Introduction to PEMF and Cancer

Well, PMFs impact all those components. They decrease the DNA, they increase the oxygenation, decrease inflammation. they do improve circulation, but the improvement in circulation while it's a negative thing in terms of growing the cancer, it is actually a positive thing for the tissues around the cancers.

So you want that area flooded with white blood cells, you wanna flood it with lymphocytes, You want the immune system to start attacking it, so one of the things that happens in cancer is the immunity system becomes sloppy.

It doesn't work as well. And that's why the cancer takes advantage of the sloppiness of body and then progresses to develop the cancers. So, PMF therapy, the whole lot of different actions simultaneously and all those 27 different action that I mentioned, I don't decide what it's going to do.

The PMS doesn' t decide, what is going do, right? We think we know what we're trying to, but actually it is the body that decides. what it's going to do with it.

And there's plenty of research now that support the use of magnetic fields across the whole spectrum of cancer development. Welcome to the PEMF Effect, where breakthrough science helps take control of your health.

I'm Dr. William Pollack, and I am here to guide you in tapping into the power of PMS therapy for recovery, vitality and total body wellness. From overcoming chronic pain, optimizing brain health, boosting energy and aging with strength, this podcast is your path to cutting-edge solutions for lifelong well-being.

If you're ready to move beyond symptom management and tap into your body's natural healing ability, you are in the right place. Let's dive in. Today's episode is a previously recorded session from a summit where I was a guest speaker.

Well, Dr. Pollack, it is such a pleasure to have you on this segment of Cancer Breakthroughs. And we're going to be talking about an extremely powerful tool that people can utilize while battling cancer.

So thank you so much for joining me. My pleasure. I'm looking forward to it and looking to sharing this information because very few people know about PMFs and cancer.

For everyone out there, Dr. Pollack's worked with magnetic field therapies for 30 years and established an authoritative website drpollack.com. He's authored two comprehensive books on healing with the magnetic fields called Power Tools for Health and this year Supercharge Your Health with PMF Therapy.

The Supercharger Health book describes how PMF can be used for over 80 different health conditions, how to select a PMS system to help and how do you use it properly and to get the best benefits.

And I mean, you have so much experience and so that you've done in this area. So I'm just going to let our interview show the audience the knowledge that they have.

Talk to me a little bit first about, you know, PEMF, what is that and how does that differ from electrosmog and EMF and things that people are afraid of?

Very cool difference. And it's the elephant in the room, if you will. So basically, everyone's concerned about EMFS and obviously people aren't concerned by EMfs relative to cancer as well.

But EMs are a different animal than P-EMS. EMS stands for electromagnetic fields. PEMF stands for pulsed electromagnetic fields. And I consider EMFs to be environmental magnetic fields, they're in the environment, you're

all around us.

The difference is that EMFS are basically broadcast, They were developed for communication purposes. They will not develop for biology and in fact they've been relatively poorly evaluated for a biology or impact on biology.

How PEMF Differs from EMFs

There's some evidence to indicate that they could be at risk and we can get into that a bit as well. PEMFs are completely different criteria. They're not like a broadcast tower like, a microwave tower or a television tower, or radar tower that's broadcasting into the environment.

That's what we call open loop. It just keeps on going. PemF's are designed by a machine producing a current, driving that current through a wire and essentially becomes a loop, so you have a, wire, and then you, have loop and that loop is what creates the magnetic field.

That's based on the concept of what's called the right-hand rule. Current flowing down a wire, like my thumb, is the wire. The current then generates a magnetic field that's perpendicular to the wires.

So every pulse of the current, hence pulse magnetic fields, every pulses of current causes a pulse a magnet field, which is perpendicular with the flow of a current.

And that magnetic field, based on the current flow, goes out, spreads out and it comes back and collapses on itself. So that's called a closed loop. EMFs are designed for communication.

And what happens with EMS is they're extremely short wavelengths. That means they get absorbed into the body. When they got absorbed in the bottom, they heat.

They cause DNA damage, cellular damage and so on. We know that Again, because they're not designed for that. And we know that with microwave ovens. That's the whole purpose behind a microwave almond, to cook, the heat, right?

It's a same principle. The contents in the microwave absorb the magnetic fields, that tiny, tiny little wavelength magnetic field absorb it and then cause their effects.

So PEMFs are very low, let's say frequency, wavelengths, and there really aren't any wavelengths anyway. It is a pulse. And because it collapses back down again, so it's moving into the body and coming back and moving in to the by and come back.

And so, it doesn't really get absorbed at all. Right? It just moves through and comes back, and based on Faraday's law, that coming motion in and out of that magnetic field, nothing in the bodies stops the magnetic fields, but that motion of the field generates energy or charge in tissues.

That's based upon something called Farada's Law. An example of Faraday's law would be taking a magnetic field, having a coil that's closed, that is not connected to electricity.

The coil is closed. Let's put a light bulb in that circuit. So what Fariday discovered is if you pulse a magnet field past that wire, you generate charge in the coil which lights up the lightbulb.

Well, that's exactly what it's doing in the body. Are you tired of living with chronic pain? Medication only masks the symptoms, but real healing starts at the cellular level.

I'm Dr. William Pollack, the leading expert on PMF therapy. Pulsed electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPawlik.com PEMF Systems. Visit Drpawlk. That's D-R-P-A-W-L-U-K dot com to register and claim your savings.

This limited time offer is available only to registered listeners. Don't miss your chance to experience the benefits. Terms and conditions do apply. Don' just manage pain.

Transform your health. Visit DrPolitic.com today and let's get started on your healing journey together. So, obviously, you know, we all want to have energy and cells need energy in order to be able to detoxify, to repair, do all these different functions.

So what, tell me a little bit more than kind of the pulse PMF, is that the main function that it does or are there other components along with it as well?

No, that's the primary use of it. And then what you have to do is you to determine the intensity of the magnetic field. You have determine how strong the machine is that's producing this current.

So in other words the higher the current, the average, wattage of that current flowing through that wire, The stronger the magnet field is. And you need that strength of magnetic fields to penetrate the body deeply enough.

To do the work that it needs to through the volume of body. If you're just trying to treat the skin, you don't need a lot of intensity. But if you're trying to create across a brain or across along, uh, in case of say lung cancer or breasts or bones, then you need much stronger magnetic fields to be able to deliver enough energy into the body.

PEMF Mechanisms and Cellular Energy

And that produced the, the difference, basically produce the effects of the magnetic field in the. In my book, my first book super power tools for health.

I outlined 25 different actions of magnetic feels. And then in my next book, Supercharge Your Health, so the first book Power Tools has 500 references on the science behind it.

So people want to geek out on science and they want that evidence and get the Power tools for health book. But it's not very practical. The practical book is Super Charge Your health and it discusses 27 different actions of magnetic fields.

the two that I added that were not in the 1st book include the endocannabinoid system. So PMFs have been found to actually stimulate the endocannabinoid system, which is the purpose behind CBD and marijuana, cannabis, and so on.

And also the cellular matrix. In the cells and between the cell, there are tubules. There are little fibers, if you will, And those fibers conduct. So when you put a charge through into the tissues and you increase the energy in the tissue, the charge, electrical conduction in tissues, you can get very rapid pulses of charge moving through the whole tissue.

So for example, if you do a bend your forearm, that action through, um, fascial planes through connective tissue produces a charged at the rate of 30 meters per second.

Right? Not through nerves, not through blood vessels, but through actual connectives tissue and those tissues are also connected linearly. There are separations but basically they're connected linear and that charge flows very rapidly.

So all of a sudden you have these actions not only locally where you did the magnetic field therapy but all the way down that whole extremity. It's amazing what magnetic fields do.

So in regards to cancer, I mean, here you have then a tissue that obviously is behaving in an abnormal fashion and

replicating uncontrollably. It's not connected with a signaling system of the rest of body.

What does PMF do to that type of tissue when it's being exposed to them? So a big part of a problem then is the environment, the milieu. of the cancer itself, how does that replication of those cancer cells begin?

How does the process cascade into a tumor? And we know that the dividing times of cancer splitting those, you know, from one cell to two cells to four cells, to eight cells and so on, can take long periods of time.

So breast cancer patients, for example, it's fairly well known that you can have cancer starting and growing over 12 years before it is finally detected.

So it can be a long process, it could be very rapid, but generally speaking, takes a lot of time to do all that splitting. But the environment that causes the cancer to grow is usually an environment of abnormality.

It's not a normal tissue environment. Often it's associated with lack of oxygen. Certainly it is associated differences in energy, and cancers tend to use non-oxygen energy for their growth.

And PEMFs drive oxygen into the cancer. That creates oxidative stress for that cancer, which then helps whatever else you're doing, trying to dump onto the cancel to get it to stop growing, work better.

Basically, PMS, by virtue of the energy they stimulate, increasing circulation. Inflammation is huge, right? It's a huge contributor to the development of cancer so you have an inflammatory environment that causes abnormalities of cells.

They're not healthy. And as a result, the natural processes of control of having those bad cells die off or be eliminated by the immune system, that doesn't work.

That breaks down. And so the catcher starts to develop its own sort of momentum and life, if you will, outside the life of the body. Well, PMFs impact all those components.

They decrease the DNA, they increase the oxygenation, decrease inflammation. They do improve circulation, but the improvement in circulation while it's a negative thing in terms of growing the cancer, it is actually a positive thing for the tissues around the cancers.

So you want that area flooded with white blood cells, you wanna flood it with lymphocytes. You want the immune system to start attacking it. One of the things that happens in cancer is the immunity system becomes sloppy.

It doesn't work as well. And that's why the cancer takes advantage of the sloppiness of their body and then progresses to develop the cancers. So PMF therapy, the whole lot of different actions simultaneously, and all those 27 different options that I mentioned, I don't decide what it's going to do.

The PMS doesn't decided what is going do, right? We think we know what we were trying to, but actually it is the body that decides what, what's it going with it.

And there's plenty of research now that support the use of magnetic fields across the whole spectrum of cancer development. So you talked a little bit about angiogenesis or production of blood vessels and that's always…

So how does it benefit then the normal tissue, the good tissue around and bring… I mean, yeah, I get it, bringing all the white blood cells and all that into that location.

But you have all that blood vessel production that's created to support a tissue that it's gone rogue and needs a huge amount of nutrients and all these different growth factors in order to be able to, support its own existence because it is not very efficient in producing energy.

So how does that not happen? How do we protect that process not take place? Well, in terms of P about therapy,

you can't. So I always, I do say that magnetic field therapy does not work on its own.

You can build a house without bricks and mortar. you Can't have to help the body to defend itself better unless you supply the other resources to be able to do that.

so you may need antioxidant support of all kinds. That's the whole reason behind IV vitamin C and alpha lipoic acid and so on. They're all important because you supply the body extra tools to be able to do the work that it should have been doing in the first place.

But what PMFs do is they bring energy to the process. And again, a metaphor is that you're building a house or remodeling the house. You need the tools, you need resources, supplies to build a home.

And you need the tools. And if you use, so let's say hand tools, it's going to take a lot longer to build a house. But if he has power tools then you're going do it much better, much faster, more efficient, less likelihood of the problem, problems happening with construction.

but you have to supply energy for those power. and that's what PMF do is they now provide you the energy or everything else to work better. So one of things magnetic fields do, is increase ATP production.

Catchers don't really like ATP. Well, I mean, so yeah, because their mitochondria is quite dysfunctional. And if you drive that mitochondrion at a high, you kind of rev the engine faster, their Mitochondria really can't handle it.

PEMF Effects on Cancer Biology

And that, you know, when the mitochondria then breaks down, there's a lot of reactive oxygen species, oxidative stress that just leaks out into the cell to trigger then the sell deaths.

So, yeah, so that is a powerful strategy is to really push the Mitochondria of the cancer. And also, PMF then is, is powerful tool for that. For that?

Another aspect that we rarely talk about is efficiency. How efficient is the body? How Efficient is a car? If you provide fuel to a Car, what's the percentage of efficiency of the car and converting that fuel into work?

It's about 20-25%. What's The Efficiency of The Body in converting energy into Work? About 20 to 25%. So our bodies are really significantly inefficient.

And what magnetic field therapy does then is that it makes everything more efficient. So you can take a normal tissue, a normally person, normal skin, no biologic processes, add magnetic therapy to it, and you're going to improve the efficiency of the body's functionality.

And so anything that you putting in like vitamin C or nutrition, et cetera, when you doing the magnetic flow therapy, you are making everything that your adding work even better.

You're not going to give me the supplies, the fuel, but you're actually having the engine be able to convert that fuel better into work. Your body was designed to heal, But illness, chronic disease, stress, injury and time can slow that process down.

What if you could restore your body's natural ability to recover, recharge and feel its best? The key to healing is giving your bodies the energy to repair itself.

PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals and helped thousands of people reduce pain, regain energy and take control of their health.

However, not all PemF devices are created equal. No one size fits all. We offer personalized consultations so you

can find the right device for your needs, backed by real science and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com, that's P-R-P-A-W-L-U-K dot com, because real healing starts at the cellular level.

It's a powerful adjunct therapy with whatever, if it's ozone, vitamin C, curcumin, whatever it is that you're using, then this becomes a very powerful tool to enhance that effect, which obviously makes the outcome much more favorable.

One of the things that I've heard, and I'd like to kind of hear your take on it. You know, some people say that the PMF also then kind destabilizes the cell wall membrane of cancer.

Is there any? any truth to that? Because obviously the cell wall membrane in a cancer cell is not as healthy and robust as a normal cell would be. So then putting stress on the cellular membrane, you know, with these pulse magnetic field, is there any true to them?

Well, yeah, and I haven't read anything that says specifically that that's an important mechanism of action. I think what you're saying is absolutely correct.

If you have an abnormal membrane, for example, a healthy cell has how many membrane channels in it? Hundreds. And so PEMFs open up those membrane channels because you're introducing charge.

So what happens is a cell builds up charge on the outside because it's damaged and the membrane channel are not working properly. The calcium channel, the potassium pumps, calcium pumps and magnesium pumps.

All those pumps are now working property. When you start to open them up, then all of a sudden nutrients get in better and waste gets out better. So for cells compromised, then magnetic fields are going to cause the cancer cell to work harder.

But it needs fuel to do that. So if the castor cell does not have enough fuel, not just blood supply, but also nutrients, carbohydrates, right? And it doesn't have the nutrients that it need to function.

It's increased demand for increased functionality. Then it suffers, it dies, apoptosis will begin to happen. Now, does that mean you're going to kill the cancer, cause the to go like that?

No, it's obviously, a gradual process of controlling the cancers. And what they've seen with cancer cells, you know, compared to normal cells that there's a certain voltage across the cell wall membrane that a normal cell has.

Then in a cancer cell, that voltage tends to drop dramatically. And I know, like you're mentioning, in order to be able to open up, when you open those ion channels, those pathways through the cell wall membrane, that is what helps to regulate the voltage within the cells to keep it healthy.

So I would assume that that's another mechanism to kind of normalize that voltage. And then if you have a cancer cell with lower voltage, than to kind of drive that up maybe and then, yeah, to convert the cell more into either a normal function or then to move it towards apoptosis.

Or what happens, obviously what you're saying is that when you putting a demand on a cell, it has to be able to meet that demand. So if I'm making a sell work harder, I make a some more efficient.

And it needs the fuel, needs all the other resources that it need to be able to do that. And if it's handicapped in some fashion, genetics broken down or organelles are broken inside the cell or the mitochondria, as you said, are broke down, then obviously you're stressing that cancer cell.

That's what ends up causing the apoptosis. Fortunately, with magnetic field therapy, there's no single mechanism. And so basically the body is going to do, if you're giving the the extra capacity or extra capability or ability, then the

bodies going do an even better job of what it should have been doing in the first place, even with more advanced cancers.

And then in regards to then, you know, what happens to normal cells in regard to driving the energy, it also is the same, like you're talking about immune cells, which are crucial, obviously, in battling cancer, is to increase the of the immune cell to be more efficient in recognizing cancer cells and controlling the environment and to make sure that metastasis does not take place and then also be how to address the cancer, the tumor that is there.

Absolutely. So I think PMS could be used along the entire spectrum of cancer therapy or cancer management. It can be use as prevention. And I consider that actually very important with breast cancer patients.

Because, you know, 40 to 60% of breast-cancer patients have stem cells in their bones already. But at the time of the initial diagnosis, remember we have all these doubling times of their breast cancers to get to a point where it can become detectable.

However, we detect it. Um, and by that time, uh, tiny daughter cells, stem cells have broken off and gone into the bones. We could also have metastatic cells.

Nevermind the stem cell, we could have medistatic cancer cells go out into tissues. And so the preventive aspect then of magnetic field therapy is to create an oxidative environment and hypoxia.

Supporting Treatment, Surgery, and Recovery

Most solid tumors have hypoxic areas in them. If you all of a sudden increase the, the oxygen. not by the cancer's control, by virtue of what you're doing with the magnetic fields to that cancer cell.

And all of a sudden, again, you are helping whatever else you doing to attack that Cancer. In addition to obviously supporting the body to fight off cancer and then also to put stress on the Cancer cells that they demand that cannot handle, that puts them in that oxidative state to kill them off.

Yes, in addition to kind of battling cancer directly by supporting a healthy function of the body, you also have cancer patients that are dealing with complications like pain, for instance, and gut issues and inflammatory conditions.

lack of energy and all these different aspects that come about due to doing chemotherapy or radiation or just the cancer as a whole. What role does PMF fit in there?

So, PMT therapy, I just reviewed a bunch of cancer studies that were done in Russia. So in, um, I think it was in Moscow, they have had a cancer center.

So back in the eighties, seventies and eightie, this cancer Center had been doing a lot of research with, uh, Saturday therapies and PMFs. And what they found is that it didn't matter what you used as a conventional medical practice.

PMR therapies amplify and enhance the value of anything you do. so we had to concern that maybe there would be some problems with PMT therapy and interference with say radiation.

that what you could do is you can strengthen cells so that they become radio resistant. What's actually showing up now is that cancer cells actually become more radio sensitive, but healthy cells become radioactive resistant, so you're predicting the healthy environment or the normal cells in the path of the radiation while at the same time you are sensitizing the cancerous cells to the to radiation.

So, same thing happens with chemo. There's plenty of studies now that we're developing that show that PMF therapies can, in some cases, almost double the value of chemoe.

So the chemoke, you theoretically could use less chemode than combined with PMT therapy to do the work that you need the chemotherapy to. Surgery is the same theme.

surgery creates its own problems. So surgery by itself causes a major stress to the body, which then decreases natural killer cell activity. And so what you do then is that you help the patient to deal with the stress of the surgery with an PEMF therapy.

So it helps injury recovery better, surgical trauma recovers better. If you're using magnetic field therapy in advance of this surgery, actually research at Columbia University has found that magnetic fields increase the natural stress hormones in the tissues, stress factors.

So heat stress proteins. So if you treat the tissue before you do surgery with PMF therapy, you strengthen that tissue against the trauma. You can still do your surgery, but then like radiation, You help the surrounding cells to be healthier.

And then if your doing magnetic field therapy right after the surgery you speed up the healing process, decrease the risk of complications and side effects and you make the tissues heal faster.

so you can heal a wound typically in about half the time that it would normally take. And the benefit, a lot of times you're talking about cancer, you call it the wound that never heals.

So if we then support the completion of that healing loop and using then PMF, then the body is not stuck in that, where it's bringing in factors to try to continually heal that wound, so to say, because you've completed the loop and then the inflammation, that tissue is decreased.

And then also you don't have a lot of different protein or amino acid components that can then feed the cancer because, you kind of seal that. So PMF will help with that process.

and obviously healthy tissue, is less likely than to move into any kind, of cancerous process Or cancerous process, exactly correct. So all of those factors, like NK activity, for example, as I said, surgery decreases Nk activity.

The stress of the surgery itself, nevermind the narcotics, the painkillers, sedatives and tranquilizers, all these things impact N K activity so PMFs then by strengthening the environment help the body to stabilize and increase N k activity So they are less likely to sort of coincidentally So if you have an appendectomy, for example, you're in a history of cancer, 10 years ago, 20 years, how often do we hear that a year or two years later, cancer shows up?

Because even though you were supposedly healed and you are a survivor, now it's all gone in the past, all of a sudden, bingo, the cancer show up. Why?

because of the stress causing a suppression of NK activity. So PMF strengthen the tissues, increase Nk activity, and then the body doesn't go into that state of, uh, The cancer growing.

A friend of mine in Portugal that works with cancer patients has been doing it for 30 years and he made the statement that's kind of stuck with me that surgery increases metastasis by 40%. And it's exactly what you're saying.

It's that suppression of immune system function, the creating of the trauma, triggering the inflammation, and then also things can then start to move about.

So it becomes really important then to support that healing process, activating the immune systems, making it as strong as possible through that process.

then what kind of tools, I mean, for an individual dealing with cancer, what should their tool chest look like in regards to PMF equipment? Okay, so the challenge for us becomes intensity, the intensity of the magnetic field.

And I write about that in my books, and I also have a blog on my website about the dentistry. Now, PMFS have many different actions on inflammation. to decrease inflammation.

One of the key actions is the adenosine receptor. So the Adenosin receptor is on the white blood cell. Stimulating the Adenosine Receptor, which is what magnetic fields do, increases the ability of that cell then to, um, decrease the inflammation, so those stimulated Adanosin receptors on white cells, gravitate to all the tissues where you have inflammation and it increase the anti-inflammatory activity of your body.

So about a 400% increase in identity and production of those tissues. But you need an optimum magnetic field intensity of 15 gauss, optimal, 15 Gauss.

So people say, well, that's not very much. Well, there's lots of magnetic-field devices that people are being sold. There are less than one gaus.

Choosing the Right PEMF Device

And you're spending $5,000 for one of these machines that is going to do what? I don't know. Most of the time I say basically it's going to do acupuncture stimulation in the body.

So you need a minimum of 15 gauss, but then you have to account for another principle of magnetic field therapy called the inverse square law. And it is not just the Inverse Square Law.

As we know, if you step away from the light, it gets darker and darker the farther you get away. That's basically like the reverse square. So there's a logarithmic drop in that intensity of the magnetic field, as well as light and heat and sound and cold and so on.

All these are physical principles of radiation. I'm not talking about ionizing radiation, but just radiation in general. So you have to compensate for that.

For example, if you're trying to treat across a brain, which is typically about six inches across, let's say average, then if want to stimulate on one side of brain just to produce 15 ghosts on the other side, you need 4,000 ghosts.

And you kind of have to do that calculation. And that adenosine blog gives you the tables that show you how much magnetic field therapy energy you have start with in order to deliver 15 gals across a distance, whatever that factor might be.

Most people do not ask whoever they're buying their equipment from what the intensity of the magnetic fields is. There's a lot of people who are distributing and selling these devices.

They don't want you to know. Right. Because if they don't want you to know, do you want to honestly buy a car without knowing what the horsepower is? Right?

No, really. Come on. So you have to ask. In a professional setting, like at your office, I know we use, doctors often will use the right equipment and have the magnetic field intensities.

They can do a lot more work because of that ability to deliver more energy into the body. But I am shocked, even today, I'm shocked at how many doctors buy these very low intensity systems and they're sold through multi-level marketing.

And they think because it is sold by this salesperson, all the wonderful benefits and it's increasing circulation and so on. But they don't talk about 15 Gauss being optimal because they didn't know about it.

Actually, quite frankly, they'll want to know a lot. Just too confusing to you know, the science. Yeah, don't confuse me with the facts, please. I know what I should know and that's all you should.

Yeah, that I know what I now. Great. Well, Dr. Pollack, thank you so much. I mean, you are in regards to this field. You're helping so many people to bring this knowledge out and bring the technology out.

Where should they go to kind of learn more about the tools that you offer? We will be providing a cancer ebook as part of your program. Um, they can go to drpauluk.com.

That's D-R-P-A-W-L-U-K. COM. There's a ton of information on there, including that Adenosine blog. Um. And then in addition, as I mentioned, the two books, so Power Tools for Health is a, is, a basic book, but it has more of the science in it.

and the practical book. The manual, if you will, it's called Supercharger Health with PMF therapy. So I think anybody who's going to make an investment in a PMF device, and most likely you're going have to spend a minimum of $5,000 to get the appropriate machine.

And we have a lot of equipment on our webpage, on part of our comparison guide on the webpage. We also have the store so you can get to the intensities of the devices and the costs.

So typically in order to have right intensity for cancer. The other thing about cancer is you cannot afford to mistake. You can spend $5,000, get a machine that your soul is going to work, and then all of a sudden, two or three years later, you discover, oh crap, right?

It didn't work. So armed with this knowledge and this information, You will now take charge and you will be more certain of being able to get to benefit along with everything else that you do.

with all the other ancillary therapies, and I still recommend the ancellary therapy. So unfortunately, to do a cancer care adequately, you need a tool chest, as you said.

It's not just one tool, it's a multiple, a set of tools. And then you're going to have to this for the rest of your life. We never talked about this, but I don't like the concept of survivorship.

I think survivorship lulls you into a sense of you are done. Right? So we know even with breast cancer, if you don't die at the time of your treatments from breast, cancer initial breast counts, usually the first diagnosis, 10 to 20 years later, metastasis chart starts showing up.

Right. They've been quiet there all along. So you can't just stop at time. Of initial treatment. You have to keep treating yourself for the rest of. Your life.

All right. If it's not breast. Cancer could be, who knows what else. Yeah, and the most expensive therapy is the one that you spend money on that doesn't work.

So yeah, it is key to spend your money wisely and make sure that, you have great resources and people that are really educating you. and what works, and that's what I appreciate about you.

Well, Dr. Pollack, thank you so much for this, for bringing your expertise and your knowledge and and tools. Thank you very much. You're very, very welcome.

And enjoy the rest of your day. Everybody be healthy and well. Live long and prosper, as they say. Yeah, we'll do a little… Thanks so, much, Doc Pollock.

Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights and inspiration to take control of your health. If you enjoyed this episode, don't forget to subscribe, leave a review and share it with someone who could benefit from PemF therapy and holistic healing.

Your body has the power to repair, recover and thrive. Sometimes it just needs the right charge. Until next time, stay curious, be proactive and keep powering up to better health!

you