Discover How PEMF Therapy Supports Healing In Children Transcript

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Introduction to PMF Therapy

Welcome back to ADHD, Autism and Chronic Disease Parenting Summit. I am here with the awesome doctor William Pollack, who is an author of multiple books, one being Magnetic Therapy in Eastern Europe and Other Power Tools for Health and Supercharge Your Health with Pmfs.

He's also the host of the Pain Solutions Summit and Healing with Emfs. Thank you so much for being here. You're very busy. Thank you. Thanks for inviting me and having me share with your your family, your family.

Now you're this is your bigger family. Extended family? Exactly, exactly. So let's let's start with PMF, because I'm not sure that everybody even knows what that is.

Pulse magnetic field. So let's I think important start with the basics. And I also think is very interesting because you were just telling me you started as a, you know, you are a family physician.

And you moved into this. So let's learn a little bit about that. And I'm going to be curious about your transition into this, this work. But let's start with the basics. Sure.

We'll start with the basics of where I came from and. Let's say what PMS are, because I don't think people know what that means. Start with that. So yeah, EMF stands for pulsed Electromagnetic Fields.

So people have heard about Emfs often. They probably have heard more about Emfs than they have Pmfs and EMF or cell phones, Wi-Fi, you know, all that kind of communication, Bluetooth, etc..

That's that's the kind of things that we worry about. And in a sense, that's the elephant in the room. So that's the good thing to get that out of the way first.

So pmfs are completely different than Emfs. Emfs are designed to be broadcast. They broadcast into the environment. So they're what we call open loop.

They don't come back. And because they're broadcast, they're designed for other purposes, they're designed for communication. And most of those signals tend to be microwave signals.

From Family Medicine to Magnetic Therapy

And a microwave signal broadcast in the environment doesn't impact us the way a microwave signal does in a microwave oven, but they're the same. The difference is in the microwave oven, it's all enclosed in a place where you can cook things well.

Essentially, microwaves cook. And so even in the environment they cook. And the reason they cook is because they get absorbed by the body. The microwaves are extremely short wavelengths, and because they're extremely short wavelengths, they cook.

If humans are exposed to very long wavelengths like light, typically, then they go through the body, they all get absorbed. So the difference then is absorption versus non absorption.

Now pmfs pulsed electromagnetic fields are created by current flow through a wire. And that wire can be shielded. Now as you know it's not touching you.

So it's not going to burn you or electrocute you right. But instead the current flowing through that wire then, has produces a magnetic field that's perpendicular to the flow of the current.

So if this is the flow of the current going like this, right, then the magnetic field is being produced perpendicular to it. So every time the wave of the current goes up, the magnetic field goes out.

So they go together constantly. So they're there and you can't separate them. Impossible to separate them. But we know that magnetic fields have actions in biology because they have actions in biology that we're using.

The principle of the magnetic field being produced by a current flowing through a wire to go into a person, into a body, and then that action then creates all the benefits of, of pmfs or magnetic fields in the body in a controlled way.

So what is that open loop and what is a closed loop. So basically the magnetic field is produced with a wave going out from the from the through the wire.

And the magnetic field goes out and comes right back on itself. It collapses, falls out and collapses out or collapses. So it's a closed loop system again that creates safety.

So you don't have the same risks that you do with open loop systems. Now, we do have microwaves that we use in medicine to burn warts, right? To burn lesions on the skin.

You know, it's there. So we use that principle even even though it's produced in a way that essentially emulates what happens in a wire. Although most of the most of the devices that do burn are really, in essence, broadcasting as well.

So they're really not they're really not pmfs in the same way. Take it. Basically, the bottom line is the pmfs are extraordinarily safe, and they're designed for healing purposes.

So, and I want to come back to that in a second, because I think that's going to be really interesting to chat about. But I'm curious first, you know, I mentioned it before.

So how did you what was your path for? You know, being a family physician to transitioning to really work with, you know, pulsed magnetic fields because, you know, for me, as an integrative practitioner, I don't feel like I'm very woo woo or out there.

I just really feel like, you know, this integrative medicine stuff really called to me. And it was really interesting. And so I'm curious if, you know, there is an experience or what kind of led you to start working in this field, or was it some research that you did, something that happened for you a patient that you saw?

Sure. Exactly. So, as a family physician, I started, a medical group of family physicians. I had 14 family physicians that worked for me or with me. So we were a group of 14 family doctors.

And as a family physician, I did pediatrics. I did pregnancy, you know, would, work with women in pregnancy. You know, at that time, I was trained in at McMaster University in a family medicine program. So I did family counseling.

I did the whole nine yards of family. I sorry. McMaster in Canada. Yes. Oh, yeah. I'm from Toronto. Actually, I didn't know that. There.

How Pulsed Magnetic Fields Work

Yeah. From till I got out for six months and then I went to McMaster for about four years. Spent about four years at Mack School and drifted to the US because of, job opportunities at that time, in 1970, 74, so moved to the US and I was working in a group practice setting, and, we had a couple patients who almost died from gastric bleeding.

So we rounded as a group on our patients. And we had, again, in a very short period of time, had several of these incidents. And I said, well, this is stupid medicine.

We're almost killing people with ibuprofen. The common cause was ibuprofen, and we're almost killing people with ibuprofen to manage their pain. Well, the pain will kill them, but the ibuprofen will not.

Everybody, obviously. But these were chronic ibuprofen users, and we now know that they're about 16,000 people a year die from ibuprofen with gastric bleeding and, and kidney damage.

So it's not innocuous at all. But I said, well, that's a stupid medicine. What do I do instead of using ibuprofen? Or at that time in the in the early 80s, codeine or narcotics?

In the early 80s, we were, we went like this with narcotics. I mean, that was a last resort as a narcotic. And then the government decided that nobody should be in pain.

And they said we should have everybody be pain free and then use whatever you need to do to have them be pain free. Well, that that started this whole sort of epidemic of codeine use and narcotic use.

Well, I said, well, I don't want to do all that. How can I do pain management if I can't use these things, these tools and I started, I said, I'm going to study acupuncture.

So I went through UCLA program for doctors for acupuncture, spent about a year to two years doing the training. And at the end of that 1990, I'm going to do I'm going to go out and do acupuncture.

I'm going to solve the problems of the world and take care of all these pain problems with acupuncture. And everybody said, what's that? I said, well, acupuncture is an Oriental, Eastern European, Eastern Asian practice.

Well, I don't want needles. So I said, well, I can't do acupuncture. I spent all this time doing training, but people don't know what acupuncture is and they don't want needles.

So how do you how do you do acupuncture without needles? So I discovered in the in again in the eastern cultures, they had discovered that magnets worked on acupuncture points as well.

They said, okay. So I started working with magnets and discovered that they had other properties and other values and other benefits that needles did not have.

So I could still do acupuncture, but I also got additional benefits and did further investigation and discovered that magnets actually heal tissue. Acupuncture doesn't heal.

Acupuncture has other benefits that are more, diverse and more remote and secondary in a sense. But also magnets for healing things. I had a wound on my leg.

I had a spider bite. I was going to read on my, back porch, and I got a magnet and put it on the spider bite. That spider bite just happened. I didn't even realize I got bit, and I said this, this big wealth showed up on my leg, so I put a magnet on it.

Three hours later, looked down, got healed, gone. How long does it take for a spider bite to get healed? Yeah, I don't know. Well, it depends which one, but in at least a couple of days usually.

Usually most of these wounds tend to take a week to two weeks to heal. It was gone. So magnetic field therapy does something else. That's something in addition to acupuncture it does acupuncture to, but it does other things in addition.

And that sort of started me down that whole journey of the path. And I met up with a doctor from the Czech Republic, an MD PhD, who got his PhD in magnetic therapy in rehab.

Wow. And so he had translated a lot of that Eastern European science.

Healing Applications and Tissue Repair

So this has been around for a long time in Eastern Europe, but it's in journals that are in the Cyrillic alphabet or they're obscure, remote, you know, journals.

He had translated a lot of that science, and he produced a manuscript, but it was, you know, not very well written because he's Czech, he's not English.

And so we redid the manuscript and produced a book called Magnetic Therapy in Eastern Europe, a review of 30 years of research. So at that time in, in the mid 80s, it was 30 years of research already in Eastern Europe about magnetic fields.

But what we did not know about the stuff. So it just sort of blew the doors wide open, and it really provided a mechanism or an understanding of the actions of magnetic fields and how they work in the body, and why they can help.

And that started me down that journey. So that's family medicine to adding modalities because, you know, we're all trying always try to solve problems.

Yeah I'm not. And that's just amazing you know perfect story for this. And I always find it so interesting because and I talk about this a few times in the past you know especially with integrative medicine.

It's like all these other things that exist in the world forever. And here, you know, in America, Canada, it's like way out there and woo woo until it is an acupuncture is woo woo woo woo.

And now it's in every hospital. You know, something like magnetism. Why would that not affect the body? Of course it does. I mean, we know that, like, the moon affects the tides, right?

It's like, obviously energy matters. And yet you talk about some of this stuff and it's like, oh, you know, this is crazy woo out there stuff. But it's a no no.

We just don't understand it yet. It obviously affects us. We don't know always how to use the you know some of these tools appropriately. Or maybe we're just not there yet but actually there's a lot of research on a lot of this stuff.

And there's it's been used for a long time, like you said, you know, something like, like magnetic fields have 30 years of research that nobody knows about. This is many years ago.

And and imagine if we were just talking about this where we could be as opposed to giving opioids. What if what if we had been doing that kind of research on, on, on magnetic fields for 30 years?

Where would we be with with this, you know, who knows? And make an acupuncturist 3000 years old, at least. Right? Right. And they've been around for a long time, but they explain it in terminology that we don't understand.

What's chee what's moving chee what's what's, yin and yang. All those concepts are very valid, but they're, they're basically we discovered, we're discovering now they're electrical concepts.

They didn't call it electricity because they didn't have electricity. Right. It was developed originally. Right. Exactly. They didn't understand what we understand today.

But but we shouldn't throw that all out. Like we have to understand what they understood and make it relevant for ourselves, which I think is happening, which is great.

I mean, I think we are moving in that direction, which is wonderful. But we still have a long way to go. But I'm curious, by your experience, you know, I'm sure you have work with some kids, and lots of different, you know,

individuals with different conditions.

So how do you find, that this is, is helpful and how do you use it in your practice or when you're, when you're teaching about it? I mean, do you find it helpful for autism, ADHD, chronic conditions.

Got it. Like what does it seem to be helpful? More so it's probably it's better to go back to how does it work. Because if you understand how it works.

So we understand okay that magnets can do acupuncture. So we know that's a mechanism. But we also know that magnetic fields, as they pass through the body, they stimulate the body to produce energy.

And that that energy is used by the body to do what the body should have been doing in the first place. Right? So in other words, is producing energy.

And then the body basically uses that extra energy to do whatever healing it needs to do. I had A13 year old girl, three year old father calls me my daughter.

Just cut off the end of her thumb in a doorjamb right for me, right behind the nail. And he said, what do I do so well? The surgeons wanted to, you know, basically clean up the wound and put a graft on it.

That's what the plastic surgeons would do. I said, hold off. I heard that in the UK sometimes they just saw the sink. So the end back on and cross your fingers and regrow.

I just heard that as a story. I'd never seen it happen, never did anything like that. So I said, let's just put the put the piece back on again. And I've got pictures of this.

So it's to put the so it back on to serve as a bandage. Anyway and close the wound. We did that. She did 1.5 hours to three hours a day of a magnetic field that she put on her thumb.

She wouldn't do more. I wanted to do more, but she wouldn't do more. Three year old, you know, she's not gonna sit still for much, right? Yeah. So 12 weeks later, she is regrowing her nail.

Amazing break room. Her thumb. Wow. Nothing passive. Completely passive. No injuries, no complications, no infections. You know, nothing. The magnetic field help that wound grow.

And it kept it safe while it was growing. So it helped the bone to grow. It helped the nail to grow and help the skin to grow. Right. The nerves to grow.

This is a normal thumb. Now, if she had been grafted, she would have been had an abnormal thumb for the rest of her life. Right. I mean, so it's biology, it's not kids, it's not adults, it's not males is not females, it's biology.

A lot of the research on magnetic field therapies has been done in animals. And the animals respond extraordinarily well to magnetic fields. So kids are as sensitive as animals are to magnetic fields depending on the age of the child, of course. Right.

So I have a blog on my website. So my website is Doctor Pollock, dot com, DARPA, Outlook.com, and there's a blog on there about kids using magnetic fields in children.

Most of the time the children who come to magnetic field therapy are coming to it because they have fairly significant health issues. Right? Because this equipment is not cheap and you have to use it regularly.

You have to in her case, she use it for only an hour and a half to three hours a day. She would have healed a lot faster if she'd been using it six hours a day, but nevertheless, she got something amazing happened to her even with that amount of treatment.

So the way it works is basically at a basic cellular level. So magnetic fields, increased tissue regeneration, they decrease, inflammation, they increase stem cell production, they increase ATP and increase nitric oxide.

In my book Power Tools for health, I have outlined 25 mechanisms of action of magnetic field actions. What's the science? I actually 500 references in that book.

It gives you the science on how it works. And then I review about 50 different health conditions that magnetic fields work for. Wounds are clearly one of the most important ones, but beyond wounds.

So now to go back to your question, how do you deal with the kinds of things that we often deal with that are difficult in medicine to do it?

Autism, Anxiety, and Brain Modulation

So, infections, clearly magnetic fields help those tremendously so you can heal an infection. And typically about half the time with magnetic field therapy, you can treat the brain.

So we have in autism the problem with autism. Let me ask you this question. Is there a cure? I mean, I think in some cases there are things that we can do to improve the symptoms or get them to, you know, take away the diagnosis.

I think it depends on what the reason is that they have the symptoms in the first place. So basically my understanding is the way I look at it at least autism is basically an intrauterine problem that manifests when the children are after the children are born.

And we know that women who are pregnant have over 200 toxins and chemicals in their bodies. First haircut in the baby. You do the same testing. And that first haircut, there's over 200 toxins and so on in their in their in their hair.

It's locked in already. So we know they're they're in a sense being poisoned. But we also know that everybody all of us have to detox. We have to metabolize and detox.

And we know that a lot of children with autism, that's been pretty well established now they have detox problems, they can't method adequately or they have other, other sort of detox pathways that are blocked or incapable of doing the work they need to.

And so therefore they back all the stuff, backs up and then poisons the brain. And that produces the autism. So the autism then is aggravated by life, aggravated by sensory inputs and we have a huge amount of sensory input in our environment these days.

Right. And then aggravated by emfs. And so on. And food sensitivities and the list goes on and on and on. So you can have the symptoms, but you can't reverse the problem because it started in utero.

And the biology epigenetics has and to some extent genetics. But epigenetics on top of genetics that is causing all of these changes in these children.

Then then what we're doing then is basically managing symptoms. Right. We're managing behavior, managing symptoms. And so this can be very helpful for that.

We have a device called the Flex Pulse on Doctor Qualcomm Flex Pulse has ten frequencies in it. So the frequencies are designed to modulate brainwave frequencies brainwave patterns.

So if you have a child that's anxious or angry acting out, if you use the magnetic therapy, apply it to the brain. I had a woman, actually, this is not a child, but a woman who's in my office who had horrible anxiety, and she had had it for most of her life.

I put one of these coils in the back of her neck. She was she sat down and within 2 to 3 minutes, she was pacing. She's up and pacing. I put the clothes on the back of her neck and literally you could see the elevator going down.

She sat down. Did the rest of the interview, and what we did is we use seven hertz, which is very as a data frequency, to cause the brain to quiet down.

And her brain just sort of really settled down. She bought a machine and she's been using it ever since. She uses it every day to help her with her anxiety and her agitation.

So, so autism that we can basically wake people up. So brains that are in brain fog and too sedated to, hypo manic. Well, not manic, but high to the activity levels too low that you could wake them up or you can put him to sleep.

I have a personal experience where I had to pick up my daughter at an airport at 2:00 in the morning. I'm normally in bed at ten, so I had to stay awake.

But I did want to have coffee because if I had coffee, I'd be awake the rest of the night. So what I did is I took that flex pulse, put it on 14Hz or 23Hz, which is a and the wake frequency for the brain put in the back of my head two different 23Hz.

And it kept me awake the whole time. As soon as I got home, I took it off right back to Rick. Right to sleep. Awesome. Unlike a drug, it's fantastic. And I'm curious, I guess, you know, just to finish up here, you know, people might be listening to this and they're, you know, curious about doing it for themselves or for their children.

And I'm curious for you how many practitioners or how easy it is to find somebody to work with is probably not super easy. And I'm also hearing there's some things that you can kind of do on your own.

So is this something where you would recommend working with a practitioner and then maybe, you know, continuing on with something that you have on your own?

Or is this something that people could actually just do on their own if it's safe enough for or what what do you what do you recommend. For ordinarily safe PMA therapy is extraordinarily safe because it's essentially activating the body's own processes.

It's stimulating the body to do what it couldn't do or shouldn't be, should, should be doing on its own. So you're waking things up. And as I said, with the healing work, as you stimulate the tissues, you stimulate for a while and you back off during treatment.

And a doctor's office works for short term benefits, so you can do treatment in a doctor's office to to show you that it's doing something for autism.

It's a lifetime condition, so you're probably going to need help for the rest of that person's life. So they should own something and they can buy equipment on our website.

You can go to doctor's offices and there are lots of doctors who are doing this. You have to find them. Unfortunately. And they're they're not widespread.

And often they're not pediatricians. Right. They're not necessarily doctors who have a particular specialty in this. But we have a huge amount of material on Doctor Polycom.

And I've got the Supercharge Your Health book, which has a lot of formulas in there and a lot of advice on how you should use therapy.

Using PMF Therapy Safely at Home

So it's very safe to do on your own. You don't need a physician because first of all, you have to find one who knows anything about it, which is not easy.

And not doctors, conventional doctors, certainly. Certainly pediatricians as well, know nothing about this stuff because as we know, with a holistic medicine or functional medicine, there aren't that many doctors who do this.

Certainly not pediatrics. Pure. Yeah. And I think that that's hard, hard to find someone. But I think at least my personal opinion on a lot of this stuff is like, I, I would if I could if I were, you know, doing this, I would love to find somebody to at least do a couple of sessions or even one session, you know, just to kind of show me how to use it and, you know, kind of work with somebody or maybe a couple of sessions just to make sure that we're we're doing it right.

And then but yeah, I think there are a lot of, you know, there's so many things out there that you can do on your own. But but as always, it's nice that you can do it and guidance of someone that really knows what they're doing.

Well, it's depending on the problem. So if you have a child with cancer, that's one thing. If your child has osteomyelitis, that's a whole different problem.

If you have a child with irritable bowel or belly pain, that's easy. There are very inexpensive, small, magnetic devices that you can get that are easy to use.

The battery operated so that popcorn has a lot of that information. If you have any questions, you can always email us. And we'd be glad to answer your questions.

For children with more complicated problems that need more specialized equipment, that need more specialized advice, like children with seizure disorders, or again, deformities or chronic conditions.

Ulcerative colitis crosses magnetic field therapy and cross diseases like, duh. Why didn't we know about this before? Right. Any reasons? Magnetic field therapies used for aneurysms.

Yeah. I mean, there's just I mean, it it it makes perfect sense that it should be useful for everything. We just have to, you know, figure out or it has been figured out.

But I think we need, you know, better knowledge on how to use it for these conditions. Because why would energy and magnetic fields not be helpful for us?

It's just it's just I mean, that is just common sense right to me. So I, I appreciate that you're doing this. I appreciate that you're bringing this to the world.

I appreciate that you have used your, your degree to kind of go beyond and work on something that that is seen as or is not even, you know, well aware of at this point, but the fact that you have a, a background that you do gives it a lot more credibility and relevance, which I think is really helpful for people when they are searching out, you know, looking for practitioners looking for information which you're going to, I think come at, especially from your website at a, a good scientific approach that really does balance the best of both worlds, which is important when you're talking about anything in integrative medicine, not to get too out there, but to keep it within the realm of science.

And like you did such a great job. You did a review of the research. You're bringing this information to people. And I think that's really cool, because the way that this is going to change in the future is by teaching other practitioners to do it, and bringing credibility to.

People directly to the public directly. And. Yeah, exactly. So thank you guys, everyone, for being here. Thanks for being a part of this. And go check out Doctor pollock.com.

Fantastic resource for this. I don't really know of any others. So I think this is the go to place. So again, everybody should check that out. And, thanks for being here. And we'll see you in the next episode.

Thank you very much for having me. And I appreciate it. And we'll hopefully have a lot of people. Thank you.