Pulsed Magnetic Field Therapy for Energized and Accelerated Anti-Aging Transcript

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Introduction to Dr. Pollock and the Summit

Hi, I'm doctor Sanjeev Goyal, medical director of Peaky Maker and your host for the advanced Anti-Aging Technology Summit. And today, I'm very glad that you could join us as I'll be speaking with Doctor William Pollock.

Doctor Pollock is holistic, doctor. He's, previous academic positions to John Hopkins and University of Maryland. He has training, acupuncture, homeopathy, hypnosis and body work.

And he's considered the foremost authority on pulsed electromagnetic field pump therapy in North America. He's been on the doctoral show, which I'm sure you'll tell us about, and he's been working on pet therapies for over 25 years.

You can check out his website at, WW doctor Pollock, welcome. And is the author of two books on time and how there, has impact your health. So if you want to, first tell me, what's your, how do you feel about, getting on to the summit and and, and I will get get going.

Our, aging is, one of my special interests. Magnetic field therapy, impacts life in general, but magnetic field therapy absolutely impacts aging. So I'm very happy to be here to talk about how pmfs, we and call PMF some people call it PEPs, but I call it Pmfs, impact life health.

And obviously as a result, aging. Right. Okay. So maybe just take me. I'm a real beginner in this and, and, I've seen some of the machines, but I didn't really understand, what are, where are pulsed electromagnetic waves?

All right, so these devices are actually, they're complicated, but they're very simple.

What Pulsed Electromagnetic Fields Are

The basic idea behind a, magnetic field produced by current flowing through a wire. That's how a PMF is produced. Okay, how about you have a machine that's essentially driving current into a wire cutter?

That can be a radio. It could be anything that drives current into a wire. So all our electricity in our homes, all those wires are producing magnetic fields to varying degrees.

And we obviously people know about power lines. And the magnetic fields are power lines produce because they're huge, right. The magnetic fields are a lot bigger, but those are magnetic fields that are essentially uncontrolled as far as humans are concerned, as far as human health is concerned.

Whereas Pmfs pulsed electromagnetic fields are designed for human use, specifically designed for human use. So then you have any matter, you have a device that produces the current that's flowing down wires.

And as it flows out the wires, you get what are called coils. And these coils become part of what's called applicators. And those coils. Then as you wind, copper, typically copper into a coil and you drive in current into that coil, the more turns of that wire you have the wire, the bigger the magnetic field is.

So essentially, as current flows down a wire, what happens that is that a current flow through a wire is subject to something called the right hand rule.

So as the current is flowing through the wire, so the thumb is the current flow and the fingers wrap around the wire, that's the magnetic field they produce by the current flowing in the wire.

So the magnetic field is basically perpendicular to the flow of the current. Right. And as you pulse the current what happens goes like that. Right? Right.

Automatically you produce a magnetic field like it's hand and go up. That's why it's called electromagnetic. You cannot separate the electrical from the magnetic current.

But what we're using and we're not using the electrical picking our therapies, we're using the magnetic as we know. And in health in general, you can apply an electrical current to the skin like with Tens units or other electrical stimulation, but it doesn't penetrate very deep into the into the body because a thin skin offers a huge amount of resistance.

A magnetic field goes right through the body as if the body doesn't even exist. Nothing blocks a magnetic field except maybe metal, and metal doesn't even block it. It deflects it.

It still passes on past the metal. And as far as the body is concerned, it passes through the body completely. And that's important. So imagine a magnetic field passing through the body.

It's like the wind blowing through the trees. Got it to a magnetic field. The body is like air, almost entirely air as it as it passes through the body, it may meet some degrees of resistance, like the wind would in the trees, but it's still going to keep going.

The tree or the the leaves are not going to stop. The magnetic field. It may diverted may change. It may slow down, change its path a little bit. But basically it's going to go all the way through.

And the human body is exactly the same. So all the action of a magnetic field in the human body depends on the interaction of the field passing through the body with the structures of the body and most of the action in the body based on Faraday's law, Maxwell's equations, Gauss law etc., is that a magnetic field interacts with charge.

Every atom, every molecule has charge in between the cells. There's charge in between the organs there's charge. So what happens then is the magnetic field is passing through because passing through the cells and organs equally, it's not being diverted from one organ to another organ.

It passes equally as if they weren't even there. And as it passes through, then it initiates the production of charge of the body interacting with the charge that's already there.

Okay. All right. So then what you're doing is you're amplifying, you're increasing the amount of charge of the body. And when you increase the charge, you're increasing energy.

But at the same time, you're causing all kinds of molecular actions to be activated by the field passing through. So as you can imagine, wind blowing through the trees.

What is it doing to a tree? The wind blowing through trees wakes up a tree. Wind blowing through the trees causes branches to be moving, which generates electrical charge. That's called perso.

Electric fields. Same thing with our bones. If we bend our bones, you can get charge. You can measure the charge difference in our bones when we bend them.

So when we're walking, we actually create tension in our in our bones that causes production of electromagnetic fields. When you contract a muscle, you create charge and you create magnetic fields.

How Magnetic Fields Interact with the Body

So the body has produces its own magnetic fields, other tiny, but it has its own magnetic field. And so the magnetic field that we're applying to the body interacts with that magnetic field and interacts with the charges, which then create this huge host of actions in the body.

So why is it pulsed like it is? That's what's so specific about about this type of therapy then versus magnetic fields we encounter in an environment.

Well, there's basically two types of magnetic fields. There are what are called static magnetic fields. Like the fridge magnets. Okay. Are regular bar magnets or horseshoe magnets.

They're static. The magnetic field has been created in that material by an application of a magnetic field to that material. And then the molecules become reoriented and the magnetic field becomes fixed permanently.

Like a mass shifting. It's permanent. You know what we call static. Then on top of that, there's what are called time buried magnetic fields, which is what a current flowing through a wire is.

A current is flowing at a specific rate or a frequency. Yes, at a certain voltage. And because it produces this magnetic field, it's expanding and collapsing all the time.

So a static magnet applied to the body, it's like me holding my hand. There's not much going on. It's very passive. So the magnet is just there. But the but the fluids in the body, the veins, the nerves etc.

are interacting with that magnetic field and then produce their own little amount of charge. Right, right. But if you have a pulsing magnetic field it's going like this.

There's a lot more action going on. And the intensity of the magnetic field determines the type of magnetic field it is, determines how much charge is producing the body.

And that's subject to a law called Faraday's law. The Faraday's law basically says a magnetic field interacting with charge increases and causes charged production.

So we're relying on Faraday's law for the body to interact with the magnetic field, to produce charge, to produce change and, and, and result in, you know, health, healing, etc..

So does more charge more, electromagnetic field result in more health benefits? Yes or no? Happily, magnetic fields passing through a healthy body do very little.

Okay, so healthy cells ignore a magnetic field. They they can be sort of set. They can become aware of it in a sense. But because they're healthy they have the ability to resist.

There was a study done in Virginia at the University of Virginia where they, stimulated the brachial artery with a magnetic field and had very exquisitely sensitive equipment to measure the diameter of the blood vessels.

And what they saw is a very rapid and tiny amount of increase in the diameter of the blood vessel. So the blood vessels dilated. This is healthy cells now healthy people that of dilated and within microseconds literally microseconds to milliseconds it collapsed.

And then it came back to normal. So the body's always trying to create homeostasis. The body's always trying to put itself into its what it's basically its natural state.

That's called homeostasis. So in this case of the healthy, veins or blood vessels, they did react to the magnetic field, but they came right back to normal right away.

So magnetic field, most, most of the benefits from magnetic field therapy, accrue to cells that are out of balance, are not healthy, that are sick, that are deranged, disorganized.

The only sort of negatives that we can kind of connote with non-health, aging by itself is a it's a natural process, but at the same time, it's a, it's a decaying process is a process of things breaking down and not having the ability to sufficiently or adequately repair themselves.

So magnetic fields help more with cells are that are a balance, whatever the cause might be. Right. So an inflamed cell like how does what cell out of balance and inflamed cell or you name it, trauma cuts, burns, freezing heat, radiation, lack of oxygen, lack of nutrients, all the different things that can injure a cell.

Anything that can endure a cell is basically causing the cell then to become unbalanced. And then the body needs, help to restore it. Now, the body allowed.

So if you a card, if you have surgery, if you have an appendectomy, if you have your appendix out. Right. All right. What is a doctor. What is a surgeon do so some back up again.

Yeah. Crosses those fingers and said okay, go home and fix yourself. All right. Repair from my injury that I caused you. All right. Cause you that injury to save your life. Maybe.

But still, I caused you another injury on top of one you had already. Right? And then what your body does is your body. We know that it has a natural capacity to heal itself, but we also know that different people with different health issues and aging don't repair.

Well, I had to slow to repair. If you're a diabetic, you, your circulation is compromised, your immune system is compromised, your body's ability to repair damage in the body is decreased.

That's why diabetics often have diabetic ulcers or wounds in their extremities. Right. And if they get infections or wounds or illnesses, they don't recover fast from them, like a young 25 year old would do a healthy 25 year old.

So there are many, many, many, many causes of things to be out of whack. And then what you try to do is to bring it back into balance, and magnetic fields will heal a wound.

Even a healthy person will heal a wound twice as fast. Wow. Okay, so maybe let's take us through. Like what have you seen? What health benefits have you seen with this type of therapy?

I guess over 25 years or so.

Pulsed vs Static Fields and Cellular Effects

In my book in Power Tools for health, the second book that I wrote, I have a chapter in there that talks about the 25 mechanisms of action of magnetic fields.

Okay. And then on top of that, the next chapter is, review of the research on Pmfs for 50 different health conditions and where there signs. Now there are others.

But, you know, you have a limitation of what you can put in anything in a book or website or whatever. So I chose 50 and I produced that provide the evidence.

I have over 500 references in the book on the actions of magnetic fields and their effects on disease. The actions are the critical aspects of it because it doesn't depend on the disease.

It depends on the nature of the cell and its condition. And so things that magnetic fields do for sure that have been established for decades. What my first book was about, reviewing the Eastern European research on Pmfs.

Right. That was, already 30 years of research that had not yet seen that seed in the West. All right. So they've been doing this for a long, long time.

Magnetic field therapy's been around in Europe for well over 50 years already. So, one of the key actions. So go ahead. Yeah. No I just going to say that. Yeah.

The so for the viewers out there, how would they know that there are, there are candidate. I mean because they

obviously could read your book, but just in a kind of nutshell, like how do they know there are there are going to be a good candidate for this type of treatment?

First of all, there is no biology at all that cannot benefit from magnetic field therapy. Zero. I tell my patients regularly from about 25 to 40 years, and for most people, you are in relative balance between breakdown and repair.

But right by the time we reach 40, all of us begin to notice that we have some creaks and rattles and in varying degrees. If you're a professional athlete or you're an Olympic athlete, you probably have a lot more creaks and rattles than the average person.

But if you're diabetic or if you have genetic disorders or you had injuries or trauma or major accidents concussions, then you've got issues that are not natural to that age between 25 and 40.

So after 40 health goes down, talk about aging. Health begins to go down and it accelerates, right. So it starts off very slowly. And then begins to accelerate.

So by the time you reach 75 or 80, what percentage of Americans at age 60 have, just disability have chronic conditions? Okay, 75 to 80%. So and so again, that process of aging accelerates rapidly.

So everybody could use a magnetic field. And I talk about aging as being a problem of entropy. So entropy means that you have, energy in the system to maintain the form of that system. Yes.

Okay. You need energy. It doesn't happen passively. So if you start, if you don't have enough energy, then the aging process, the entropic process accelerates and perhaps gives you that energy basically.

So perhaps because of all the actions of plants and one of the key actions is to increase ATP production, right? Okay. But aging is also in my book as a physician of of practicing for 50 years, I've seen aging.

As you can imagine. But I basically my conclusion for most people, unless you have, Superman genes, but even Superman had Kryptonite. Right. But for everybody, aging is often more accelerated and tends to go down its steps.

It's not usually a smooth curve down. A step down in aging is a cold, is a flu, is having to have your appendix out, having trauma, right. Having major social upheaval, having major emotional upheaval, economic upheaval, all these things stress out.

And every major stressor is another step down. Right now, hopefully we hit we have a level that's plateaued. It doesn't step down anymore until the next incident.

So I call aging death by a thousand cuts. And so if somebody is interested, how would you recommend them learning and deciding okay, what type of device.

Because you know, there's number of devices out there. How does this looks too complex I think right. So it is complicated and it's one of the most important aspects of decision making about what magnetic field therapy system to get is, how deep does a magnetic field go?

In other words, the intensity of the magnetic field Gauss give us Gauss or Gauss, is a measure of the intensity of the magnetic field. For in on my website, not in this book because that came out before that I discovered that adenosine which forms ATP adenosine triphosphate.

So ATP adenosine is also responsible for inflammation in the body. Magnetic field magnetic fields affect the adenosine receptor and what's been found.

And there's a blog on my website about adenosine pain, inflammation, and adenosine then has been found.

Who Benefits Most from PEMF Therapy

You need about 15 gauss of magnetic field optimally to impact the adenosine receptor to decrease inflammation. So you need 15 gauss. So if you apply 15 gauss to the skin, it's going to work very well right there.

But magnetic fields like any other radiation, whether it's light, heat or light or sound, right? All of these forms of radiation, if you call, I call them radiation.

We're not talking about sunlight or, atomic radiation. All of them have the same characteristics. They decaying extremely rapidly from the emitter. From the source. Yes.

And then and I've the term that I use, the measurement that I use is called the inverse square law. So on that block, the identity block I outline the magnetic field intensities that you need at different levels of depth into the body.

An example if you have a concussion concussions cause inflammation in the brain. So if you're treating a concussion, you can't necessarily pinpoint exactly where the damage is in the brain.

It's very hard to do MRI. It won't do that for you. Most other most other measurement tools don't tell you exactly where the problem is. If you could pinpoint like a laser, that would be ideal.

So what we're doing is we have to aim at, let's say the forehead. Yes. And you want that magnetic field to go right through the brain. Yeah. Right. So if you need to go six inches into the body, you need to start with a magnetic field that's about 4000 gauss or more okay.

So that's 15. So that's 15 by the time it gets inside. By the time it gets to the other side. Yes okay I understand. So you have to look at what the condition is and where it is on the body to determine, what type of strength magnetic field to get.

Exactly. And then you have to then, on our website, Doctor Polycom, we have a bunch of different machines, pieces of equipment. Okay. And they all have different characteristics for different purposes.

So they're all pens. They're all pen machines. They're all PDF machines. Yeah. But doesn't but I guess the, technical specifications are a little different.

And that could have impact on different conditions. Absolutely. So intensity is critical. How much of the body do you treat? If you just have a shoulder problem, then you really only need a small area.

But most people have more than one problem. Most people that I talk to certainly have 3 or 4 different problems. Yeah. So you may come into the office to see it because your shoulders bother you right now, but you're diabetic.

So my job as a clinician and as a physician is saying you need to treat the whole body, you need to treat the whole person, and your diabetes is going to harm you more in the long run than your shoulder.

So yes, we can treat you for your shoulder, but we really should be taking care of your diabetes, right? So I've, I think I've lied down in one of these mats, which I believe is on the left matter.

I forgot to name the company was, but I didn't really I don't you don't, the user doesn't feel anything. Right. Or do they. There's a spectrum, right?

There's a spectrum from extremely low intensity and intensity matters. Intensity is really the key, right? I can talk about waveforms. We can talk about frequencies, and they have their place.

But the most important thing in terms of healing and anti-aging action is the intensity. And so if you lay on an extremely low frequency, low intensity magnetic field, let's say one gauss or less, a lot of the whole body systems of that are sold in the community are extremely low intensity.

And when you do one Gauss, you don't even have the 15 that you need for inflammation. Right. So it's acting on the superficial layers of the body primarily through the acupuncture system.

And that produces acupuncture like benefits in the body. So that means you may feel acupuncture like effects, but you won't necessarily feel the impact.

On the other hand you can go to the extreme. We have a magnetic field system called the hero ego, which is a magnetic sandwich. Basically, you're laying the body between two layers of magnetic fields, and they're strong enough to actually cause muscle contractions.

You know how that system is probably around 7 or 8000 gauss, right? All right. So the body can withstand that. We now have devices that are approved by Health Canada and the FDA in the US to treat treatment resistant depression.

They treat the brain for depression. And those devices are around 5 or 6000 gauss as well. In fact, what they do. Yeah, it's just a I know there's a transcranial magnetic.

Exactly. Is that what that is like? I know the rtms repetitive transcranial magnetic stimulation. Yes. And so it's the same technology. It's just it's just the same technology. Right.

And it is been it's been approved, I think for depression. But I think it's something it has for depression and it's being discovered now to be useful for all kinds of neurological conditions Parkinson's, multiple sclerosis, dementia, ALS, a whole host of conditions, autism, ADHD, wow, range of neurological problems.

So what could one expect? Like how how frequent are the treatments, how long? And, you know, what would one look for up to this after six months? Well, again, if we go back to anti-aging, you do it every day.

Aging never sleeps right there all the time. So how often do you need to treat it to slow it? That becomes a question, right? Depends on you're on a bunch of different factors.

So at the very least every day I usually tell people, if you have a whole body system that's strong enough, all right. Not one goes but higher than that, then you need, probably at least half an hour twice a day.

The stronger the magnetic system, maybe the maybe the shorter the treatment time is. There are devices being sold and marketed, so all you need is eight minutes a day.

Well, what you need is what your body tells you. It's not just say, well, everybody gets eight minutes a day, you're going to solve your problems and that's what you'll experience.

You don't feel anything from it because it's not strong enough. But the stronger magnetic systems are the ones that cause muscle contractions. You often need very short periods of time, but then you got more power than you may need more most of the time, but then you have as much power as you need whenever you want it, right?

It's like a, you know, a really fast, big muscle car.

Choosing Devices, Intensity, and Treatment Depth

You know, you don't always need that power, but you got it when you need it. Yeah. So you're saying that at the higher magnetic field strength, you do feel something.

You will feel something, right? At the very least, you'll hear a knocking or a tapping in the wires because of the magnetic field going through the wires.

So you don't hear that, right? So you put a coil to your ear. You'll hear the clicking of the cord. But when they get to be as strong with the double density magnetic fields, they can cause muscle contraction.

You absolutely will feel that. And you have to crank it up to a point where you'll feel the muscle contractions or muscle contractions too, right? Yeah, I guess I guess there's like electromagnetic, muscle therapy as well to be absolutely right.

Absolutely. Most of the time, muscle therapy is being done using electrical stimulation, which is not comfortable, and it doesn't work very deep. But magnetic field muscle stimulation works much deeper and causes much stronger muscle contractions.

Yes, yes, I'm aware of some of these machines. That's very interesting. I didn't I wasn't aware of how much application magnetic fields have in health.

So is there any, any things that any patients who should not be using it, like, you know, any conditions or people the only the only real absolute contraindication?

I think, because we don't have enough research to show how safe it is, is in transplants because we don't want we can affect the immune system. And you're on immunosuppressants for a reason to get so you don't reject your transplant.

Obviously we have to be very careful with electronics, pacemakers, defibrillators, other electronics. Okay. These days many of these devices, the electronic equipment like pacemakers are what we call Ma conditional.

So if your cardiologist told you you can't do an MRI, then you can't be using a high intensity magnetic field. You have to be careful what you can, but you have to be careful with it.

Okay. But if it's conditional, you can. Okay. None of our none of our machines are strong enough to, equal the strength of an MRI machine. Okay. Right. Okay.

Now, pregnancy is a relative contraindication. And only only because, like we say, with drugs, if they haven't actually done research to prove that safe in pregnancy, you should use it in pregnancy.

Well, we have lots of people, even women who work in MRI units who get pregnant. They keep working. Just and and what's the research looking like for cancer treatment?

I mean, anything on that, right? Yeah. We have a, a section in my book on cancer and pmfs. There's pretty, pretty good literature on this. It's not. And we need a lot more of it.

Some of the rules are that basically PMF therapy does not kill cancers. That needs to be understood clearly. And I and I never say that cure cancer never got it.

All right. But what they do is they help the body to control it better. I have a number of patients now who have lived, who had stage four cancers, a live 4 or 5 years.

Wow. Okay. So it helps the body to deal with the cancer. I recently talked to a woman with with cancer, with bone pain from her cancer, from stage four breast cancer to the bones.

Her pain was gone within a day or two days, just from the magnetic field therapy. So it helps the body to heal. Helps the body to decrease inflammation, to have more energy.

It's been found. Magnetic field therapy has been found frequently to help chemotherapy work even better. 50 to 70% better. Wow. And it seems to reduce the side effects from the chemo as well.

So it should help with all the forms of, treatments for chemo for cancer, PMS should be able to help those. Wow, that's that's pretty exciting. So what do you think?

What's the reason that, you know, Panther is not, more doctors, more traditional, medical doctors and communities

don't know about it. Like, well, why is it so people talk?

I don't know if people talk to me. What what? The research is so strong. Why is this? Why is it this difficulty? Okay, so one of the problems is that, for example, I have 500 references in the book.

I had to gather those references. They're in thousands of different sources, but not in one place. And the the journals that do write about magnetic fields are very technical, very basic science oriented.

So you have to it's hard to gather all this information. So that becomes cogent. It becomes something that you can easily describe to other people. But I tell people that there's three reasons why the medical community has to prove they understand MRI.

Yeah, there are bone healing devices that are approved by the government, by the FDA in the US. So they're approved, but they're often very siloed. Therefore, of specific indications.

Right. Like a bone treatment. I've heard about that. Just like putting in a fracture fractures that won't heal. So doctors don't understand the mechanism.

And they think well that's all it does. Right. And they don't research beyond that. So three reasons. Number one ignorance. And I'm not talking about being an ignoramus I'm talking about not knowing period.

You haven't heard about it is not written about in your journals. Because if you only read medical journals you're not going to read about magnetic field therapy.

You could read about magnetic field therapy and basic science journals. But most clinicians don't read basic science journals. Only researchers do. Yeah.

Or people like myself who happen to like reading that kind of stuff. The third, the second aspect is that dots make doctors say, I know what I know, I don't need to know anymore.

I call that arrogance. And there are, we probably have all met doctors who have lots of arrogance. Yeah, I call them MDS. All right. And then there's the third group.

Basically, it's for money. They don't want to know about it. It's going to mess up my business model. And I've spoken to a number of doctors who can improve the health of their patients.

And they don't want to touch it because it's going to mess up their their income mean. I know, I know, orthopedic surgeons have adopted magnetic field therapy and their surgical rates dropped by 30 to 40%.

Oh, well interesting. Right. So those three there are three reasons. Mostly it's about the lack of information in the medical community. And we know the medical community shuts out information that runs counter to what they believe they should know or what what other people around them think is right and works.

Clinical Uses, Safety, and Contraindications

The question becomes, how much science do you need? You know, like with cancer, how much science do you need for cancer? It's interesting that in the cancer community, you can have a new molecule, gets put into clinical trials and you're just guessing about what it's doing.

But that's okay in oncology, right? Right. But you come in with a new blockbuster treatment that is going to have a big impact on the rest of oncology that be rejected because it's a threat.

Right? Right, right. So lots of reasons why it's not out there. So my job my personal submission is to get more information out there. Great. That's very exciting.

So the, the clinical trials really aren't happening because I guess there's no real pharma funding for this. There's no money. Yeah. I mean, that's number one. There's no money.

So you have to have lots of money to do this. So right now the biggest sources of money for most research is either commercial or government. And government funds are, you know, dry up there.

I'll be very obviously very limited. So we are depending on commercial interests who are trying to, you know, put out a new technology. Right. So research is very limited.

There's a lot more work being done in Europe. There's a lot more work being done in places like Egypt. Yeah. We'll look at PMF therapy is like a physical therapy almost, you know, but there's not much going on in the US.

Okay, okay. So what would you tell our viewers? I know you recommend to go to your book and your website? But, if you could just, you know what what machines are you recommending?

And other and resources, tips or anything else you want to add to that? Well, again, if you go to the website, it's there to many basically to list and talk about.

Right. So again you have the choice of doing local treatment. Yep. You have the choice of doing a whole body treatment that you have choices between low, medium and high intensity magnetic fields, kind of depending on the problems you're dealing with and how much money you have.

Because the higher the magnetic fields are, usually the more expensive the device. Right. And most of the industry is a very small cottage industry. They're not talking about GE that makes machines.

It can roll them out by the hundreds of thousands. Yeah. But you're also talking about problems with, government approvals for these machines. And so the companies are often very small.

And don't have $100 million to prove that it works for pain or works for inflammation or works for diabetes or, or Covid or, you know, whatever. What type of indications have already been, received for, is there any, FDA indications already approved? Yes.

We talked about fracture healing. Okay. Bone fusions, pain, inflammation, depression we mentioned. Yes. Those are the those are the most common indications.

Okay. I just want to just check if pain is probably the most important, reason people use PMS. Pain is a great motivator, and magnetic fields have a natural anti pain, function.

But most of the what magnetic fields do for pain are to try to heal the underlying tissue. Right. That's our that's my goal. Anybody can treat pain. You can just pop a pill and you can treat your pain, but you're not healing anything because then the pain will just come back, right?

With the magnetic field, you can help with the pain, but at the same time, you're working to heal the tissue, to restore the general health of the tissue that provides longer term management and control of the pain.

Okay. Yeah. I think that, just I think that one more question is it's about how do you, how does this compare to other energetic, modes of healing like, I know you mentioned acupuncture and is it just a depth or this intensity or is still based on the same system?

Well, it's based on the on the characteristics of the signal. So for example, infrared is based on the frequency of infrared. Infrared. And same thing with ultraviolet.

Laser is a light therapy. So they're all high frequency. You could use cold lasers, which are very superficial in the way they act. Or you can use intensive, hot lasers that burn tissue kind of.

Right. So there's there's those that spectrum ozone therapy, magnetic field there basically works across the spectrum with everything else. Now, as you mentioned at the beginning, I have training on a bunch of different things.

Yes, I have looked at and used almost all the different kinds of technologies that are out there. And I've always gone back to magnetic fields because for the money, there's a lot more you can do.

I call magnetic field therapy, basically the Swiss Army Knife of Health. There's just so many different things. Generally, what you're saying is, yeah, this is something that everybody should be doing to, maintain the cellular health.

I was interviewed by Doctor Mercola, and at the end of the interview, he said everybody should own one of these. I mean, he did like yourself. He didn't really have that much knowledge about what they were doing.

Yeah. And he did get a copy of the book. So you read the books, you understand. So magnetic field therapy have a huge range of actions. And that's why we don't really care to get government approval for these because government was a lock.

You have the specific indications one trait, one problem, one solution one problem one solution. But basically magnetic field therapy works with almost everything else you need.

It helps antibiotics work better. It helps nutrition work better.

Why PEMF Is Underused and How to Learn More

It helps ozone work better, helps oxygen work better. So it helps exercise work better. That's pretty exciting. I'm going to definitely, look at this one more time and and see if I can get a better machine for myself.

So I just want to remind the viewers the website for Doctor Paula is Doctor Pollack. Par Luca Newcomb. So. Correct. Okay. That's correct. Is there anything else you want to end off with?

And you think for the viewers to understand? No, I think I think, a lot of people come to me. I do consultations for people who don't know which devices to get.

Because it does get complicated. And there are lots of messages out there and there are lots of confusing messages out there. So if you're if somebody is selling a particular device, then you try to fit all the square pegs into the same hole.

Right, right. So what we do is as a clinician, my job is to provide you with a solution and inform you as much as we can that inform you about what your options are.

And then you have to make a decision. Unfortunately, a lot of people make their decisions for devices based on cost, right? Not based on understanding what that technology is going to do for you at your particular needs and problems.

So then what we try to do is to tailor the solution to, to the person's needs, and they have to be willing to make the investment. So basically magnetic field therapy is an investment.

You're buying it for now. You're not just buying it for now, you're buying it for the future to, whatever may happen down the road. And I'll tell people as well that when you buy a system, you don't own it.

The house owns it. Yeah, including the dog, the cat and the plants. And maybe your favorite cousin, maybe not your non favorite cousin. Are these are these systems just came to mind.

It's a heritage wearable system that one can just walk around go to work. And this thing is acting during the day. So

part of the problem then becomes a matter of power production right.

All right. So I do have we carry a magnetic system that's wearable. But then you're talking about a maximum magnetic field intensity of 200 gauss. So 200 gauss is pretty decent.

So 200 gauss will go about half three quarters of an inch into the body. Okay. If we want 15 gauss in the tissue like a shoulder problem, then we need to make sure is strong enough to be able to do that job.

So we try to treat concussion deeper into the body with 200 gauss. It's just not going to work well enough. It can do something, but it's not going to work well enough.

Just so. Yes, there are wearables, but the better systems have to be plugged in because you need to produce a lot of power. So those are battery powered.

I guess those ones that are wearable small ones are a little battery DC battery power systems just I'm sorry. One last I know the no. I remember well, some years ago I had some of the chiropractors.

They were talking about these magnets that you could wear to solve like solid body pain, but those are just static magnets. Those are not pulse magnets.

That's how I started with magnetic field therapy. Okay, so I learned acupuncture first. Yeah. And I started using magnets because in 1990, in the US, people didn't know acupuncture and they didn't want needles.

Yes, that's right, I said, how else can I do acupuncture without needles? Then I discovered in the Orient they were actually using little tiny magnets on acupuncture points.

Okay, so I started working with magnets, and that's how I got going. And I started discovering that magnets were starting to do all sorts of other things besides the acupuncture.

So magnets record healing the tissue in addition to treating the acupuncture point. And I was using static magnets for years and many years. I still do it the right time, the right places, the right times for the right problems, but they still have some benefit.

It's just not that it has some, but it's very shallow, right? And it's not as dynamic. That's the biggest problem. Yeah. Okay. I remember I when I trained in some acupuncture myself, we used to like put the electric.

We used to put the electricity right on to the needle. Absolutely. I guess we create some type of electric, electro, electro or electro stim basically as a form of electro stimulation, except you're putting it into an acupuncture point.

Well, it's all coming together for a therapy. That's essentially what magnetic field therapy is doing. It's doing electro acupuncture. Right. But the value of magnetic fields is that when you're treating a whole shoulder area, you need, you're getting all the acupuncture points in that whole area at the same time as you're treating the tissue.

Well. It's so it's so interesting really. It's fascinating. That's a whole interesting, area of science. I really thank you for your time today. This is really enjoyable, and I'm sure our viewers really enjoyed today.

So again, I'll just ask people if they're interested, learn more about, treatments to visit Doctor Pollock's, website. Dr. W l EW.com. Okay. Get a copy of the book.

Yes. Get a copy of Power Tools for health. And I usually tell people if they're going to make a 5000 or $7000 investment in a magnetic device, do they spend the $9 and get yourself an e-book?

Right. Educate yourself. And then you'll you'll better understand the investment you're making. Yeah, that's the first step for sure. All right then. Thanks so much.

Have a great day. Be well. Be safe.