The Hidden Dangers of EMFs and What We Can Do to Shield Ourselves Transcript

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Introduction and Guest Bio

Hello, everybody. Welcome to the Global Cancer Symposium 2.0. I'm your host, Nathan Crane. As you know, I am the morning we award winning director of cancer The Integrative Perspective, which is a feature film about natural and integrative solutions for preventing and reversing cancer.

Also, the director of the Health and Healing Club, you can take a look at that at Health and Healing club.com. I encourage you to check that out after this interview.

But today I'm really excited to bring you, somebody who I really respect in this field of emfs and PMS is Doctor William Pollack, and he's going to be sharing with us the hidden dangers of EMF and what we can do to shield ourselves.

He's also going to talk to us about the difference between Emfs and Pmfs, as well as the potential ability of pmfs magnetic field therapy for helping our bodies to, facilitate healing, prevention and potential reversal of cancer.

So it's going to be a really fascinating talk. They'll definitely be some, some things you probably haven't heard before, maybe some scientific lingo you may or may not be used to.

So definitely have some paper and pen and take some notes, because what are you going to learn here can certainly help and assist you in, the potential prevention of reversal of cancer.

And, Doctor Pollack is really a foremost authority in this field. So I'm excited to bring him to you. I'm going to read his bio real quick, Will, and then we'll bring him into the interview.

Doctor William Pollack, MD and MSC, is a holistic doctor who's held academic positions both at Johns Hopkins as well as University of Maryland. Doctor Pollack has extensive training in acupuncture, homeopathy, hypnosis, as well as body work, and PMF therapy.

He's considered the foremost authority on pulsed electromagnetic field therapy, short for PMF therapy, in North America. Doctor Pollack has worked with PMF therapies for over 25 years.

He's authored two books, including Power Tools for health, which can take a look at on his website and online, which is a comprehensive guide to healing with PMF.

He's had over 50 radio, podcasts, magazine and TV interviews. He's appeared on the Doctor All show talking about finding the root causes of pain. And he is, going to share with us some deep insights today about PMF therapy and its just hidden potential.

Which is pretty extraordinary. His website is Doctor pollock.com. That's Dr. Luke's. Take a look at that right after this interview. Doctor Pollack, thank you so much for joining us here at the symposium.

It's my pleasure. I'm honored to be here. And good to speak with you again. Yeah. We did an interview for, a few months back for a different, project.

And I learned a lot that I didn't know about EMF, versus PMF and this whole world, this invisible world of energy, if you will. And I'd love for you to open up with a little bit of foundational information for folks.

What is the difference between EMF and PMF?

EMF vs PMF Basics

Well, the term stands for the EMF term stands for electromagnetic fields. PMF, as you said, stands for pulsed electromagnetic fields. And so most people now use it use the term PMF.

So I prefer to, you know, PMF as the term rather than perhaps it is awkward or emfs, even though it's electromagnetic fields for both of them. I tend to refer to EMF as environmental magnetic fields.

They are electromagnetic fields, but they're environmental electromagnetic fields. I wouldn't call it EMF, but, you know, that's also another way to describe it.

So emfs are unnatural. They're not known to nature unless you get a sunburst or something like that, where you might get blasted by all kinds of radiation or a gamma ray burst somewhere in the galaxy isn't going to hit us, then that's in a sense, another EMF.

It's got a lot of other stuff in it as well, but that's basically another EMF. Real quick on that. If they're not natural, why do you call them environmental?

Because they're in our environment, even though they're not natural, is that they're man. They're manmade. Gotcha. So cell phones as an example, Wi-Fi, microwaves.

They have not they're recent. They're only in the last, say 50 years that that they've been in the environment. So as a result, they're not natural. They're produced to for other purposes that produce to microwave food, that produce to communicate over longer distances in a, in a, very concentrated fashion.

So again, they're not natural to the body. The body's natural magnetic fields are extraordinarily weak, and they tend to range in what we call the Schumann resonances.

For the most part, the Schumann resonances are the natural resonances of the electromagnetic, electromagnetic energies of the ionosphere. So that was they're bouncing back and forth between the Earth and the ionosphere, and that's usually produced by the lightning activity around the planet.

So the lightning in Sri Lanka is going to be perceived in North America within a couple of seconds because of how rapidly these fields, how long the wavelength or how rapidly these fields disseminate.

So as you can imagine, there are lightning storms around the planet constantly. They're there all the time. So as a result, we have this cavity, the ionospheric cavity that's constantly bombarding us with this radiation.

So we have ionizing radiation from the sun. And the resonances in the ionosphere in that cavity are extremely low frequencies. They range between one hertz or one cycle per second, up upwards of maybe about 100 cycles per second, which is what our bodies, and our organs and so forth are resonating at.

Yeah, our resonating out. And then they're tuned to our entire biology, from sperm and egg to, to human, plants. The seeds of plants, the animals on the planet, all of that is conditioned, has developed within this cocoon of electromagnetic radiation.

So if electromagnetic radiation. But again, it's natural low frequency radiation that that makes us. So when man leaves the ionosphere or man goes out into space, one man goes to Mars, you're not expose them to the ionospheric, environment.

And therefore our biology is in a sense of Deconditioning research has been done, where people were put in, bunkers, completely shielded bunkers where they were eliminated.

The eliminated sound light, air pressure, temperature and the magnetic fields. And they found that human biology was dysregulated. The circadian rhythms of the body became dysregulated because they had no temporal, no time related, stimuli.

So our rhythms are based on the stimuli of the planet, the sun, cycles of the planet, the, the light, the light of the planet, the temperature changes, the pressure changes, weather systems, all of that, you know, causes us to be who we are.

When we leave that environment. We are no longer, governed by it. And we have to essentially govern ourselves, or we create artificial environments that replicate us.

So what they found is that when they reintroduced frequencies into that environment, ten hertz, ten cycles per second showed us that we reregulate our circadian rhythms.

And still without sunlight, still without sunlight, air, you know, pressure, temperatures. All they did was add ten hertz. All they did was at ten hertz.

And we rewrote magnetic radiation. They reregulate the circadian rhythm. That is huge. I mean, for those who, you know, everyone here has probably heard of circadian rhythm.

But, you know, there's a lot of studies that have been done, one in particular, that just your circadian rhythm being, you know, when we do the time change here.

In North America, for example, when we do daylight savings time ago, you know, back an hour, we go forward an hour in the spring. There's a drastic measurement of increase heart attacks in people directly related with a one hour time change.

And they found it's because it alters your circadian rhythm. And that's how, you know, in tune our bodies are with this natural cycle that you're speaking of and getting out of whack, of that natural cycle which can happen from so many things, right?

From poor sleeping habits, from bad diet, from, you know, all kinds of different things. Too much stress, going to bed too late, you know, working at night instead of working during the day when we're supposed to and sleeping during the day and working at night.

Those kinds of things all related to lower lifespan, you know, shorter lifespan, higher levels of chronic disease, more, prone to heart attacks, so on and so forth.

So what you're talking about here is just huge.

EMF Exposure, Inflammation, and Cancer Risk

I mean, just ten hertz and it change the regulated the circadian rhythm back to normal. You could use temperature artificially by using magnetic field devices that will give you the temporary.

So if you're doing you're flying jet lag, you're fly across time zones, multiple time zones. You can use ten hertz while you're flying. You could use ten at the end of your trip to reestablish your stadium balance.

Now is it perfect? Not necessarily. But you know, again it's a it's a tool that you have. It's available to you that's safe and easy to use to rebalance.

So just to kind of recap there Emfs obviously Wi-Fi, cellular, radiation, you know, radiation from, these giant cell phone towers and you name it, all the, you know, even our electronic devices, microwaves, so forth, putting off this manmade, electromagnetic frequencies or, as you call them, environmental, frequencies that are damaging to the body.

Why are these damaging to the body? So the difference between the emfs, as I call it, right, versus pmfs, is the frequency. So the frequencies in the air maps tend to be artificial.

Emfs tend to be very high frequency. So it's a body or most of our body they're used to, as I said, up to about 100Hz generally within that low frequency range, microwaves are in the gigahertz megahertz and gigahertz.

So the frequencies are extraordinarily short. And because they're short, they don't pass through the body. They get absorbed by the body. So because they're absorbed, that causes a heating, which then causes DNA changes, it affects the genes, which then causes disruption of the natural molecular functions of the tissues, which then can end up resulting if it's if it's basically not dealt with.

And if it's not reversed, in a sense, you don't rebalance yourself. You're constantly exposed to it. Then you're, you're you're not you're going to go down that path of having disrepair and damage and therefore potentially leading to cancer and, and autoimmune diseases and the list goes on and on.

So cellular damage is basically what we're looking at with Emfs. They're they're damaging the DNA. We know that as cells get damaged, as DNA gets damaged.

You know, ultimately what happens is that breaks down as it can become, cancerous. And if the body doesn't remove that and now you're going to have if you already have cancer, you're adding fuel to the fire, right?

If your immune system's not functioning and getting rid of these cancer cells again, you're going to have more problems. If your diet's poor, you're not exercising.

You have a lot of stress. You've got lots of cancer cells already building, and then you're adding EMS on top of it, because they're constantly surrounded by, you know, technology 24 over seven, especially during any kind of lockdown situation with the pandemic, for example, now you're even more, surrounded by all these emfs.

What? Yeah. Yeah. What? Yeah. One more straw to break camel's back. Right? What what does the research show? What have you found through all your years of research and experience around emfs and cancer, specifically, more in the sense of like, has it been proven or has it been shown as a research that emfs are directly correlated to causing cancer?

There's the research on this is very, it's uncertain, let's put it that way. Because it's very hard to prove and there's so, so many reasons for that.

A lot of those reasons have to do with the variability of exposures, with the intensity of the exposures. But some of the research is showing that people who have a cell phone on one side of their head for hours a day are more likely to develop a brain tumor on that side of the head.

So the radiation from an active cell phone is, is, actually hitting the ear and going into the brain. It doesn't go to the other side of the brain. So why do you develop cancer on that side of the brain?

Because that's the tissue that's closest to the to the cell phone. And so yeah. So that's that's been noted. But again, if you do a study of 100,000 people, how many people in 100,000 people have a cell phone through their heads about 4 or 5 hours a day, not that common.

What you're doing by having the earphones with the wires to your to your, system, to your cell phone for example, you're decreasing that exposure. The where the risk is is wearing is having the phone to your head for hours a day often.

So if you have an occasional exposure, it's going to be a tickle. If somebody's grabbing you and tickling you for an hour at a time, well, you're going to get sore.

You're going to you're going to get bruising. You get all sorts of things happening to you because it's that intense. So the intensity doesn't happen that often.

But if you already have all the other vulnerabilities, if you already have toxicities, they already had it. Mold

exposures, you already have an autoimmune disorder.

If you have heavy metals in your body, all of that's already creating inflammation. And then what you're doing is you're adding one more element to the inflammation.

What of my teachers, doctor or Maura, has found that through resonance testing that when you have, toxin in the tissues, that the body tends to try to eliminate that toxin, and white blood cells will gravitate to the area of the inflammation.

Those are called macrophages, and they will die fighting or isolating that area of damage. And when they die because they're scavengers, they're scavenging the body for all sorts of things.

Other heavy metals, they're scavenging for viruses and viral particles and bacteria, fungi, parasites. And they what they do is they come to the fight.

It's called the, the, platform. It's on fire. Right. They're coming to the fight. And because they're coming to the fight, many of them will actually die in the area of the battle.

And when they die, what do they do? They break open. And when they break open, they drop their loads. So they drop their viral particles, they drop their heavy metals, they drop all sorts of things in the area of the inflammation.

So imagine you have many areas in the body of inflammation and those areas. So we have a chronic pain. And one area of the body. Then there's a good chance that that area has now been contaminated by the burning platform.

Right. And that's that area then becomes chronic inflammation. Chronic inflammation is what leads to dysregulation and the inability of the body to correct itself, to repair itself because it's chronically inflamed.

And that's the kind of situation that you get where you have cancer developing. It makes perfect sense. You know, I've been, heavily researching, for my new book about cancer.

And one of the things have been really heavily learning a lot more about is inflammation, as you're talking about. And it's really well documented, very scientifically understood how chronic inflammation, as you're speaking about actually causes cancer.

There's a direct correlation between chronic inflammation and the causation of cancer. And it has a lot to do. You know, it's a lot of scientific jargon that explains this.

But basically has a lot to do with with similar to what you're saying, where that that area that you're experiencing inflammation over and over and over again, is chronically, damaged.

So you have inflammation, you have repair, you had inflammation, you have repair, you have inflammation, you have repair. And when that happens too often, too much in the same area because of something happening, there could be an infection.

It could be, you know, again, poor diet. You know, it could be this could be happening in certain organs that are having, you know, so inflamed from your eating so many Cheetos and Doritos and soda and whatever, and that it's just getting inflamed and repaired, inflamed or repair.

These cells are dying off and becoming, you know, mutated and turning into cancer cells where it's this is huge for people. Understand that, you know, healthy inflammation is what the body needs to repair itself.

You fall down, you get bruised, you got some inflammation. Great. You know, a few days, that inflammation sending all these white blood cells, you know, all the healing cells that's going to repair it.

You want that inflammation. You don't want chronic inflammation where it's happening over and over again. Because then you are getting cancer and you have that injury that you mentioned.

So if you have that injury, it should heal itself and be done with essentially. But when it when you don't heal yourself, when it converts into chronic inflammation, then that's that's where the setup happens.

Why do most cancers happen as we get older?

Aging, Detection Limits, and 5G Concerns

Yeah. I I mean, why I'll ask you because I get I mean, I have a few different reasons, but I'd rather hear your answer. Well, obviously, as we get older, our immune systems become more dysregulated.

They are not as responsive. They're not as aggressive as assertive. We have we always have cumulative stress with cumulative damage over time. And so it's because of that cumulative damage over time and the inability of the body then to completely rebalance itself.

But it's the rise of the camel's back right. How many straws can that Campbell take. Yeah. That's why if you see that more often in older people. Right.

If you because it's been forming for decades and a lot of people because of all that continuous damage. Right. I mean if you see somebody a very healthy person who's 80 or 90, who does all these health things we're talking about and teaching and sharing during the symposium, and they've been doing that for decades.

They're most likely not going to ever have a cancer diagnosis because they are regenerating at an incredible rate. Because they're doing everything right.

The problem is, unfortunately, most people don't know what that means. Don't understand all these underlying habits and lifestyle choices. We have to make to live a long, healthy life without a cancer diagnosis, right?

Absolutely. I was just thinking as as you were speaking, that when do we find out, how do we learn? Most people who can come to me as a doctor are not coming to me most of the time for prevention.

Now, listening to people like yourself for prevention, they're coming to me because they got a problem. So they are coming to me late in the process. Right?

And because they're coming late, you're having to unravel decades, right? A lifetime of insults to their bodies. And so now you're trying to reverse something that has taken a very long time to build.

How long does it take for a breast cancer to show up for a diagnosis, a lump to be detected and diagnosed? How long usually about seven years. Isn't it 2020 plus years?

If you look at the doubling times of 1 or 2 cancer cells in the breast, how many doublings have to happen before the cancer gets to a point where it becomes detectable, whether it's on a mammogram or or by palpation?

It takes a very long time in some cases. Yes. It's 5 or 6 years. In some cases it's 1 or 2 years. That's why that's why they're, they're not recommending mammograms in young women because they, they develop cancer between the mammograms.

So if you're doing a mammogram every year, every two years you have you've missed it. The first time it was it was there already. But you missed it because our ability to detect it is very limited.

Right. It's pretty blunt. So they don't say, well, no point doing it every year because by then the cancer is too late. And if you're young and you get cancer, it's very aggressive.

Typically much more difficult to do it. That's more genetics. It's a lot of other factors. But when you're an older person, when you're a woman who is a 60 and you could do a mammogram every year or every two every two years and still catch a tumor early, enough of the process that you can you can basically do it.

So there are many factors that go into how all this evolves. But the sooner you start the process of being well and healthy, rather than waiting for symptoms to happen and the easier it is to reverse get rid of control.

So, so emfs are, you know, we're learning more and more about them, right, as they're doing, obviously, studies are very expensive to do, and a lot of people don't want these studies to happen, unfortunately.

But, we are learning more and more about the dangers of cell phones and, you know, fi exposure. And now 5G, which is some people's dream and other people's nightmare.

Talk about how these emfs and even talk a little bit about 5G. Your thoughts on that. And you know how they are resulting in this, exacerbation of, the unfolding of chronic inflammation?

Well, before I get to 5G, I think one of the most underestimated sources of a problem are smart meters. If you have a smart meter on your house, you need to get rid of it because it's emitting all the time.

It's radiating have bursts of radiation for the communication, and that's pretty strong because it has to go quite a distance from, from the from the smart meter to the tower.

And that means has to be strong enough to reach the tower with a signal. If you happen to live in a condo or an apartment building you can have in your condo, at the end of the condo, you'll probably see a bank of smart meters.

I've seen pictures where the flora around these smart meters dead. So you have a bank of these meters on your building. Imagine the apartment next to that bank of smart meters.

Right. You have you. Can you get rid of Wi-Fi in your own house? But you have if you're an apartment building or again, or a condo, you you can be surrounded by Wi-Fi.

And you may you may not even be aware of it. So if you're living in your own place, you have a chance to be able to do something. If you don't, then you have very little control over what happens.

I remember, one story that, one case report, of this guy that, used to come home from work and he'd relax and watch some TV while his wife was making dinner.

He had his head against the wall on the couch, and every time he did that, he'd fall asleep and got a headache. So began to realize, why am I getting a headache every time I come home?

Is it because of my wife's cooking? Is it because of the TV? He realized his head was up against a microwave. There was a microwave on the other side of the wall where his head was, and when she was using the microwave, he would get headaches.

Now his microwave was leaky. How do you tell that your microwave is leaking? You put a phone in your microwave, don't turn it on, but put a phone in your microwave.

Close the door and call it. If you if you hear it, if it goes off, it's receiving the signal. Now that's pretty extreme. So there's a good chance that you're not going to have that degree of leakage to a microwave.

But if it does happen, if it turns out that it's positive that, you know, you got a leaking microwave, you got to get rid of it. Yeah, we got rid of our microwave over a decade ago anyway.

So you know why? Why do I want to radiate my food when I can, you know, warm it up on the stove or, you know,

an oven or much healthier, safer ways you you can adapt to it that way.

So let's go to 5G. The difference between 3G, 4G and 5G is that 5G, the wavelengths are even shorter. And because the wavelengths are shorter, you have three levels of 5G.

If you live on a farm and you're ten miles away from a city, 20 miles away from a city, then the tower that's transmitting the 5G to your home has to be much stronger to get the signal of that far.

If you have any living happen to be living in New York City, there's too much interference. So you have to put 5G towers every block or every couple of blocks.

So I don't know how many 5G towers there are in New York City now, but they're they're going to be next to your house. They're going to be next to your, room, your door, your your building.

So that's what are the risks. And then you add up all the microwaves in that whole area and say, a 510 square block area, you're going to have a number of small towers transmitting 5G.

So it's going to be powerful and it's going to be, again absorbed by the body more readily because it's much smaller. Wavelength, so much higher frequency.

So 5G, the risk of 5G is it's again, it's going to be all around us, unavoidable. And all you have to do is find some dead zones. You know, what you're going to get rid of it is to is to find dead zones.

Don't upgrade to a 5G phone. Now, if there may come a time when 4G phones are not going to work anymore, right? And we're kind of be forced to move to 5G.

If you want a cell phone. But that's that's sort of the risk of 5G is because we're going to be even more surrounded than ever, and the more dependent we are on streaming and huge data downloads and so on, then the more dependent we are going to be on 5G.

You and I may be smart enough to be able to avoid 5G, but again, you can't control everybody else around you. Yeah, I was just looking up a map. Just a Verizon map alone right now.

5G coverage in the US. As you were talking. So it was interested. Looks like they're already in 36 cities in the US, which I didn't know. And New York, it's all over New York.

You're talking about New York.

How PMF Therapy Supports Healing

It's already, you know, very, very spotty because as you're saying that for a tower like so close to each other, but in those areas you're getting all of this high, intense, as you're saying, short wave frequency, which is so much more damaging to the body because it's entering the body, but it's not passing through.

Right. Whereas the long waves, ten hertz to Hertz, hundred hertz, they just pass right through because we're adapted to that. Correct. Jeez. So all right, so, let's talk a little bit about what what people can do, and talk about Pmfs.

So let's talk about the healing benefits of pmfs. What they've been known to do, what you use them for with your patients. How is pmfs, you know, supporting people with cancer?

Let's start there. Well, I will go back because I think your point is extremely important. How do you protect yourself against 5G? Because you can't avoid it if you if you if you can avoid it, that the avoidance is in fact the key.

If you can avoid if you can't avoid it, optimize your health. The healthier you are, the more the body's going to be

able to repair and recover from the insults from the irritations that you're constantly going to be getting.

So it's when you're really out of balance that that you don't repair, you don't recover, you don't rebalance. So the farther out of balance you are, the harder it is to get you back into balance.

And the body does a good job of finding the best balance it can in the presence of imbalance. It's always going to do the best it can to get you as much balance as it possibly can, even though you're way out of balance.

So pmfs. The value of pmfs is that they help to restore the natural vitality of the body. They help to decrease inflammation in the body. They help to repair and regenerate.

So they make the body in generally in general stronger, more vital. So you're not you can't you can't negate these Wi-Fi signals. There's nothing to reverse it.

But people advertise these pendants and these other things that you could do to help you with, with your, your body's vitality and, and the signals. So they give you a frequency.

But it's extremely weak. So in a sense, it's like earthing. Earthing is a it's a good thing there's no problems with earthing at all, but it's not strong enough.

So you can't rely on earthing like you do with these pendants to save you from a blast of microwave. It's just not going to work. But pmfs like pendants should be doing.

And they aren't because a two week, but perhaps two is a strong enough then to actually, significantly push the body towards rebalance because of these natural sort of low frequency, magnetic fields.

And it's not radiation, it is a form of radiation, but it's what we call non-ionizing radiation. It doesn't heat the cells. That means it doesn't heat up the cells, right?

It doesn't hurt the cells. It's not ionizing. You're going to damage or run the cells. So sunlight is is clearly ionizing radiation. Pmfs are non-ionizing.

And that means, again, they're restorative and rebalancing for the most part. So the more you use PMF therapy, I usually recommend if you can, if you can do it, have a high enough intensity magnetic field that you're doing twice a day.

Preferably first thing in the morning to shake off the cobwebs from the night before at the end of the day, to basically wash the stress of the day out of your body.

So all the imbalances that you've been exposed to during the day, whether it's emotional or physical, nutritional, inflammatory, you name it, all of those need to be rebalanced.

And you can either do it naturally in sleep or time. So that again, because the body has an insult and the body has the time to repair and rebalance, that you'll repair and rebalance unless it's, you know, you drop a brick on your, your foot or your hand, then it's going to take a long time for you to rebalance, right?

So at the end of the day, you take all these natural things that happen to us every day that you'll be able to rebalance right away, the easy things. You get rid of that low hanging fruit.

And we doing that every single day. Then basically you're going to slow that curve of aging. So the curve of aging is like this right. We want to take that curve of aging and bring it up to a more neutral level.

And the only way you're going to do that against the vicissitudes of life, life happens. You can't avoid it, right? Ain't nobody getting out of here alive.

So speaking of, the interview I did with you previously was all about, PMS, PMS, therapy. It's, And it was about one of your PMF devices called the Flex Pulse, because I actually use that and have been enjoying it.

So we did an interview. I wanted to encourage people to go watch that because there's a special link there. If you're interested in looking at the flex Pulse and trying it for yourself, that interview you can find on YouTube, look up Nathan Crane, Doctor Pollack, or go to my website, Nathan crane.com.

You'll find the interview there, discount links, all that stuff. But the flex pulse, I like because it's traveling. I can take you with me on airplanes. I can take you with me.

You know, I, I, have it sitting next to a chair where I wear. I rest in the evening, but something like that. Let's say someone has a PMF device like.

Like the flex pulse. I know it's a smaller, lower. It's not like one of the the high grade professional, you know, $10,000 devices, but it's $25,000 or $25.

It's very affordable compared to that. And, but the question I have is, let's say somebody has a PMF device like that. You said use in the morning and evening.

How long are you talking about in terms of balancing and harmonizing the body? Well, let's talk about levels or layers or tiers, if you will. Tiers. So the flex pulse is handy because it's portable, battery operated, and you can apply it to different parts of the body.

But it's not treating the whole body. You're if you apply it to your head, you're going to get primary. The primary benefit is going to be to your head or shoulder or wherever.

An acre of pain. But it's not going to help your great toe that much. It will still help a little bit, but it's not the same as treating it directly. So if you want to do rebalancing to any significant extent, then you really should be doing a whole body.

Okay. And many people do take the flex parts for those spot treatments and for nighttime for sleep in particular. Help to restore sleep because you can run it all night long out of your pillow.

But if you want a whole body system that different levels of whole body systems and they can range from a atrociously priced devices that are like $6,000, that are less than one gauss.

So gauss is a measure of magnetic field intensity. So one gauss is not enough. The flex pulse goes over, goes about 200 gauss for 200 times stronger and considerably less expensive.

You can go up to ten gauss at a A level or a tier. So you can go one gauss, ten gauss, 70 gauss, 150 gauss are now we have a device called the Hugo where you can go up to, around 7000 gauss and we call that the electric taco.

You're basically layer between two magnetic pads. So that is the most powerful. It's whole body. So you want so the higher the gauss means it's not the higher the frequency.

We're still talking low frequency 10Hz to 100Hz up to 1000Hz right in that range. So like a low frequency, but you're talking higher intensity of that frequency which is doing what.

It's just helping your body to to reduce inflammation faster. Well, if you stand next to a light right next to the light, it's going to be the brightness.

As you move away from the light, the light drops off very rapidly. And there's a law of physics called the inverse square law. And what if you're trying to reach deep into the body to do repair work?

If you're using a very low intensity system, it's not going deep into the body at all. It's very superficial. It's going to act primarily in the skin.

So if you want to reach deeper, get your lungs, your heart inside your brain, inside your skeleton, then you're going to need a much stronger magnetic field.

And that's why I'm Doctor Polycom. We have so many different devices that are different layers or tiers, as I said, in terms of intensity.

Whole-Body PMF, Intensity, and Cancer Support

So for those who want to get them better, the better acting magnetic fields, you're going to want to get the higher intensity whole body systems that will give you the most benefit.

And if you have a particular if you're dealing with significant issues already, then you're going to need higher intensity, to, to be able to do that and I there's a video on my website, Intensity Matters that I would strongly recommend people read.

There's another there's a blog on my website about adenosine that's adeno s ene adenosine or DNA sign. And adenosine is a receptor that's responsible in the body for decreasing chronic inflammation.

But on that blog I talk about what the optimal intensity is, which is about 15 gauss and the intensity of the magnetic field you have to start with. So if you want to go from the front of your brain to the back of your brain, you need to have a certain intensity magnetic field to deliver that 15 gauss at the back of the brain.

And there are there's a table in there in that blog that talks about the intensity you have to start with to go deeper into the body. And particularly for cancer, we talk about cancer treatments.

That's when you really need the higher intensity magnetic fields. You can't tickle, you don't have time to tickle the body and see if it works, because, you know, we're talking about long timelines before you can find out that it's actually making a difference.

So what are the what's kind of the minimum Gauss you're suggesting for somebody who has chronic health conditions like cancer, with cancer, I do recommend the the electric taco, the Hugo, because with cancer, you're not only just talking about where you have the cancer, you're talking about where you don't know that you have the cancer, right.

And the example that I use is breast cancer. So a woman with a diagnosis of breast cancer at the time of diagnosis, about 40 to 60% of women have been found to already have stem cells, breast cancer stem cells in their bones.

That's a high percentage, which is one of the reasons why women who studies have shown that women who had an initial diagnosis of breast cancer, if they're otherwise healthy, 25 years later, 20 years later, they are they show up with bone mass bone metastases because those stem cells have woken up.

And what wakes up a stem cell, the old friend inflammation and enemy inflammation. Right. So if you're doing a whole body daily magnetic field therapy with a sufficient magnetic field intensity that you're taking care of there, mopping up the inflammation you're restoring and rebalancing before those stem cells get a chance to wake up.

And never mind, never mind the treatment, of course, the treatment of the cancer itself and the damage from radiation and chemotherapy and surgery. And so on.

All of that is helped with magnetic field therapy as well as chemotherapy, for example, with pmfs. So research is showing that you get between 50 to 70% increased effectiveness of the chemotherapy with magnetic field therapy, 50 to 70%.

But we're never going to convince the oncologists to lower the intensity, lower the dosing of the chemo. Right. So you don't get it's toxic. But fortunately, if you're doing whole body magnetic field therapy, you're going to decrease the toxicity anyway.

That's huge. You know, anything we can do to support the healing process, whatever path we're choosing for our healing is going to be, you know, I should say we when we choose the things that are most effective and beneficial to support our healing path, then, you know, we're going to exponentially enhance our ability to heal.

And I know you recommend that you talk about that even though you know, you're this is really your specialty, your focus is PMF therapy and really helping people with, you know, through using and learning about pmfs.

But I know you also recommend a very holistic, natural lifestyle, right? Maybe share some of the some of your top solutions for people who are wanting to or are using PMF therapy.

What are some other things you recommend they do in their life to help enhance that healing process? Well, like everything else we do, it's all about body, mind and spirit.

I mean, if you have and we know that, lifestyle is critical to being able to manage or control cancer, even if you don't eliminate it, which is very difficult to do, it is possible.

I've certainly seen miracles happen where people have gotten rid of their cancers. That's that's part of mind. That's part of spirit. But at the base, the root is to feed the body.

Because you are your body, you are what you eat, right? So if you feed the body stuff that's going to make your body feel healthier and it has less work to do.

So a plant based diet, a, an alkaline type diet is going to be the most health enhancing. And there's a whole list of foods that you can eat that, that support cancer.

It's certainly things that you should avoid nutritionally. Absolutely avoid those things and then eat the right things when you do that. That's a big start. You can't heal the body.

Even with magnetic field therapy. You can't heal the body when you're pouring gasoline on the fire. And then you eat nutrition and you try to put the fire out with your nutrition or with magnetic fields, but you're still pouring gasoline on that fire.

Well, you're not going to get very far with that because you never know whether you got enough anti fire stuff going into the body versus the fire that you're throwing into the body.

So those are preconditions. Magnetic field therapy will not work if we keep insulting the body. You're just not going to get the results. And people will be frustrated because they spent money on magnetic therapy and it's not working.

So yes, all that natural stuff that you have to do. So the spirit, the mind rest, proper rest, decreasing the exposures that we talked about with Emfs, and alcohol and drugs and sugar, one of the most important factors that I, you know, when you go to oncologist is they don't talk to you at all about your blood chart at all.

So everybody who I treated with with cancer, I want to get their A1 C's down to 5.2 if I can, or less 4.8, 5.2. That's ideal. It's very hard to do that when you're coming into the office with a A1 C of six.

You've got a long way to go and you didn't get there overnight, right?

Lifestyle, Grounding, and EMF Reduction Tips

Cause you're gonna have to fight with your spouse or somebody else about the food that you're eating. So it's not

only just you that you've got to convince everybody around you that you can't do that anymore, and that's tough.

It can't be done, but it's tough. And that means you have to have the will to to do something different than what everybody around you is doing. And then you do magnetic field therapy.

It's really the integrative approach, the holistic approach that we're talking about. It's like doing everything you possibly can, to allow your body to get to its natural state of healing and wholeness.

I mean, some of the other things, simple things that I do that, I know you do as well. And hopefully people tuning in can start doing simple things. Today I turn my Wi-Fi off every night, just stop bombarding us while we sleep with extra Wi-Fi.

Turn it off simple. Wake up in the morning. Click the switch. I just have it plugged into, a surge protector. So I don't have to plug and unplug from the wall.

I just turn it on, turn it off. Super simple, you know, less radiation, less Wi-Fi. Turn my phone off. Airplane mode. Yep. Every night, go to bed, turn the cell phone on airplane mode.

Make sure my wife does the same thing. So we're both of our phones. We use them as alarms, but we don't need them calling us at night or bombarding us with that extra EMF.

So we put them on airplane mode every single night. Make sure to go outside multiple times a day. Barefoot as often as possible. You mentioned grounding, earthing.

Get those natural, you know, negative ions, antioxidants into the body, through the bare feet, the natural vitamin D from the sunlight. We, from spring to fall every other week.

This past year, we went camping, and we're doing this more and more, and through the winter, we'll spend, you know, the day instead of camping because it's too cold here in Santa Fe.

Well, at least spend a day, but we spend three days, two and a half to three days in the wilderness. No phones, no Wi-Fi. We go to places you can't even get a cell phone signal.

And then we turn our phones off as well. Those types of things where you can go out and hike for a few hours in nature, turn your phone off, you go camping for a couple of days, turn your phone off, get away from the Wi-Fi and the signals around you.

Give your body a chance to start healing. You know, to removing these toxins, to reducing the inflammation. The PMF device I use yours here at the house, usually, a couple of times.

Most days, you know, half hour to an hour at a time. You know, all those different things we can do. They seem small. But when you add up this one on top of this one, this one, this one, this one, this one.

Now you've got this whole lifestyle that is promoting health and healing, and that's what we want to do. Have you heard of sleep texting. No. Mean. What is that?

I went to a Ted talk where this doctor, the psychologist, had actually, she was a pediatrician, and, she had done a study on these kids who were sleep texting.

They were have their phones next to their heads while they were sleeping because they did not want to miss a text. Couldn't miss a text. It's a pathology.

I don't want to miss the text of what they've been in the morning. They woke up and they watched texting. They did during the night. Gibberish. She's that's texting.

That's oh my gosh, that's sad. That's sad that our kids are being so conditioned with that. You know they're made toxic and they're made addicted to their phones to that technology.

My daughter's ten. She doesn't have a phone and our kids probably won't have one until, you know, 15, 16. Hopefully we can hold out till she's 18, but we'll see.

I see I see eight year olds, seven year olds, five year olds up the street, kids with cell phones. It's like, whoa, that is way too young, way too early.

It is causing these pathologies, psychological pathologies as well as physical damage to the body addiction. Yeah, that's part of that is our time for today.

I appreciate you so much. All the great work you do. Thank you for, you know, bringing all that. I mean, you have so many good resources on your website.

Just want to tell people to go there now. Doctor Polycom, Dr. Lucan, Doctor Polycom blogs, articles, videos. You've got your, PMF devices people can contact you get in touch with you.

You do really great work in educating, informing and inspiring people. So thank you for that. And thank you for being here, sharing with us at the Global Cancer Symposium.

You're very welcome. I appreciate being here and being able to share and hopefully we'll help. Somebody will be helped by our discussion I think. So, I mean, I learn something new every time.

So thank you. And I want to thank all of you for tuning in here to the Global Cancer Symposium. Make sure to share this with your friends or family. Share it with anybody who needs this information.

Go visit Doctor pollock.com. Learn more about all his great work around Pmfs. Also, I encourage you to visit Health and Healing club.com where you can learn more about joining the global Health and Healing Club to helping you get and stay healthy again.

I'm Nathan Crane. I wish you ultimate health and happiness. Take care.