can go down as you decrease the inflammation. The thyroid proxy these levels will go down.

And then the the free T3, the free T4, TSH, whatever. Well will be affected as well. So you can take a sluggish gland and do the magnetic therapy to a sluggish gland.

And then person who doesn't have thyroiditis and all of a sudden, bingo, it perks up. And people can obviously do more. As you said, there is no harm. You know, there is no side effects.

So they can do it more if they would like to or they feel like, you know, their body. Basically will can only take you cannot produce itself to the capacity it has to do that.

Now if you have if you have, you and me can say bench press 70 pounds or 100 pounds. I say, well, I'm not going to accept that. I want to bench press 300 pounds.

So we are going to have to do a lot of work to make muscle, to be able to bench press a lot more. So certain things in the body can't be bench pressed.

I don't think you can bench press a thyroid gland to do way more right. It'll stop at a certain level where you cannot produce any more benefit. So that's and that level, you kind of level off you will, and then you're on a new, new balance, if you will, in your body.

So the fortunate there's no harm. So you can you can experiment a bit, do 4 or 5 hours of treatment, but most people are not going to do so. If you're going to do 4 or 5 hours of treatment, then what you would need to do is to go to doctor Gupta and say, I want my lab work today.

Absolutely. And we might be able to see the changes the day after. We know with cortisol, magnetic fields can increase cortisol levels immediately. Okay.

All right. So disease markers can benefit within 3 to 4 days like liver markers can benefit in 3 or 4 days. Evidence of muscle damage can be evident. The reversal of muscle damage could be evident in 2 or 3 days.

So it depends on the tissue. It depends on the testing that you're doing. You know how quickly you're going to see results and then what you need to do to maintain those, those results.

Right. So that was my next question. So they can people can use this on the long term basis too. Like they don't have to take a break from it. They can just continue to use it like, you know, everyday basis for a long term to right.

Well, you know what, my response to that kind of question, I think is an important question. And we don't have a perfect response for it. Not that anything in medicine is perfect, because of course the body's not perfect either.

Right? Right. But I say that we have 100 trillion cells in our bodies, and every single cell has about a million biochemical processes per second. How much treatment should we be doing?

I don't know, right?

Device Options, Dosing, and Closing Advice

Fortunately, magnetic field therapy is safe, and the body basically ignores the magnetic field when it no longer needs it. So it's not that people have to. It.

It's like, you know, it's basically they can use it in different ways. Maybe they can use it for a short term basis, see how they work, maybe take a break and then restart again.

It's not that when they're stopping it that you know, all the damage, you know, starts happening again. You know, it's just that basically how well their body responds to it.

They can use it either ways. You know, continuously or taking breaks in between. Do right. Correct. But again if it's due to lupus. All right then you got to be treating the whole body.

All right guys if the if lupus is affecting your lungs and is affecting your joints and your kidneys and your brain, we

don't know how much more it's going to affect the thyroid gland versus these other tissues.

But obviously, you know, the other expression I have is the toe bone is connected to the head bone. So anything going on anywhere else in the body is going to affect the rest of the body and all the other parts of the body.

So while you can fix your gland locally right away, very quickly in fact potentially if you don't take care of the cause or the other parts of the body, then the gland is going to be affected by whatever else is going on in the rest of the body, too.

Absolutely, absolutely. That is great. You know, like, you know, I think, you know, like this is such an interesting topic and we need to talk more about it.

But obviously like and time is limited today and but you know, I think people got a great information and I think I'm sure your book has more information about how it works and how people can use it right? Yes.

I don't go into a lot of detail on thyroiditis specifically, but you could take the book in general tells you what you need to do for you. All of you, not just that small part of you.

So whatever you learn about the whole of you is going to apply to a great extent to the thyroid as well. It's just that you're going to do different tests for the thyroid.

You're not going to do a thyroid test for a muscle. Absolutely. But that's what you know. We also propagate in terms of working on the whole body approach, rather than just being fixated on a small organ like thyroid.

Yes, you might look at it as a problem, as a thyroiditis, but actually it's a whole body problem. So that's what I also like, like about this PMF that it works on the whole body approach and not just locally.

Do you can do it locally or whole body or both or can and I usually recommend both. Okay. So that's great. So I think you are showing us this device. You know, you said this is a great device to start with for people for thyroid issues because it works more locally and is more affordable.

And people can see how that works. And then maybe, you know, buy a bigger device if they feel they have the right. That's that's one way to do it. So this is called a flex pulse.

Flex pulsar flex pulse. Unfortunately we're just about out of them. We're getting a new shipment coming in. But if you order it you can get what you could put up, get put in line for the next, next available unit.

So these cost 1290 retail. Now as a result of this show, we can give people a $200 discount. Awesome. So you put your order in and you can use the thyroid.

Let's use the code I'll give you a code. Now, let's call the DRP T4. So Doctor Pollack and T4, also those people who are listening to you and know what the T4 is.

I hope so. I hope so too. It's so T4 thyroid tetra with irony as one of the main hormones in the thyroid gland. Right. So DRP t4 great, awesome. And that that code will be applied when you do your checkout.

Awesome. That's great. Thank you so much for sharing this great information and obviously sharing this device, you know, with all of our listeners, hopefully people will go and check it out and also use it and see how that works with them. Very, very interesting.

You know, like BMF, you know, I think I'm very intrigued about using it in our practice. So thank you, Doctor Pollack, for sharing this great information.

Any parting words you have for us? Now, well, there is one party word and it comes to the whole body treatment. So for whole body treatment again, magnetic magnetic field that's necessary is 15 gauss at the target tissue.

So if you have to treat across a brain or brain problem you're going to need 4000 gauss. A lot of the people who are selling PMF devices won't even tell you what the intensity of their magnetic field is.

Okay, this as I said, the single coil there is 200 gauss, so it's strong enough for the thyroid gland, but it's not strong enough for a shoulder maybe, or for a belly, or for a heart or a lung.

So you have to get the right piece of equipment if you're going to be dealing with whole body problems. In that case, we do offer consultations to people who are willing to look at whole body magnetic systems.

So on Doctor Polycom on the homepage, you can book a consultation, but I would recommend strongly that you do a lot, a lot of reading. You got to figure it out for yourself.

And the two places to read the one book, especially for the consumer, is Supercharge Your Health. So for $29, you can read all about magnetic fields before you invest $1,200 or 5000 or $8000 for for the right equipment.

Absolutely. You will have all of these links in the show notes. So please kind of go check out the book as well as check out the website. Tons of great information.

So thank you, Doctor Pollak, for coming over here and sharing this great information. Really very helpful today. Thank you for having me on, and I appreciate being able to share with your, your viewers.

Absolutely. All right, guys, thank you so much. This is for it today. Thank you. Bye bye.