From Injury to Recovery: How Electromagnetic Fields Optimize Tissues And Cells Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Dr. Pollack and PEMF Therapy

Welcome to the bio optimized summit where we explore the next level of physical and mental health, you can reach the intentional and targeted optimization.

I'm dr amy and today we have Dr Pollack, He used to be a family doctor now is more holistic doctor for 15 years and he is working with the pulsed electromagnetic field therapy, which is why I'm very excited to have him on today so that we can learn more about both the science and then the results that people are experiencing when they're utilizing this therapy. So he has, he does come from an academic background, which is why he appreciates the science behind things as well.

So he's had academic positions at johns Hopkins and University of Maryland. He has been trained in acupuncture, nutrition, herbal energy medicine, homeopathy, hypnosis, bodywork and multiple other therapies.

And today we are going to be talking about using the pulse electromagnetic field or PMF therapy. And this can be used in all kinds of imbalances diseases, symptoms. And we're gonna be going over that and picking his brain about that today. So he has been featured on many different talks.

He has authored a book, the power tools for health and dr Pollack. I just want to thank you so much for taking the time to be with us today and teach us about the pulsed electromagnetic field approaches. Thank you.

I'm very happy to be here and be part of your summit. I appreciate being invited and hopefully you and your listeners to the summit. Your observers will learn something new and if not at least and add on to what they already know. Right well maybe let's just start with.

What is, what does it mean? The pulse, electromagnetic field um magnetic fields are all around us. The Earth is one huge magnet and it's not a static magazine.

It's not a magnet that just sits there. It's a very dynamic active magnet. And it protects us from the universe, it protects us from the sun and solar radiation and um galactic radiation and so on.

But at the same time it's a cocoon and all life on this planet through the eons that the planet has existed and had a magnetic field. All life on this planet is conditioned by that magnetic field.

So when we live this sphere, when we leave this fear, when we go beyond the limits of the planet's magnetic field, we are no longer controlled by the magnetic field of the planet.

And so therefore we can have shifts and changes in the way our bodies function. So if we decide to go to mars there are gonna be problems with that. Not only the lack of gravity but also the lack of the magnetic field.

Our tissues are magnetic, our tissues are electromagnetic and that's the second basic basic law of the universe. The second factor in the universe, gravity is one of them the strong force, the weak force but the electromagnetic force is the strongest force in the universe actually.

And it's electromagnetic. So where you have electrons flowing, you have a magnetic field? It's like the quantum in the way of the particle, in the way you can't separate the two. We study and study them separately because we can't wrap around the concept that they're all together.

But so the magnetic fields in our bodies are also electromagnetic.

How Magnetic Fields Affect the Body

So where there are electrons where there's charge, where there's energy flowing, then there's a magnetic field. And so what we've done, the planet by itself over the eons has also depleted itself in terms of its magnetic field. It's about half the strength that it was about 30,000 years ago.

So what has that done to our biology um add to that a planet that is um in a sense, becoming more toxic. The planet that's more populated is a planet that has a lot of energies on it. Um like electromagnetic fields that are produced by artificial sources are not known to humanity, are not known to biology.

These are unique to us. That's another sort of factor that our bodies have to deal with. So, electromagnetism that is absolutely critical to the functioning of the human body and in general are functioning in general.

I tell people that we I basically, as a physician work essentially at five levels tissue chemistry physics. Quantum physics. And let's say spirit. And we can argue about whether spirit is quantum physics or not.

But I separate spirit as yet another level. Uh at the level of tissue we're talking about surgery, manipulation. We're talking about massage, exercise. All that happens to the tissue itself, but what makes up tissue molecules, right? What makes those molecules work properly? Physics?

You can't dock a sodium chloride or chlorine, right? You can't make that happen unless the physics allows it to happen. So physics is unseen, unfelt, unheard. But it's they're all around us.

Right? We're in a sea of physics and controlled by it suddenly but were controlled by so PMS magnetic fields, electromagnetic basically is operating at the level of physics, therefore controlling chemistry, therefore controlling tissue.

And we use that. We use those principles when we start to talk about in our therapy now there are quantum effects to electromagnetic fields as well. But those are a lot less known, a lot less studied and less qualified, um and made to be reliably usable. But they exist as well.

And then of course we talk about spirit. So spirit is the other sort of controlling factor from the top down essentially. So as we think so we are as we believe, So we are in a sense, that's that's probably spirit or quantum at least.

And there are ways to measure the electromagnetic field and what's going on in the body. I'm most familiar with measuring that in the brain. But what I have recently found in again, one of the advanced trainings and the somatic, experiencing the heart actually has a threefold stronger electromagnetic field than the brain and that allows it.

This other means of communication with the whole rest of the body, not just relying on chemicals, hormones. Uh The other means of communication that we have in our body.

So can you go into it just a little bit briefly in terms of how do we actually measure? How do we actually see this electromagnetic field? How would we know that the heart has a three full times greater electromagnetic field than the brain? Well, you can actually measure it with instrumentation.

And we have devices called M. E. G. S. Magneto or M. C. G. S. Magneto, cardiogram fee that they exist now. They're probably more in the research realm.

Uh and we absolutely in the medical realm are using M. E. G. S. So magneto and several grams and magneto and holograms are now being used in uh larger tertiary care centers, larger um university centers to measure seizure activity in the brain, stuff that you can't see on an E. E. G. The problem with the E.

G. S is they're very superficial with the way they measure brain activity. So either you put a probe deep into the brain and you measure the electrical charges in the brain which is invasive.

Or you can use an M. E. G. Which is like a big helmet is actually placed on the brain and it measures very subtle magnetic fields. The body's magnetic fields are uh let's say Tesla Is a term that's used to measure quantify a magnetic field. So relative to common usage, one Tesla is 10,000 Gauss.

Our body's magnetic fields are in the PICO or nano level of Tesla. So they're like 1001, 10,001. 100 1000th of a Kaos. Extraordinarily subtle. So these devices that measure these fields from the heart or the brain um really are extraordinarily sensitive and you have to be very careful. You have to have rooms that are completely shielded. So no external radiation can get into those environments because um the radiation from a television or computer monitor or from a cell phone even never mind the frequencies. But just the radiation from a cell phone is enough to distract these fields. So our bodies are extraordinarily sensitive to these external forces as well.

Now the rest of the body still produces magnetic fields wherever you have charged. So the issue again is wherever you have charged where you have electrons flowing, you have a magnetic field and nothing in the body is static.

Everything is in motion constantly. So it's just as we say, if you don't use it, you lose it. Well, when when you say electrons flowing the first things that come to my mind are the nervous system, you have a lot of electrons flowing in that system.

That's one of the main mechanisms of communication by which it can flow so quickly down a whole nerve. And then the mitochondria, right? Like the mitochondria are made up of electron transport chain. So you have a lot of every cell in the body is electrically electrically active as a cell. If you sell that damage builds up charge on the outside of the cell, it's supposed to be in a balanced state with electrons moving in and out of the cell on a regular basis. The same thing happens once it gets into the cell itself, the mitochondria then have their own transport electron transport chain.

So it's all very dynamic and they have to be in balance right. Which given our environment, given the number of toxins, given the number of other magnetic fields in our environment.

I can imagine that since every single cell has some electromagnetic activity, that that's a big area of compromise. If the electromagnetic fields are off, how how does that optimization or under optimization and even compromise?

How, what does that look like? How does that happen? What effects does that happen? Um, Well, I would say there isn't, there isn't a human on the planet who isn't under optimized.

I think it's almost impossible. So it's a constant process of having to rebalance constant and the tissues the body is smart enough to do that by itself. Let's go back for a second to you said nerves.

But quite frankly, if I clench my fists, clenched my hand, I contract the muscles in my forearm to do that, right? Not to mention the fact that the brain is telling me to do that.

It's activating the motor cortex to cause me to do that.

Measuring Bioelectric Activity and Entropy

But when I do that there is a charge that flows at the rate in the fashion and the inter factional planes in the interstitial between the cells there is fluid there saline in that area, It flows at the rate of 30 m/s faster than on earth because it's not bounded by the boundaries of the nerve, bounded by the tissue tissue planes. So we have that kind of activity going on.

So between organs as you walk, as you slash your gut, right? As your lungs expand and contract all these activities going on. Even the pulse of a heart beat.

It's called magneto hydrodynamics, magneto hydro fluid dynamics. So the blood itself is ions, electrolytes the red blood cells and all the electrolytes that are in the blood as they flow through the body. There are all the cells that are sort of stuck in one place, they're being magnetically interacted with every pulse of the heart.

So if you stop breathing of course that magnetically you die too. Yeah. And thinking of how much our heart beats and how much it especially when we're in a sympathetic state where it's even beating faster. That's a lot of energy being consumed by the heart. That's a lot of fluid movement through the heart. I can see why that would be creating such a stronger electromagnetic field than maybe other tissues in the body.

Well, the heart itself, absolutely. Because it's all muscle and it's constantly beating, constantly contracting. So which two organs in the body use the most a teepee Part of the heart. So where you have all that charge, you need more 80 p. You need more charge production, more energy production to keep those processes going.

So what what what limits optimization, Why are we not optimized? Lots of reasons. But you know, you can go back, you can go to diet, you can exercise, you can go to rest, you can go to supplements, nutrition, you can go to attitudes, belief systems, your ability to be creative. You shut down or are you open?

You have an open field, then all of those are what we consider to be optimized health. So is everybody optimized perfectly in all of those aspects? No. So I asked my patients on a regular basis, would you rather have good health or average everybody every one of them, then? I say, okay, now I'm gonna go through a process of doing risk assessments and we're gonna do some biochemistry, we're gonna do some lab work, we may do some imaging studies, we may do bio testing, may do different types of tests and then I'm gonna come back and I'm gonna tell you what you need to do to have good health and what percentage of patients would do everything you tell them they need to do to have good health.

From my experience, it's few It's very few. Maybe, maybe two, will actually do everything that you tell you recommend to them. So this is what you need to have to have good health.

So therefore I tell them you don't really want good health. You really don't. Now we're gonna what we're gonna do now is going to bargain for your health.

You're gonna decide you not me, I'm not I'm not your doctor, your your doctor, I'm your consultant. You're going to decide what you're willing to give up and you're gonna have to live with those decisions and you already have because this is where you've got, you made those decisions all along the way to this point right now, if you want to get good help from this point forward, here's what you're going to need to do And then you go through that process of thinking.

But what what's essential, what's going to kill you the next month? What's gonna kill you the next 30 years? What's going to cause you to have Alzheimer's etc. So really then what you do is you look that do that full assessment, what aspects of their optimization is necessary to get them as close to optimization as possible.

But even if you do the problem is entropy. Mhm. Right. So I talked about insufficiency Sufficiency. An entropy. So when you're insufficient, that's where we talk about getting you to an ideal state of health, whatever that might be.

But then you can't stop there. So once you get sufficient, whatever sufficiency is then you're constantly battling entropy. So most people started from insufficiency relatively speaking to sufficiency, relatively speaking right?

And then you're still not there because now you have entropy. So what's entropy process of breaking down? So it's so entropy requires organized structures to have energy to maintain those structures and functions. So that requires energy.

And as we get older we have more and more and more entropy. So that means we're constantly battling entropy and entropy requires energy. So what is what magnetic fields do they work by giving increasing the charge production of the body.

When a magnetic field passes through the body then uh that energy does not stay in the body, That magnetic field does not stay in the body. The body is completely transparent to a magnetic field. That's why you can sense another person at a distance how sensitive you are.

That's why you could read a mind because you're broadcasting and that magnetic field is goes off huge distances when especially with low frequency magnetic fields.

So then magnetic field therapy then causes charge production in the tissue magnetic fields Faraday's law interacts with charge. So when you have a magnetic field you have charged, you have charge has a magnetic field and they walk together and as one influences the other, they're constantly washing each other's hands.

So when you pass the magnetic field through the body a teepee gets produced. So how much A. T. P. Is produced in the body on a daily basis? I don't remember that number from biochemistry.

Your body weight. You produce your body equivalent of your body weight every day in a teepee. Why don't you gain weight because you're using it costly.

So ADP molecules are turned over between 200 to 500 times per day. You're constantly making and using a T. P. When you have inflammation, there's a huge demand on on a T. P.

So how does how does inflammation affect the electromagnetic fields? And in the body of the tissues ability to actually like travel through those tissues that are that are still swollen and have more fluid from the inflammation.

The state of the body does not matter to magnetic field. There's no difference whether it's bone or muscle or brain or skin or fat. It makes no difference. It's as if it didn't exist.

When you take a magnetic field and you have the magnetic field here you put a body here and you measure the magnetic field out here. You can measure the magnetic field that you remove the body and you measure the magnetic field again, there's no difference.

The body is completely transparent to magnetic field. So that's not the issue. The issue is what how does it work by the motion through the body? The interaction with the charges in the body amplifying the production of charge and we become sick because charge gets depleted, we become six sick because charge gets stuck.

And so when you're doing magnetic field therapy, basically what you're doing is you're amping up a teepee production, but at the same time, you're increasing the amount of ion flows, the electrical flows that are supposed to be there naturally in the tissue.

Healing, Trauma, and Tissue Repair

And when you do that, your rebalance, wow, That sounds so similar to the, like, the trauma therapies and this idea that trauma is stored in the body and it gets stuck. And it's because the charge from that initial activation actually gets stuck in the tissues in the body and the nervous system, because we didn't complete the survival cycle at the time.

So, it's making me think that that yeah, that's this is like the more, more depth, more details to understanding how trauma and stress actually gets stored in the body. It's from this charge, this electrical charge getting stuck.

Well, for we'll talk about that. So, for example, you have TmJ, you have clenching so why do you have clenching? It starts with your beliefs, right? So you have your your fighting something, You're anxious, you have fear, you're shutting down your clenching those muscles and when you clench the muscles clenched muscles need a lot more energy, You're working constantly. But on top of that, they decrease the circulation.

So when you squeeze the muscle, right, you don't get blood flow through that tissue. But you don't get the blood flow that you don't get the nourishment of the tissue, the nutrition that it needs, right, and the joints begin to break down.

The muscle gets sore, you develop areas of trigger points and so on. So that's where you're storing that energy. If you will in the body with the magnetic fields do they don't deal with your brain? They don't deal with your thoughts

and beliefs.

You have to deal with that through other mechanisms, right? But at least what they do is they restore the tissue temporarily. Because otherwise, otherwise, if you don't change, what caused it in the first place, you're not going to fix it with magnetic fields or at least not durably fix it.

So, this really has this really has the potential then to help with lots of different types of tissue injuries. I mean, even I'm thinking like head concussions, right? Like that can be a big one.

It can cause a lot of imbalances in the body gut problems even. And it sounds like the pulsed electromagnetic fields would even be helpful for those types of injuries. It really doesn't matter any cell.

Now, we're talking about the cell level, right? So we have 100 million cells in our body or so. So we have our sensory system, our perception. So, people there are people who obviously are extraordinarily sensitive in their perception, but most people are not, Most people are relatively like rocks.

So, if we have 100 The analogy I use, if you have 100 trillion cells in your body and your left little toe decides to get a hangnail, how many cells have to be damaged before you even notice that you have a hangnail.

Millions millions of cells are damaged because you have to get to a point of damage where your nervous system now is telling you there's a problem there.

But the good thing about magnetic fields is they're operating at the cell level. Obviously it operates at the at the tissue level, the organ level, the organism level and so on. But if you're operating at the cell level and you're fixing those cells before your body even notices that you have a problem?

The amount of energy that you need to fix it at that level. When it's just beginning cell injury is a lot easier to manage than it is when you have a fracture, the factor is big damage and it takes a lot more work to repair a fracture than it does to repair a muscle pull, that you don't strain just slightly.

So, if a person did have one of these injuries say they had a fracture, say they had TmJ say they had a prior TB i whatever the injury is, and they come to you, what is actually happening, what are you actually doing to apply this pulsed electromagnetic field therapy for them?

What does it look like? Well, um let's go back to my book. So to give people a basis for doing this, to think about this as I wrote a book called Power tools for help. Which explains mechanisms.

It explains I go through about 50 different diseases with the science behind magnetic therapy in those conditions. And if you understand that there are 25 different mechanisms of magnetic fields that it doesn't matter what the disease is.

As I said, magnetic fields don't care what salad is right there. In adamant in a sense, they're dynamically inanimate and they pass through and they're gonna do their job whatever the cell is, it's going to need we all start with one cell, right. Well too they're all the same.

They're not differentiate in various ways but basically they're all exactly the same at some holographic level. So it doesn't matter what the system is. Then you have to decide what kind of magnetic field you need for the task that you have at hand.

He did the whole body magnetic system. You need a magnetic system just to treat the brain. You need a magnetic system that's gonna treat treat the heart or the lungs or the back or a hip or a knee.

Right? So you pick your system. So on my website dr pollack dot com that's D. R P A W. L. U K dot com. I have a whole host of different devices. There's a lot of educational material on there that's free, you have to buy the book, right? But the book is more comprehensive, it's more sort of linear and logical in the way the ideas flow.

So you can get different devices for different things depending on objectives. For example, if you have osteoporosis, you're gonna need a whole body magnetic system, right? We do dexter scans for the hip and the spine, but basically it's all the bones are involved in osteoporosis, some more than others.

That means you need a whole body magnetic system. And then the question is, do you need us, how strong is this magnetic system need to be? And magnetic fields like light and sound and so on.

Drop off very rapidly from as you move away from the applicator, which means you have to take into account the strength of the magnetic field at the distance that you needed to operate.

So if you're laying on your back on a magnetic field, then the back of the body right next to the magnetic field is going to get the strongest magnetic field.

The other side of the body is going to get almost nothing. It drops off so rapidly. So you have to account for that. And I have a blog on my website about a dentist seen as a receptor for inflammation Optimally you need 15 ghosts at the receptor to decrease inflammation.

So if I have, if I'm treating a wrist or an elbow or just a skin, a skin lesion, a spider bite something in the skin, I only need about 15 cows. But if I'm dealing deep into a shoulder, deep into a hip, into a brain TB. I that I'm gonna need a much stronger magnetic field because it's got to go through a lot deeper distance to be able to do that, deliver that 15 kaos, you make those adjustments based on what you're trying to treat and then say, we're working with an injury and then later we'll come back to optimizing. But if we're working with an injury and what is the time frame that we're talking about to get back to a place of health and that tissue at that site. I think that's a really important question.

That's also something that most people tend to miss who work with magnetic fields and don't understand the biology and pathology and healing and regeneration.

Um, every tissue in the body has its own sort of repair capability, repair cycling, for example, corneal cells recycled in 24 hours, right gut cells take about three days skin, a couple of weeks, bone can take years.

So, even though you have a fracture and you can use the fracture at 12 weeks, it's not healed. You keep X raying or doing MRI's of that fracture site, you can still see the site of the fracture two years later.

So we know that bones are the slowest turning over tissue of the body. So that's why we are a new person, about every seven years because it takes that long for the bones to sort of turn over.

So if you understand which tissue you're dealing with, then you have to have. Then you have some understanding of how long that tissue is going to take to heal on its own normally.

Then you have to think in terms of the depth of the pathology. So I basically work think about it in three levels. And I got this from my acupuncture training.

This energetic level where things are basically just very lightened, easy in the body. The physiologic level, the path of physiologic level at the pathologic level. So fracture is a pathologic level, but a fracture is not just the pathologic level. You have multiple tissues that are damaged to different degrees and each one of those tissues, ligaments, tendons, bones, um blood vessels, nerves, soft tissue, all of that's going to have a different healing cycle in terms of how quickly it's going to hell.

So what you know how how deep the pathology is. So I'll give you the analogy of a cold when you're first getting a cold, you have a basic, basically energy level, you feel something's off the next level would be.

You start having a sore throat, you start sneezing, having already knows maybe a bit of a temperature that's a physiologic response to the infection. But once the, once the infection progresses now you start to have dead tissue, right? You have necrosis of tissue.

So you start producing colored mucus, you start to cough up mucus that's got color to it or you have really significant ear pain, you know, etcetera. You start to have lymph nodes.

Choosing PEMF Devices and Treatment Depth

Now you talk about path of physiology, but there's no such thing as pure pathology, it's always going to be some degree of path of physiology. But you can get rid of a problem at the energetic level by going boo, Change your mind gone right? Almost essentially.

So if you start to treat a cold with PMS at the energetic level it's gone. I've seen pain go away with one treatment in 15 minutes because it's stuck at an energetic level. But once it gets to physiologic, it's responding physiologically. All these physiologic mechanisms are now at play here. It's not going to take us long to shift that back out again away from the infection. But the more again, the deeper it is, the longer it takes it really if we're wanting to live optimized, we really do need to be incorporating the post electromagnetic fields on a regular basis because just like you had mentioned the regular process of entropy and aging and breakdown. And so for maintaining, I mean the healthy optimization, then we really want to be incorporating the pulsed electromagnetic field therapies all the time, like in our in our regular life, not just after an injury after an insult to our biology.

So again, nobody's optimized, right? Everybody's got stuff going on in their bodies. And because you have stuff going on, you have to fix the stuff or get the stuff back to a sort of a neutral place at least.

Um, people argue with me about osteoporosis. Well, do I really need that high intensity magnetic field from my bones? Do I need to do it? I said you gotta do it 30, at least 30 minutes twice a day.

Well, why do I, why can't I just do it once a week? The question I asked is, does osteoporosis ever sleep? Yeah. Right. Cancer patients, heart disease, does cancer ever sleep? So do it once a week and see how far you're going to go. You have to keep up with your disease process and you don't want to find out later that you couldn't.

So what you want to do is to optimize at the beginning as much as you possibly can because there's almost no risk of harm with magnetic fields. More often, they reveal problems that cause problems.

So the biggest limitation that people have for optimization is the under use. They get the wrong equipment. They decide to make the decision to buy their equipment based on cost alone.

And then they say, I don't want to put the time in. So then you will get disappointed that magnetic fields don't work. Well, you didn't work, not the magnetic field and this is information that you have on your website that can help guide people in terms of what type of electromagnetic field therapy would be best for them given their situation generally speaking.

And we do offer consultations. I do consultations, I have a colleague dr Marlene who does consultations so we try to fit the right equipment for for for people.

Then again like like bargaining for your health. We start bargaining with people because they don't want to do what is really optimal for them. I can understand that because these devices are not cheap.

What are the price ranges that we're talking about? Well we have some machines that are very local that could be $400. We have other. You know if you want to do a whole body treatment like for osteoporosis to do it properly, you're gonna you're gonna spend you have to spend probably $6,000.

What what is the spinal fracture worth? Right, or a hip fracture. Now you'll wish you spent $6,000. Right? So really you have to think of it that way.

And magnetic therapy is an investment as you were saying, is an investment in your health. You're going to use this equipment for whatever you need down the road.

So when you buy a magnetic system, I tell people you didn't buy the house by it because everybody in the house can use it, the dog, the cat, the plants, your kids. Well I don't know if you should treat your relatives or should treat your neighbors. But yes people do that too.

So let me ask you personally then what what equipment, what therapies have you used for yourself for either healing injuries or maintaining as much as possible the state of health. What do you use personally?

What do you do? Um Well unfortunately I have access to the whole range. I'm in that position and as a business you have to I can't recommend something as a physician that I haven't used.

I haven't tested and tried and nobody can do and nobody can do. And then being a doctor again, understanding path of physiology and healing responses and all the things that we talked about. I'm more likely to apply a therapy to myself that's appropriate to my to my problem. So I use whole body systems.

I've used local systems for an elbow. In fact right now I'm dealing with a middle finger that's a little arthritic, little bit of clicking going on. So I'm doing a local magnetic system. Something like like this.

Um This is a newer generation. It's not out yet. Blue. There's a white one white version of that. So you can put that on to your finger, you can wrap it around your finger and run it for hours at a time. Could you actually show us how you use that.

Like if someone had never really been introduced to P. M. M. S. Before, they don't know what this therapy would look like. They're interested. Can you walk us through? Like how you actually use it on your finger.

So they get a sense of how they would use this equipment, Let me plug this in. So once you get your device you'll get a manual, you've got a video on how to use it. And our staff are available by email and phone to answer any questions beyond what they provide you there.

So once you understand your machine and that's that's critical understand your machine. Then you turn it on and you have different settings. So in this particular device you have six settings you can control the treatment time and you can control the intensity.

So optimally you want to get to the maximum intensity. So I will turn this on to the maximum intensity. Pick the program that I want to use. In this case, it's 10 hertz hand cycles per second.

And then you turn it on and you run it. Then what I would do is I would take um an a spanish or little wrist or glove and I often will cut the fingers off the glove and just have it sitting here in my hand and then basically turn it on and run it and it'll run because this is a rechargeable battery system. It will run for hours.

I use this under my pillow all night long to tune my brain using brain frequency concepts, neuroscience concept. So they will run at, say delta three hertz under the pillow all night long.

My brain starts to tune into that frequency that quiets down and sleep through the night. That's that's basically how you do it. It's very simple. And sleeping is a big issue for many people and I I use something that helps my brain go into the delta waves. But this would be another approach that people could use to help with those delta waves. Then while they're sleeping is put this under their pillow running at three hertz. That would be the same for everybody, right? Like that wouldn't be something that would be unique to them because everybody needs the delta waves when they're sleeping.

Exactly, exactly. I recommend delta. You could do different things audio visual entrainment and I've done a lot of that over the years. But the beauty of the magnetic field is that while it gives you the frequency, it's also giving you the magnetic field and that means the magnetic field is passing through the brain improving circulation, decreasing inflammation. So it's helping to tune the brain in other ways beyond just the frequency that you're giving it for sleep.

But yes, basically it's doing that. It's just tuning the brain tuning it like you do with a radio dot, you're tuning in to that

particular frequency. Great. So for people who are thinking, hey, this might be something that I should use. It sounds like whether they've had prior injuries, whether they have, um, ongoing symptoms of something that would definitely be a reason to use the electromagnetic field therapies.

But even if they are well and and they want to just take their biology to the next level, this would be a way to do that. Right. Right. So another example of insurance not leaving things to chance is if you have an operation.

So when you leave the hospital after your surgery or the outpatient surgery center, what does this, what does the surgeon do when you leave? Right. Why?

Because the surgeon does nothing for you to make sure that you heal properly after that surgery. So basically you're leaving things to chance, magnetic therapy doesn't leave things to chance. It then takes everything that optimizes it to be the best healing that you can get. So fractures heal in half the time skin wounds heal in half the time.

You know, other things begin to benefit in half the time. So because we all experience entropy, even when we're optimized everybody, as you said earlier, everybody should be doing magnetic field therapy every day anyway.

Um, so antibiotics is another good example where you go and you have an infection, What do antibiotics do? They kill the bugs or slow them down. But what does it do to the heel to heel? The infection, the disease process and the tissues, the damage caused by the infection.

Nothing. We do nothing in medicine. Right? You cross your fingers. Hope they have a side effect from the medication and hopefully it works.

Using PEMF for Maintenance and Recovery

So again, we don't leave things to chance. So if you own your magnetic system, you're owning it for all the things that could go wrong in the body, all the possibilities that magnetic fields can be applied to over time optimization, Nobody's optimal that mind. That means, as we said before, everybody needs magnetic therapy regularly.

So if we're gonna be using this for insurance purposes and we want it on hand for when something does happen and we want our body to heal faster, what would be the best equipment for them to use for all kinds of stuff, Whether it's they hit their head or they, you know, have a sprain on their ankle.

Is there one equipment that they can have on hand ahead of time that they can use for several different types of potential injuries that they might have.

Unfortunately, there is no such thing as one size fits all. There are people who are selling devices in the community who are sales people basically who say my machine is the best, nobody else does what my machine does.

But they are one taos often these companies, one ghost is not enough to do very much, except maybe to stimulate the acupuncture system. Sure, people get benefits from it, but it's not going to do enough if you have the money and we don't have a perfect machine out there.

Hopefully one day I'll be able to develop something that's close to perfect but you're gonna have to pay for it. The more the more it costs, the more design features it has to it the more it's going to cost. Most people probably need a whole body system, her whole body tuning and they could use a portable system like the flexible to deal with spa treatments. So whole body system may not be strong enough.

So if you want a whole body system that is basically got the ability to control intensities, frequencies and time and intensity is really the most important thing then you need one that's strong enough to do that. And one that I use recommend regularly is called the par med super.

So it's got whole body, it has a sufficient intensity for the most part to do most of the healing work you need and it's

got a local applicator that you can control out of PC to design the frequencies and intensities that you want and need.

Alright, I think less than that. Probably not going to give you much as much benefit in an ideal world if you had all the money you would ever want or had enough at least that you never had to worry that you probably would own four systems.

So there are very high intensity systems that are strong enough to cause muscle contractions. There's one that's called the Hugo. Any any bio hacker should be on a Hugo.

And we have that on dr pollock dot com on the website. That's high intensity. Now not everybody needs that high intensity and you don't always need to use the highest intensity anyway.

So that's a whole body system. And then you go down to local systems that we talk about treating the brain for T. B. I. Or stroke or Parkinson's or M.

S. Or Alzheimer's. You need higher intensity systems and they are commercially available that you go to a doctor for what's called our TMS for treatment resistant depression.

But then you have to keep going to somebody and pay the money and your insurance may or may not cover it? Right. So you own your own system. So that would be a high intensity system that delivers about 4000 goals.

And the one that I frequently use is called the farm ed's multi flash which is reasonably affordable. Well reasonably affordable is it's like beauty. So use the higher intensity then you use something like a portable system like the flexible. So that's three.

If you've got those three systems, you've covered the waterfront and for the whole body system. Dr Pollock is this like how does that actually set up? Is this something that you can't do anything else when you're doing the whole body electromagnetic field therapies or you can set it up and be doing your work. What what does that system look like?

It's hard to do work on the whole body system you're plugged into the wall? You have to lay there to do your treatment, You can't get off and you probably shouldn't really be rocking and rolling on it.

You're not going to be doing something that you lay on. Then you have to lay on it and then you're gonna lay on it for some period of time, depending on the problems that you're dealing with.

So for health maintenance purposes, I usually tell people do 30 minutes in the morning to get rid of the cobwebs from the night before then I do 30 minutes at the end of the day to get rid of the stress in the body that's built up throughout the day and it prepares you for sleep? Most people who do PMF therapy at bedtime find they sleep much better than they would normally because the body is basically just sort of tuned, tuned down and relax. You stimulate endorphins at Caitlin's serotonin, all these neurotransmitters get stimulated during magnetic therapy, your muscles are relaxed, your circulation has improved, you increase your A.

T. P. So for some people that's actually a problem because they wake up because you got a lot more energy. So in that case you do treatment at dinnertime instead of bedtime?

Good. Well thank you. Is there anything else that you can think of that a person should absolutely know about this before we end our conversation today?

Um I think the most important thing is you said is that you know, hey we should all be doing it because we all wear and tear. We all have nicks and creaks and rattles and scratches and bumps right?

Every every one of us and those who are especially active, those who do bio hacking are are really doing a lot of physical work, running, jogging, play a lot of sports.

Their tissues are very damaged. Their hearts are better, their brains are better but their body is getting a lot more wear and tear. So they really do need magnetic systems.

But again, every one of us should have something. It's like a first aid tool. I had an interview with Dr Mykola and he said yeah you're right. Everybody should have one of these systems.

What system does he have? You know, I can't talk about that. I can't disclose that. I don't know. And I got it. Got it. Well and what I really appreciate about your website is that you have a lot of information on there.

You have a lot of the studies. So if people want more of the science behind it, you have that there for them available. Which I really like. And I appreciate that. So thank you for doing that science background for those of us who are science geeks.

Well we need we need the validation. We need the comfort that there is some, you know, it's not just my idea. We talked before we started about the placebo effect. Um, you know, good clinicians, good physicians.

I want you to be engaged and believe in your therapy because that enhances the benefit of it. But it doesn't matter whether you're worm or a rabbit or a mollusk, a dog, a cat, all all biology benefits from it.

Even plants, people who use magnetic fields to treat the water that they're going to use to water their plants. The plants grow better. Good. Well, I'm excited.

Yeah, I'm excited to try some of this stuff because I've got I think this is an area that I can optimize even more. So I'm excited. I'm excited. And thank you for this talk.

Yeah, thank you so much for coming on today. Thank you for your time. Thank you for sharing your expertise and your experience in this. I really appreciate this Dr Pollock and thank you for joining us today for spending this time with us to learn about how you can optimize your biology together. Let's find that next level of health and a liveness