# How PEMF Therapy Heals Type 2 Diabetes Damage Transcript

(Transcripts are generated by AI and may contain errors)

## Introduction to PEMF and Magnetic Therapy

Research has shown that magnetic fields stimulate adenosine receptors. So there, adenosine is a molecule in the body that makes ATP, Adenosin Triphosphate.

But it's not just for making ATP. There, the adensine receptor sit on cells for other reasons, a lot of other reason. And the Atenosines receptor on the white blood cell helps the to fight inflammation.

The optimal magnetic field intensity at the adenosine receptor to improve inflammation is 15 Gauss, G-A-U-S-s. That's the measure of a magnetic-field intensity.

It's also measured by something called Tesla or milli Tesla, but we use Gaus most of the time. So you need 15 gauss at-the-target tissue to decrease inflammation.

So, again, if I'm trying to be aiming the magnetic field at one side of the head, on the other side, it's got to calculate the dose to deliver it on other sides, six inches away, which is typically going to about 4,000 Gauss.

Welcome to the PEMF Effect, where breakthrough science helps take control of your health. I'm Dr. William Pollack, and I am here to guide you in tapping into the power of PMS therapy for recovery, vitality and total body wellness.

From overcoming chronic pain, optimizing brain health, boosting energy and aging with strength, this podcast is your path to cutting-edge solutions for lifelong well-being.

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

Hello, everyone. Welcome to the Reversing Type 2 Diabetes Summit. I'm your host, Dr. Beverly Yates, ND. In today's session, we're going to learn some fantastic information about PEMF, pulsed electromagnetic fields from our expert, Dr.

William Pollock. He has lots of experience with successful use of this therapy, and I have a particular regard for it because I know how powerful it can be.

And we're going to explain some really important distinctions so that when you leave this session, you're gonna be really clear on the value that it could bring, the benefits that you might experience.

All right. Dr Pollack, would you please introduce yourself to our audience? Hi, I'm Dr William Polock or Dr Polack or Bill, depending on who I am talking to.

And I have patients call me Bill regularly as well. I worked at a place called McMaster University. And one time everybody there was on a first name basis, including the Dean.

It was amazing. Then I left McMast and then everybody went back to formal Dr. Pollock all the time. So that's unusual. Well, I'm a former family physician, holistic physician primary care physician.

Did holistic medicine for about 15 years. Been practicing medicine, for I hate to admit this, about 50 years, During that journey, I got frustrated, as I think as good doctors do, doctors who are constantly asking themselves, can they do better or not?

I used to call myself an unhappy doctor. I wasn't happy until I could solve your problem. So, instead of making referrals off to other people, you say, I can do better because I need to make sure that you get the right kinds of treatment rather than just getting a pill, an automatic pill because that's the way things are done.

So along the, way I was working with a group of other doctors and we had two patients almost die in a very short period of time from gastric bleeding.

And the cause, the common cause for those people was ibuprofen. Ibuprofen causes gastric irritation. If you take enough of it and you can take it over a long enough period of time, then you run into the risk of gastroplania and they almost died.

So that kind of really struck me. I said, okay, I've had this. This is enough. i've done this too many times, i have seen too much risks and problems.

Let's figure out a different way to treat pain than using medication, including opioids or surgery or whatever. And I studied acupuncture. But that was 1990 when acupuncture was largely unheard of in the U. S.

Madonna had not had her movie yet with all those needles in her back. So that kind of opened the gates to acupunture with Madonna having needles on her.

But 1990, they didn't know what acu- puncture was. And so people would not do acipuncture, even though I know it could do to help them. They wouldn't do it.

So I said, well, how else can I do this other than using acupuncture? And what I think found out is you could use magnets. And I started working with the magnets, it certainly stimulated the acupunture points of meridians, but I discovered they were doing a lot of other things.

## Dr. Pollacku2019s Background and Research Journey

They were do a healing work in tissue, right? So acu-puncture doesn't do that. If it does, does it minimally. It's just not that strong for doing that, so that's not the purpose of acuppuntures.

So they rebalance the body and the system, the yin and yang, if you will. So then I started working with magnets and it just sort of grew from there exponentially.

Eventually I published a book called Magnetic Therapy in Eastern Europe, a review of 30 years of research. So I met an MD PhD from the Czech Republic, got his PhD in magnetic therapy.

So he had translated for his thesis and also for other government work, he translated a lot of that Eastern European science on magnetic field therapy.

So it was not available in the West because it written in a foreign alphabet, right? And it an obscure journals, Eastern-European journals. You can't see them in West.

He had translate a of this and we put that into the book. That's the first book that blew my mind about all the things magnetic therapy could do. And at that point, it 30 years later, So now it's like 50 years later.

So magnetic field therapy continues to be done in Europe. And now the literature on magnetic fuel therapy has grown exponentially, grown dramatically.

As a result of that, I collected a lot of this science on magnetical therapy and produced another book that was more of a lay book. It was a more universal, it wasn't just restricted to Eastern Europe, and that book was called Power Tools for Health.

In that about 500 references on all the different things that magnetic fields or magnetic therapy can do. And I

reviewed about 70 different health conditions with the science, with studies that were done to support those conditions.

So that's kind of where we are today. I produced a website called drpawlik.com. And that has a ton of content on it, but websites have their limitations, books have the limitations.

All media have limitations of cleaning all these together. You get a really good sense of all the amazing things magnetic therapy can do. Absolutely, it really is amazing.

It's such a potent therapy, a real tool, and it just makes sense because on one level we humans, we are electromagnetic beings, right? Our spirit, our psyche, or mind, are physiologic interactions, they're pathological interactions.

All of it is based on that health or not healthy magnetic field and being able to influence it makes total sense that this would be a healing therapy.

So with that in mind and knowing that we have an audience that's both colleagues of ours, health professionals, medical professionals experts, as well as the general public and who might not know about these things, what exactly is PEMF therapy?

All right. Critical question and related to that is a question that a lot of people will have. Let's dispense with the elephant in the room right away.

EMFs. Yes. EMS are bad for you. Well, PEMF, how can that be good for if EMFS are for bad you? Right? So, but there's a huge difference between the two.

First of all, EMMS are broadcasted to the environment. So whether it's radio waves or FM waves, or radar or microwaves, they're just broadcast. So a cell phone or microwave tower broadcasted the environment.

A cell-phone tower, broadcast at the environmental. And those waves go on, they truly are waves. They go out forever, essentially. PEMF is created, magnetic fields that we use for therapy are created by current flowing through a wire.

I use my thumb as an example. So let's imagine my time is the wire with the current flow through it. As a current pulses through there, Every time it pulses, a magnetic field is created that's perpendicular to the flow of the electrons in the wire, right?

That's the magnetic fields, perpendicular. It happens. Laws of physics, it happens all the time. That is called a closed loop. The current is closing and comes back on itself.

Microwaves are open loop. They just keep going into the environment. The difference between microwaves and the PEMF is microwave is extremely low frequency.

That's what the purpose of a microwave oven is. Extremely low-frequency means it's heating. If you aim it at a tissue, it's going to heat the tissue. It's gonna heat whatever it is.

it can be plants, never mind tissue to keep water. So it going heat something, whatever hits, its going be absorbed by it and heat. P and F don't heat, this has been a big problem in physics, because the physicist had years and years of argument about this.

If there's no thermal effect, then there is no effect. So the MIT electrical engineer in me is loving this conversation. Please continue. So basically, simply put, magnetic field therapy clearly works.

And so as I mentioned, there's lots of research now, tons of the research about the fact that PEMFs A are safe and B are effective. Now, they're effective for what?

We have to figure that out. You may have designed the magnetic fields and so on for the purpose that you're using it for. Fortunately, magnetic field therapy, just because of the very nature of how it works, works on so many things.

In the Power Tools for Health book, I outline 25 different physiologic actions of magnetic fields. And that's just scratching the surface, right? And some of those actions include things like improving circulation, important for diabetes, decreasing inflammation, important to diabetes.

Tissue regeneration and healing, important in diabetes, helping the pancreas to function better. Important in Diabetes, Helping the tissues and cells of the body be able to process sugar better and having insulin be to do its job in the tissue is better, right?

So all of these different actions, and I'm not going to go through all 25 of them. If you want to read about them, again, I would recommend you get the Power Tools for Health book.

A lot of that is on drpawlik.com website, but it's harder reading and they're blogs. So that means a lot more information in the blog than you want. If you wanna one paragraph explanation, the blogs are gonna give you a little more than that.

Exactly, exactly. So can you help us uncover this a little bit more, you know, and have more clarity around specifically why PEMFs heal and the EMF's harm?

You've already told us that the EMS harm because of the heating and damage. And in fact, it's just not the appropriate use of that kind of energy for the PMS.

You're absolutely correct. It was not designed for that. it was designed from communication. Yep. Side effect that harms tissue, the biology. That's a great way to say that.

I think the public gets lost on this point. Please say, that part again. It's an unintended consequence. it's for communication, it is not designed for therapy.

But actually, there are high intensity, high frequency magnetic fields that are designed, for a therapy, but they're usually designed to destroy.

## How PEMF Differs from Harmful EMFs

So if you got a wart, you burn a ward off, right? You got, a lesion of some kind, You burn it off. You have a nerve that's being trapped by a disc or arthritis in the spine, and you can't fix it.

so what do you do? you, burn the nerve so you don't feel the pain. So it's destructive. PEMFs are, for the most part, the way we're talking about PMS, they're not used in that destructive fashion.

They're used it in a constructive fashion, So they are enabling the body to be able to heal and to restore normal function. Is that what you're saying here?

Yes. So how does that happen? Right. The way it happens is based on Faraday's law. Farada's Law says that a pulsing magnetic field induces charge. when it meets other charged carriers.

So Faraday, in the 1800s, basically discovered that when you pulse a magnet across a wire, you'll initiate current in that wire. If you actually attach a light bulb in a circuit and you stimulate it with a magnetic field, not with juice coming from the wall, just with the magnetic fields.

You stimulate with magnetic, the light goes on. That's Faradae's law. The same thing happens in In a sense, the light goes on. Because we know that magnetic fields, what are the basic aspects of electromagnetism is photons.

At PMS stimulate the production of photons, but that's neither here nor there. One of the things that magneticals do

is that as they're passing through the tissues, it's like the wind in the trees.

You don't know the win is there until you see the leaves moving. The air is around us all the time, actions and reactions. So as the magnetic field passes into the tissues, it's interacting Faraday's law.

It's interacted with all the charge carriers in the body. And what's not a charge carrier in a body? Certainly all of the electrolytes in body, right?

The solutions, the basic water solution of a the water. Actually the solution in water is not water, its a battery of all kinds of electrolyte. Its a soup of And because it's a soup of electrolytes, magnetic fields passing through that electrolyte soup, all of a sudden start to produce charge.

And when they produce charged, what does the body do with that charge? I need it. I'm going to take it, I am going use it! Now I can heal this, now I improve circulation, Now, i can get my nerves to work better, get the brain to better.

Again, that long list of things that magnetic field do. It's all because of the charged production of body. That gets us into an argument. And the argument is frequency versus intensity.

Ooh, yeah, that's a great distinction. All right, let's dig in here. Faraday didn't care about frequency. It was all about the charge, and that is all of our intensity, so if you vary the intensity if your pulse the magnetic field and you have a very weak pulse, it's going to produce a small amount of charge.

If you want to reach deep into the body, you have to take account of another law, and there are many laws surrounding this. But basically the other law is that the magnetic fields drop off very rapidly in intensity as you move away from the source.

It's logarithmic. So the law that I use is called the inverse square law. And in medicine, we use that law to calculate the radiation dose. If you're going to deliver radiation into the body, heaven forbid, but if you have to, you to have calculate that dose because you know that from here to here, the dose drops dramatically.

Same drop in dose as happens with the magnetic field. So that means if I'm going to treat across a brain or going aim a beam on this side of the brain, I have to calculate the dose that I need on the other side.

Same thing applies to a muscle or a lung or heart or liver or whatever. You have understand the dosage that you're delivering into the body. And you have make an appropriate adjustment in your intensity to deliver that dose.

A good example of that is inflammation. research has shown that magnetic fields stimulate adenosine receptors. So there, adenosine is a molecule in the body that makes ATP, Adenosin Triphosphate.

But it's not just for making ATP. They're, the adensine receptor sit on cells for other reasons, a lot of other reason. And the Adenosin receptor on the white blood cell helps the to fight inflammation.

Optimal magnetic field intensity at the adenosine receptor to improve inflammation is 15 Gauss, G-A-U-S-s. That's the measure of a magnetic-field intensity.

It's also measured by something called Tesla or milli Tesla, but we use Gaus most of the time. So you need 15 gauss at-the-target tissue to decrease inflammation.

So again, if I'm trying to, aiming the magnetic field at one side of the head, on the other side, it's gotta be, you gotta calculate the dose to deliver it on other sides, six inches away, which is typically gonna be about 4,000 Gauss.

4000 gauss on one of side the brain to delivery 15 gaus to the otherside. And you can do the same calculation across the shoulder or the belly to heal a kidney problem or a liver problem.

So if you're diabetic with kidney disease and you start magnetic field therapy, you'll start to feel that kidney because you are going to improve the circulation and the blood vessels and nerves and everything that are happening in that kidneys, reducing the inflammation.

You have to have the right dose. Are you tired of living with chronic pain? Medication only masks the symptoms, but real healing starts at the cellular level.

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

Take advantage of an exclusive 10% discount on DrPollack.com PEMF systems. visit drpawlk.com, that's D-R-P-A-W-L-U-K dot com, to register and claim your savings.

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

Visit drpalak. com today and let's get started on your healing journey together. That's a great description. Thank you for being so clear about it.

## Faradayu2019s Law, Intensity, and Therapeutic Dose

The whole idea of a right dose and being targeted and specific in the effect you're trying to have, I think, really makes that ever more tangible because sometimes people don't understand all these nuances and they kind of get lost.

They either have a preconceived notion that there's nothing about electromagnetic fields that could ever be helpful. Or they think any kind of field could be helpful and neither is true, right?

You have to know what the significance is here. You mentioned just for a second, if we could go back, adenosine and adenosine receptors. And I was thinking about the role of inflammation for people who have sleep problems.

There's a lot of diabetics that struggle with their sleep. And I'm wondering about the pressure that builds up through the day in a healthy person with adenosine, meaning that it makes it much easier at night typically for them to go to sleep.

When people have sleep disruptions, they've got inflammation and they got adenosine. Since you brought it up, would you share your thoughts about that?

And then we'll continue on back to PEMFs. Well, obviously there are a lot of different causes of sleep problems, right? It could be hypoglycemia. And if you're hypoglycemic, what are you doing?

You're producing a lot of adrenaline to try to get your sugar back up. That is too low. You are hypoglyceming. So you want to raise it, so you produce adrenaline.

What does adrenaline do to sleep? What happens if run a mile and you come back home and want go to bed? Well, you can't go sleep because you are revved up!

Exactly. So that's one aspect of it. Obviously, circulation issues become a problem with diabetics, and the brain is very much affected in diabetes by circulation problems, same as circulation problem elsewhere in the body.

So magnetic field therapy, by decreasing inflammation, makes the brains quieter. The brain's irritable, the nerves in brain are irritables when they're inflamed.

That's why if you have a burn, if touch the burn with your finger, just touch it, it'll hurt. because it's inflamed, right?

Well, that's the nerves in the skin that are telling you this, this is an inflame area and they're hyper excited.

Well again, think of it at a tissue level inside the body, same things happen inside body too. makes total sense right so people can think about you know what pertains to them if they are the person who has diabetes or pre-diabetes maybe they've seen this in family and friends and if you are a clinician you're working in a clinical practice setting you can better maybe understand what's going on for the people that you serve right.

So then now when we're thinking about PEMFs how do they help prevent and treat diabetes, because I think really for people to be clear about the vascular changes, the changes in blood flow and perfusion, glycation, all that stuff, how specifically do PEMFs help to prevent and treatment diabetes?

Diabetes, for those who are in the know, obviously, and everybody's gonna be listening to this summit is gonna become in-the-know, right? So diabetes is a spectrum.

So we used to call diabetes a hemoglobin A1C above eight, right, or 8.5 or nine or 10. That was diabetes. Actually, the way diabetes was diagnosed in the past is that doctors would taste the urine and if it's sweet, you're diabetic.

So that means that the urine is spilling into the kidneys out, through the kidney's out into to the year. And then you could taste it and say, your diabetic, well, we got more sophisticated since then.

Thank goodness. Right. So now we say, okay, while we're doing a blood test, if you go by the blood tests, blood sugar is too high. And if it's say over two hours after a meal, it was over 120, then it is to high and over time, we developed another test that we call the hemoglobin A1C.

It shows you the average blood-sugar levels over three months. So that's too hot. Well today we are discovering that somebody who's pre-diabetic talks about a range or a spectrum.

So if you have a hemoglobin A1c now which is considered diabetic or threshold in medicine is seven. That's insanity but that's what doctors because remember they came from eight to ten or twelve and now seven seems really low for many diabetics because they're running nines and tens and twelves routine basis.

Well seven that is hooray hallelujah. But what we're discovering is that people who are not at seven were still developing neuropathies. Yeah. And they had been so-called pre-diabetic for years and pre diabetes led to neuropy.

That's why the new term now has become coined prediabetes. So it's pre and he even called it A1C of seven and all the natural consequences of the risk of ketoacidosis and so on.

But turns out actually that, and I think pre-diabetes is a misnomer. I Think it's a fallacy. It's not pre diabetes, it is diabetes. Yeah. I think the pre lulls people often into a sense of, oh, I'm okay.

And it's like watching a train wreck in slow motion. It is irresponsible. You can see the wreck happening. We're coming. Right? You see it coming, right?

So prediabetes, as you can Fair enough, I think that's a really protective, great way to go about it because who wants to have all the nasty consequences that go of uncorrected blood sugar issues, right?

That glycemic control really matters. So it seems to me that these PEMFs are really great to help prevent and also treat issues of diabetes and including people along the spectrum, whether they've been told it's pre-diabetes now, which is 5.7 to 6.4 for an A1C, or type 2 diabetes formerly diagnosed by most labs at like 6.5 or higher for that A1C.

But I agree with you about your thoughts that it is absolutely a spectrum response. And some of the biggest damage is done on that pre-diabetes end. For a longer period of time.

That's right. Because it's silent, it was happening for a long period time, and over time those effects accumulate,

even though, again, they're pre diabetic.

Your body was designed to heal, but illness Chronic disease, stress, injury and time can slow that process down. What if you could restore your body's natural ability to recover, recharge and feel its best?

The key to healing is giving your bodies the energy to repair itself. PENF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best.

For decades, I've studied this technology, worked with hundreds of medical professionals, and helped thousands of people reduce pain, regain energy, take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

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

I've seen this also lead to dementia in Alzheimer's. People will say, oh, well, that person was pre-diabetic. They didn't have type 2 diabetes, as if somehow that was a protective…

I realize people do not understand the real threat of all this.

## PEMF, Inflammation, and Diabetes Support

Okay, don't. And I think if pre diabetes can cause neuropathy, what can it do to the brain? Exactly. What could it to do the heart? What can they do a wound or a scratch?

Right? what does it due to immune system? So all of these problems are still there. They're just much milder. And because they're mild, we don't really realize why.

I'm actually surprised today at how few doctors, medical doctors routinely do A1Cs. they are not routine in medical practice. Cholesterol is. Is cholesterol a bigger problem than pre-diabetes?

Not in my opinion. I think there's a lot more damage being caused by pre-diabetes. Go back to your question, how do PMFs help? So PMS help across the entire spectrum of diabetes.

And if you are using magnetic field therapy on a regular basis, it's helping your liver to function better. It's hoping your pancreas to functioning better, It helping the immune system of the tissues to be healthier.

If you're improving circulation in the tissue at the deepest levels of body, you're avoiding some of the consequences of glycation damage to those tissues.

So if you have end glycogen products, so a glycan product is an end result of glucose metabolism. It's what's left over. And those glycasin are what we call AGI's or advanced glycosin products or indexes.

But anyway, if those advanced location products are depositing in the tissues, they lock on. They don't let go. and they're an irritant. And as a result, they cause inflammation.

So then they inflame the nerves, the inflamed the blood vessels, inflames the connective tissue, so the muscles, everything basically, and then the brain as well.

PMFs then help to delink the inflammation caused by the AGEs, advanced glycation and products. You don't get rid of the AGEs. I have not seen any science that says magnetic field therapy washes those out of a body.

We could show that. Maybe that will become evident. And then maybe that as you decrease the inflammation, the

AGEs let go of that tissue. So you can help the tissue then to decrease inflammation.

The sooner you start, if you're trying to prevent diabetes, you've got an A1C of 5.7. That's not adequate. What's a good A1C? I'd say at least 5.4 or lower.

Yeah, 5.2? Yeah. Definitely. I normally would aim for like a 5 2. Five is okay, but at five you start to run into the risk of being hypoglycemic. It's fine balance, isn't it?

It really is. So a five point two, I'm good with that. Very uncommon in my practice for people that have a It's gotten a lot harder over the years. You know, I'm 30 years into practice and I'll tell you, it's such a challenge now compared to when I started.

I am worried for human health. It is not good right now. Yes, its not. So again, if we use Magnetic Field Therapy along the entire spectrum, we're basically helping the body to resolve the damages being caused by the chronic inflammation.

That's the key. Reducing chronic Inflammation. so you can repair nerves that are damaged if you catch them early enough. i tell people that magnetic field therapy does not raise the dead.

The natural therapy can help the living dead, but not the dead dead. So let me give you a little story about the Living Dead. I had a colleague or somebody that I knew who owned apartment buildings and he had an office manager or an apartment building manager who smoked, he drank, and was overweight.

And he brought his employee to see me. He brought him to me and said, you've got to help this guy. Okay, what's the problem? pulled up his pad legs. His legs were black.

Yeah. Purple black from the knees down. Getting green. Knees down! No circulation. The reason he brought up to see me was the surgeon, you've always seen a surgeon.

A surgeon says, off of your legs, we're going to do bilateral below knee amputations on this guy's legs! I said, and I touched his legs and tried looking for capillary fill to if there was circulation, I couldn't see the circulation!

Yeah, no, it's done. And I said, I don't want to touch this. He's going to get septic. There's infection in those legs. And the infection goes systemic.

You're going knock out his kidneys. he's gonna die. My watch while I'm trying to do something that is impossible to. Well, okay. So I got up to change his diet.

I have to stop drinking. Got up to stop smoking. Well, I asked him to I told me this is what you got to do. You want to lose your legs? Fine. Go ahead.

Now you had his attention, right? I said, this isn't urgent. I mean, II don't want take you on as a patient because you're going to die on my watch. I don t want that to happen.

Anyway, they insisted. So I say, OK, fine, I'm going see you in a week. We started on magnetic therapy right away, magnetic field therapy and the dietary and nutrition changes.

And he did it. God bless it, he did it. That's great. Came back in a week, touched the skin, a little bit of pink is coming in. A little capillary fill, right?

Yeah. Beginning to get some capillary fill. So I kept following him weekly and it's a very slow process. And he persisted over that whole period of time with the magnetic field therapy and the nutrition.

Literally three months later, He went back to the vascular surgeon and he says, Oh, I guess we don't have to amputate. Cool. All right. But he didn't ask what he was doing.

You know, isn't that crazy? I hear this all the time from people. I'm like, why wouldn't you ask, what worked? Because it's not what they do. Exactly.

A surgeon's cut, that's what do they. All right, so medical doctors and people like ourselves who work with functional medicine, we know what we can accomplish with Functional Medicine if we have enough time.

If you're on the edge of a cliff and a gale, you don't have to worry about why you got on on a clip in the first place. Just get off the edge. Exactly, from the wind blows you right over.

Yeah. I got him off edge, but we still have to work with him for the rest of his life to get everything restored back to normal health. He didn't need surgery anymore.

It was no longer gangrenous, at least at a point of urgency. So Bill, I want you to repeat that part again. he has to take care of himself for how long now?

For the next week, month? Or did you say the last of this life? Did I say the rest of his life? You did. And we could even probably talk about his next life, too.

People get this magical thinking when they get out of an incredible jam like that. This man's about to lose both legs below the knee. You're able to help him reverse this, get into remission, and get to a much healthier place.

Sometimes in that situation, people will think, oh, I'm fine. Then they will go back to everything that was going on before. When the problem comes back, They're like, oh, well, it failed.

When actually they never took charge of it for the rest of their life. I just want to make sure everybody listening to this understands, no magical thinking people.

What Dr. Pollock's talking about, anybody of our experts, you got to get on that healthy track and stay there. All right. Back to you. It's not just diabetes you're dealing with.

You're deal with aging. Your dealing the general health. AGEs cause arthritis. They cause soft tissue problems. They lead to autoimmune issues. So all of these, there's lots of consequences to all this.

Let me give you another story about medicine. We do bypass grafts, right? Your blood vessels, your heart are blocked, you have chronic angina, and you're about to have a heart attack.

You're going to lose muscle mass. Your going lose your hear muscle. What do we do? We'll do a bypass graph. Research has shown that the people who have bypass grafting die sicker.

Why? Why would they die sicker? Well, you just cause this benefit to their hearts. They didn't change what they did to get there in the first place, right?

So you got a graft, it's getting you off the edge of the cliff. It's not getting off to cliff, all right. So what do is they continue their behavior and those blood vessels re-block and now their kidneys re block or block and their legs block.

And so, basically, they die sicker because the whole process is continuing and cascading and building even more rapidly.

## Device Selection, Intensity, and Common Mistakes

So, again, this is a lifetime commitment. It's a life time for health, not disease management. Not for removing disease, it's for getting well and staying well.

Exactly. It's healthcare, caring for health, not disease management. I love it. That's a great summary. Okay. So

what PEMF devices are optimal for the changes that people want to see in the body related to diabetes?

Okay, we mentioned already 15 gouts. If you're doing 15 goes to the skin, that's great. It's gotta do 15 counts across the whole brain, right? Or the heart or the lung or legs, the vascular system.

So you need a strong enough magnetic field. What are the biggest mistakes that people make with PMF therapy? Number one is they get wrapped up by a salesperson who's giving them all these stories about how great people feel.

They don't tell them what the intensity of the magnetic fields is. And that people don't know to ask. That's why we're going to teach you. You've got to asked, what is the intensity of this magnetic field?

And the distributors who sell these things, usually through multi-level marketing companies, they don t know either, because they have not been told, cause they do not want people to talk about that.

So what happens is they start talking about frequencies, so go back to frequencies versus intensity. They start to talking frequency because I can't talk intensity because there is no intensity there.

So they're confusing the situation by talking about frequencies. So frequency can make a difference, but if you need intensity, there are very few machines that can have a variation in frequencies while maintaining intensity.

From an engineering perspective, it's very hard to do and very expensive. to be able to adjust the intensity for the frequency. So the higher the, the faster the machine has to pulse.

And that means it has the time to recharge it with every pulse, right? It's like the old fashioned flash cameras. You flash and then you hear this whining and, and the battery recharges, you flash again.

Well, same thing with magnetic field therapy. They have to re-charge between flashes, between pulses. Again, to create a rapid pulse rate of a hundred pulses per second or a 100 Hertz.

you have to have a machine that's able to produce the power that you need at that frequency. So Faraday basically discovered that it's about intensity, not frequency, and the people who sell your machines that don't talk about uh intensity can't produce, the uh the intensities, so they can talk.

So the therapeutic benefit then is not going to be there because it's not designed to deliver that. It's. Not designed. To deliver. That. And so what I found that they do, cause I used to work with these low intensity machines in the past.

I'd worked for years because that was what was available. What I wanted to discover is that people don't get better. So most of the time, what they're doing is they treated the body very superficially.

Cause they are only one Gauss or less. Right. If you need 15 at the skin, it is even going help you that way. that you know that much. So most of the benefits that people feel from them well first of all the benefit comes from having spent six thousand dollars.

If you spend six-thousand dollars you're going to believe that it's working so there's a certain amount of belief involved in this as well and you ignore the science you just basically just put that aside but what you are doing is just simulating the acupuncture points of meridians which is okay for wellness purposes that's fine but I would argue that even for You just made an investment of $5,000 or $6,00 for one gouse.

So you always have to ask for the intensity. I don't care about the frequencies. The only time I care the frequency is when I'm treating the brain, primarily for things like waking the up or putting the to sleep or making you more relaxed.

When I do brain stimulation, frequency then becomes important because the brains has frequencies in it. But the

rest of the time for rest the body, most of time it's the intensities that matters.

These are really important distinctions. Thank you for walking us through it and being really clear about what matters and what people need to watch out for so that if they were going to make use of this therapy or they're going provide it to someone that they know what they are doing and why.

I just think it's really importantly. One of the biggest mistakes people make is they buy based on price. So the purpose of our discussion today and this presentation is to teach people about getting the right equipment.

You can't think about cost. If you're about to lose your legs, you better not think that all I want to spend is $100. You're not going to get much for $ 100. In the doctor's offices, I can tell you right now, the machines that are used often in doctor offices are $35,000. Now you don't have to spent that much to have a really good magnetic system, but you may have spend more than $5, 000 to And we offer consultations on DrPollack.com for people who are willing to make the changes they need to, make not only in their health but also in the equipment to get the right equipment for them.

All of this makes sense. And along with the idea that they really have to be on board for caring for themselves for the rest of their lives. Whatever will be helpful and will produce healing for that individual, it's a lifetime commitment.

It's not like an oil change. You don't just roll up, get your oil changed and then roll back out. This is a life time commitment, okay, cool. Its building a house and maintaining a House over the Rest of its life.

Absolutely, I love that. Okay, great. What a wonderful time talking with you here. I so appreciate the work that you do in your point of view and your clinical experience.

## Closing Advice on Lifelong Health and Early Treatment

You've obviously honed in on something that's super effective and also asking yourself, you know, that wonderful question of how can I do my job even better, starting in seeing people come in with any variety of maladies and looking over time saying, what can I as the health professional do better?

And then measuring results and then continuing to ask the questions and be open and curious and have that, you know, put the customer put, the patient first mindset.

So I appreciate you in your career. I just wanted to be able to, record to saying thank you for that because I know that sometimes When people are outside of the domain of their original training, they're taking a risk to do it.

But when you get such great results, this is when it can all come together. So friends, anyone watching these sessions, please, if you see or hear information that you know is of value to others in your lives, kindly share this summit while it is still up and available, because we're really trying to make sure people and know that there are resources available to them.

This diabetes problem has become such a worldwide issue. It's its own pandemic. We really wanna make a difference and help as many people as we possibly can.

All right, Dr. Pollack, any closing thoughts as wrap up here? Yes, I think, again, we can talk about a spectrum. Now, if you have the wherewithal and the resources and you understand the problem, you need to get magnetic field therapy going for your whole body.

as early as possible. Because never mind whether you have diabetes or not, all of us can use magnetic field therapy because it amplifies anything you're doing.

But if you are a diabetic, you already have some kidney issues. You already some heart issues, vascular issues you, already you some brain issues You better get yourself on the right magnetic system early.

you don't want to be like that gentleman with the legs. Getting to a point where you now have to have amputations. You want to be pre-living dead, preferably healthy and wanting to stay healthier.

So getting the right equipment as soon as possible is important. Yeah, it makes sense. We want be fully alive, healthy, and thriving and maintain our independence for as long as possibly.

And we just need to do the pieces along the way that make the difference and get those results as quick as possibility and then sustain this amazing human frame.

All right. Thank you so much for your time and energy here today. Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights and inspiration to take control of your health.

If you enjoyed this episode, don't forget to subscribe, leave a review and share it with someone who could benefit from PemF therapy and holistic healing.

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

you