Introduction and guest background

All right, everyone, we've got another fantastic episode for the Heart Attack and Stroke Prevention Summit. And when I was putting together a list of speakers.

I have listened to this doctor many times before, and he is the worldwide expert on EMF technology. Don't worry about that abbreviation. An acronym will tell you all about it.

But I've got Doctor William Pollack. Bill, how are you doing? Thank you for coming on the summit. Perfect. Thank you. Jacki, it's a pleasure to be here.

I look forward to chatting with you and having a great exchange. Yeah. You know, one of our method, I'm methodology here at, at our company is this 100 year heart method.

I talk about this. Everyone's kind of sick and tired of hearing it. This mantra. My three year old daughter, she repeats it. Eat well, live well. Think well well.

Live well, think well well. Eat well, live well, think well. Test. Don't guess what the most advanced testing in the world. Evidence based supplements and biohacking strategies.

And when I think about biohacking, obviously PMA comes to mind. So maybe tell us a little bit about, you know, you're a medical doctor. Tell us about your background and how you got into, PMF and then what exactly is PMF?

Great. Thank you. Jack. Basically, as a family physician, I was the medical director of a group, family doctors on the East Coast in the US. And, we had covered each other's patients on the weekends and night times and so on in a very short period of time, we had three people come in with GI bleeding. One of them almost died.

And the common factor was ibuprofen, gastric bleeding and so I said to myself, after the third one, I said, this is stupid medicine. This that's the classic definition of insanity.

Doing things over and over and over again, expecting no bad results. And so I said I got to learn something else. So I decided to learn acupuncture. So I did a program for physicians through UCLA.

And when that was 1990, then I said, I'm going to go now, I'm going to practice acupuncture. I'm going to take care of my pain patients, patients in pain with acupuncture.

But people said, what's acupuncture 1990? What's acupuncture? Right. So I was gonna have to spend more time explaining what it did than doing it. So I decided to learn different ways of doing acupuncture, which is using magnets, which they do to use in the Orient.

And that started my journey with magnetic therapies. And eventually I stopped doing acupuncture because the magnetic therapy did more than acupuncture did.

So acupuncture works indirectly in the body, maintaining the systems in the body, but it doesn't do direct tissue healing. Magnetic therapy, I discovered, does direct tissue healing.

All right. So then I start. That opened the floodgates to EMF therapy. I started using them. And eventually I met a doctor from the Czech Republic at MD, PhD at Eastern Europe.

They've been doing magnetic field therapy for a long time. By now, about 50 years. And we are just babes in the wood when it comes in doing that. So he, translated a lot of that, Eastern European literature, which was in Cyrillic

and in foreign languages in an obscure sub journals and so on.

And we published a book called Magnetic Therapy in Eastern Europe, A review of 30 years of research. And that was 20 years ago. Right. So that again opened the floodgates, because now he had mechanisms.

He had explanations for why it worked and how it worked, based on animal studies and laboratory studies and human studies. So from that, from that point forward, I basically started using magnetic field therapy on a regular basis. And, the difference between magnetic field therapy and what I was doing with acupuncture was that acupuncture used what we call static magnets, little tiny magnets on acupuncture points.

Well, they did local therapy, but they didn't do more holistic therapy. So now we're working with whole body magnetic systems. We're using much stronger magnetic systems.

And I really delved into the science of it. What are the key principles that governs magnetic therapies called Faraday's law.

How PMF therapy began

And Faraday's law basically says the higher the magnetic field and the faster it goes from 0 to 100 zero to peak, then the more action there is in the body and the action that caused by pmfs past electromagnetic fields.

That's what PMA stands for, pulsed electromagnetic fields. So they're pulsed. What's happening? What happens behind that is that they increase the amount of charge in the body.

Faraday did an experiment where he actually put a light bulb in a current in a wire loop, copper wire loop that was not attached to electricity. As he passed the magnetic field through that wire, the the light bulb lit up like, duh, totally passive.

So that's the principle. The magnetic field going into a body is interacting with charges in the body at the cellular level. So working on every individual cell, it increases the charge.

And if you increase the charge you increase the energy. If you increase the energy you increase the ability of the body to do work, any work that it wants to do.

So let's, let's come back a little bit and let's talk again about what exactly is EMF electromagnetic fields. How is it natural in this world? How does it impact us, impact us.

And then let's talk about what is p EMF. Great. It's very important. This is the elephant in the room. People are people generally are a lot more people with particular in this sphere that we are work in are a lot more familiar with Emfs, 5G, Wi-Fi, all of that.

We're much more familiar with the risk than we are with the benefits of magnetic fields in general. So Emfs are designed for communication. Their principal function is for communication.

We just happen. Humans happen to be the way, right? So what they are is basically microwaves broadcasting to the environment. And microwaves is a carrier wave for other modulations of the signals, like for TV and radio and so on.

And those microwaves are absorbed. The wavelengths are extraordinarily short and they get absorbed. And after all, that's the principle behind a microwave oven.

The very short wavelengths get absorbed by the material that's in the oven, and then it causes heating. And then that heating causes damage, causes cellular damage.

Now when it comes to heating water, that's great. When it comes to heating food, okay. It has its values. There

may be certain risks, but generally speaking it's contained.

Microwaves in the environment are not contained. They're broadcast up to the ionosphere. So it's what we call open loop. But they're very tiny frequencies and they get absorbed by the body.

A good example is holding a cell phone to your ear. When you remove it, you'll see how red the ear is. You also see how red the other areas, not because it's getting radiated, but because by reflex action, the body causes throughout the whole body by the release of nitric oxide and a bunch of other things.

But this ear is being cooked. Now, if you keep doing that over and over and over again, those wavelengths are going deep enough into the brain. They can cause some risk to the brain.

So these emfs have risk because of the damage they can cause through heating primarily, and disruption of DNA and so on. That's communication. Open loop de Emfs are designed in a very completely different way, completely different.

Let's see. Let's say that my thumb is a wire that's conducting current and that wire is shielded. But this current coming through that wire that it's pulsing.

So with every pulse of that current, there's a magnetic field produced perpendicular to the flow of that current. Those are based on the laws of physics.

So because it's current flowing in the wire is protected. You're not getting burnt by it or electrocuted by it. But the magnetic field goes out. And with each wave that's going in that current, each wave, the magnetic field goes out and comes back and goes out and comes back.

And as we know, magnetic fields are they go through the body completely because they're not microwaves, they're not absorbed. Right. So the current goes into the body and comes back out into the body.

And if you have very weak magnetic fields, it doesn't go very deep. And it's certainly not strong enough to make a difference. But if they're strong magnetic fields, which are the kind that I take, typically used for healing purposes, then they go all the way through the body, and then they come right back with each pulse.

So that's called a closed loop. Completely different design, completely different physics than microwaves. And because of that, because they're designed for her up prescription.

But what for personal use. They're designed for healing. These are not designed for healing. These are designed for healing. And they've been using them for now, 40, 50 years in the Eastern Europe.

That's where my first book came from. So they're very, very safe. Completely different than, emfs.

EMFs, grounding, and magnetic field basics

In fact, actually, perhaps because of all the things they do in the body protect the body from the EMF exposure because you get the EMF is coming into the body, they cause heating or they cause tissue, effects that you don't like.

When we start to use a pass into the body, that magnetic field, is that causing the body to work, to rebalance itself, to heal itself? So whatever damage is being caused by the EMF is now being repaired by the emfs that's going to block that field.

But what they do is they rebalance the body, the tissues, to repair whatever damage may have been caused. A lot of people talk about, grounding. In fact, I would call one of the founding fathers of holistic or integrative cardiology is the late Doctor Stephen Sinatra.

He coauthored a book on on earthing, with with Clint Ober. And that idea was kind of how to reset, maybe the charge or the energy of the body by walking barefoot and staying in tune and in touch with the ground.

Can you touch on that? A little bit. And then we'll get into some of the uses of NF. Fundamentally grounding is acupuncture. Think of it this way. If you wear a copper bracelet on your wrist, what's it doing.

It's producing charge or energy or electrical potentials in the wrist area because the copper metal interacts with these, the skin, moisture and the electrolytes in the skin interact with the copper ions, which then causes current flow up the body.

So that's acupuncture. So when you're walking on the earth barefoot, or when you hug a tree with your skin exposed and touching the tree, then you're interacting with the ions in the tree and you're interacting with the electrical activity of the tree that that causes energy to flow in the body.

Acupuncture type energy. So grounding essentially is a form of acupuncture. It's very, very weak. Right. So we learned grounding when before our civilization started, before we had the industrial revolution, we were grounding all the time.

Right. But, we needed it that but we need something much stronger now because the total amount of industrial revolution type stuff that we're exposed to all the time.

So we need stronger stuff. So PMA therapy, we know increases acupuncture, but it does it much stronger than grounding does. So passively speaking, grounding is greatest natural.

It's good, it's okay, but it's not good enough when it comes to healing. So when it comes to basic effects for cardiology or the cardiovascular system, it has some minimal effects.

But if you're suffering from significant hypertension or significant arrhythmias, or having had a heart attack or cardiac myopathy or heart failure, it ain't good enough.

Excellent. And of note, I am a fan of tree hugging. I don't do it and often enough, but I think, it is kind of funny because those of us in the holistic space, if they call us tree huggers or environmentalist tree huggers, I think there is something to it.

To hugging a tree. Absolutely. I felt hug trees all the time as well. Yeah, yeah. I, I find that, I find that pretty cool. Pretty cool. You gotta watch out sometimes for the ants that may be on trees, but in general, it's a thing.

But healthy. Trees, healthy trees don't get bugs. So if you hug a tree, you're actually helping the tree to. I mean, as much as listen to your pet therapy, right?

Just the, the infrared energy from the from the animal, you know, and to us and so on. And so forth. And I think in general. Right. We're just talking about energy and how important energy is.

But, you know, for us, and to be very energized, if you will, and then but like you said, walking barefoot on the ground was something that was natural and was a strategy that worked.

You know, 250 years ago. But now we are so polluted, so toxic, so damaged, so much, manmade, EMF, non-native EMF that we need these biohacking strategies.

And that's why we're talking to you, the expert in EMF. Now, you mentioned some of those cardiac specific diagnoses. And obviously, a lot of people here are there.

That's why they're tuning into this because they don't want to have a heart attack. They don't want to have a stroke. They don't want their loved ones to have a heart attack or stroke.

Maybe they're here because they've already had one of those events and they don't want to have another. So maybe talk us through, again about how PML can help people with these cardiac diagnoses, high blood pressure, coronary disease, heart rhythm problems.

All these different labels that we put on people just because they're sick. So how does how does EMF come into play? Okay, going back to my first book, when I, wrote the, the book based on the research done in Eastern Europe.

Pmfs, have at least 25. I'm certainly that's a lot more than that. 25 different actions in the body. And it's those physiologic actions as a result of the magnetic field going into the body that then causes all the other benefits.

So one of those actions is to increase network oxide. One of those actions is to open up blood vessels to dilate blood vessels. One of those actions is the decrease in.

One of the most important actions is to decrease inflammation. They improve muscle function. Muscles work better, longer and harder, recover faster with magnetic field exposure.

Right? They, increase circulation because they open up the blood vessels and they reduce edema and swelling. So if you reduce inflammation, you reduce, improve circulation.

So hypoxia, low oxygen levels and then inflammation go hand in hand. Any area of the body that has inflammation has low oxygen levels, whether it's the gut or the brain or the heart or anywhere in the body.

So PMS vaso dilate all that and they increase circulation. They stick, they stimulate stem cells. You can't grow a garden in a swamp, right? You have to clear the swamp.

And magnetic field therapy clears the swamp. If you want to do stem cell therapy should be doing magnetic field therapy first. But if you're doing magnetic field therapy on a regular basis and you're doing it to your heart, then you're already stimulating the stem cells of your heart.

So you often you don't need other therapies and you can't you can't predict where those stem cells that you're getting injected into, you are going to go away. No. Cardiology.

The stem cells often die, so they don't actually help you that well. Cardiology. So so the issue is we have so many different actions from magnetic fields.

And they're covered in my book Power Tools for health. So if you want the science for the geek out on the science, I have 500 references in that book that tells you why magnetic fields work.

If you understand that, then you have a much better sense of what magnetic fields could do for you. And in my new book, Supercharge Your Health, I have, tables and and, discussions on how to use the magnetic field for specific conditions, and it gives you the rationale behind it.

And again, the and what you should do and how you should use it. So PMA therapy has so many different actions. But the most important one, I think, that causes the improvements and cardiovascular disease has to do with inflammation, right?

When you have a heart attack or you have ischemia, you have inflammation, hypoxia, ischemia, hypoxia, inflammation, go hand in hand. Hypoxia causes inflammation, and inflammation causes hypoxia.

And they go back and forth with each other. So you decrease hypoxia. You decrease the inflammation and you're off to the races. Now it doesn't happen overnight.

You are the body has to heal itself. Magnetic field therapy goes through the body. And basically causes the body to react to stimulate the healing, the natural healing responses of the body.

But the body still has to do the work. The magnetic therapy doesn't do the work. It's just causing the body to be stimulated to do the work.

Cardiovascular benefits and dosing

So if you keep using the magnetic fields on a regular basis, you're maintaining the function of the body and optimized level optimized way. So what are the explanations that I have is PMF therapy is like, basically stimulating tissues to repair and recover when they are not efficient to do so on their own.

Right. We have 100 trillion cells about in our body and about 1 million biochemical processes per second in our bodies. So PMA therapy stimulates all of that.

So how much exposure should we have? Probably we're not getting enough no matter what we do. So if you're walking on the planet you're increasing that.

If you're exercising you're increasing the energy every time you walk, you produce magnetic fields in your body from the exercise that you're that you're, going through.

Every beat of the heart requires a magnetic field. Energy produces magnetic field energy. In fact, we actually measure it with something called EKGs, magneto cardiogram.

We can actually measure the, magnetic field output. So the activity of the body becomes important to maintaining its own magnetic field energy. And that magnetic field, the energy goes back and recycles back to produce charge, which then produces healing responses and so on.

So it helps the body in so many different ways. Anybody with a heart attack should be using PMF therapy. Anybody with heart failure should be doing PMF therapy for the rest of their life.

And I have a blog on my website that talks all about how pmfs affect the heart and heart failure. Yeah, you know, you did. You mentioned like that common link of, inflammation and oxidative stress.

It's like, you know, what I would say are violations of eating well, living well and thinking well are measurable by testing as far as what's called inflammation and oxidative stress.

And then we improve the way that we eat, live and think. And then again, that's where evidence based supplements and these biohacking strategies, which PMF is obviously one of the biggest and best ones and most proven ones, as you said, has been studied for for decades.

Hundreds of and looking and and you know, and I love that too. Whenever people get critical maybe of those of us that are not practicing in mainstream medicine and here you are, you're like, yeah, I've got a book with 500 references, in there.

Really helps to kind of quiet, some of the doubters and, provide a lot of confidence for people who are listening here, but that inflammation, oxidative stress and then how PMF, combats that.

And then of course, you can do these different strategies, including PMF, and then you retest your numbers and see how you did. So that what you're saying is is very critical.

But there's a very important fact that goes with this. And in terms of inflammation, a research has shown that based on the adenosine receptor, it's a PMF stimulate the adenosine receptor.

So they actually stimulate ATP production in the body, which helps with healing and decreasing inflammation. But it also stimulates the adenosine receptor.

And the research shows that you need about 15 gauss. So Gauss GA USS is the measure of the strength or the

intensity of the magnetic field. Optimally, you need 15 gauss at the adenosine receptor.

So where does the adenosine receptor sit? Neutrophils white blood cells. And where are the blood white blood cells in the body. Everywhere. So if you want to stimulate deep into a heart, you have to have a strong enough magnetic field to stem it to get deliver 15 gauss deep into the heart.

And magnetic field therapies like light and sound and heat and cold. The farther you go away from the source, the the more it drops off. So you have to calculate that dose.

You have to know that you're trying to deliver 15 deep into the heart. So you need probably about a 4000 gauss machine to go deep into the heart to adequately treat the heart.

If you have, problems with the brain circulation to the brain, Alzheimer's, super cerebrovascular disease, you need to treat across the entire brain. So you need a strong enough magnetic field to increase circulation in the brain.

So when you increase the brain, it helps the rest of the body. But you could just treat the brain. You could treat the whole body. So that was you could source the therapy in different ways.

I usually recommend whole body therapy. Everybody should be doing a whole body therapy for just general health and, well, healing and well-being. And then in addition to that, you do local treatment with the right intensity.

So if you go to a dealer, if you go to somebody who's selling your PMF system and they won't tell you what the intensity of their magnetic field is, think about this.

Would you buy a car from a salesperson who won't tell you what the horsepower of that car is? You know what the horsepower is. You don't know what that car can do safely with magnetic fields.

You need to know the horsepower. You need to know the intensity, the magnetic field. And usually it's going to be expressed in Gauss. So you need a strong enough magnetic field to do the job adequately for you.

Otherwise you're wasting your money and your time. So years ago I was introduced to, the Beamer. And there's probably some people who are familiar with the Beamer and I think that's something that you've been critical of, if I may, you know, speak for you here is that it's just it does not generate, the magnetism does not generate the amount of Gauss's you're talking about to penetrate deep into the body to provide that therapeutic value.

So there are a bunch of devices out there that are being sold by different vendors. The most of them are sales people. They're not doctors usually. They're not physicists or physiologists. Right.

So they're being sold. And so they don't want to talk about intensity. If you don't have intensity, you don't talk about it. What do you talk about other things. Right.

So so the those low level devices have a benefit like grounding. Right. They have a low level benefit which stimulate the acupuncture points of meridians.

They can increase circulation superficially. But if you really want to open up the circulation to a kidney or to a brain, you really have to work stronger and deeper into the body.

Then those low level systems will do. And unfortunately they cost 5 or $6000 even they cost 5 or $6000. So again, that largely becomes a waste. I, I routinely get people coming to me from two sources.

One one source is high density systems. Then the doctor's offices where they won't tell the doctors what the intensity of the magnetic field is, and then the other one is the low intensity systems.

So people come to us from from that because they experience it and they say it doesn't work well enough. And the reason is because it's not strong enough.

Understood, understood. And so are there any situations or are there any people who are listening right now who would not be a candidate for PMF? And you know, all the links to how people can follow up with you.

That's all going to be in the show notes and what people, you know, people will be able to find you after listening to this, and they can just Google you and go to your website and all that kind of stuff as well.

But is there anyone who is who? Again, who this is contraindicated for, anyone who's with certain medical conditions or pharmaceuticals and and maybe throw this one out there to people who may be listening, who have a device, they have an implanted cardiac defibrillator, pacemaker.

Tell me about that. All right. The only absolute contraindication is transplants. So if you got transplanted organs, don't do magnetic therapy. It may not harm you, but magnetic field therapy stimulates the immune system.

And if you're on immunosuppression, you can't afford to make have an error in that. So transplants categorically defibrillators implanted electronics in general.

Cochlear implants, defibrillators, pacemakers most of them today are more conditional. So if they're Mr. conditional, those are very powerful magnetic fields.

The MRI machines, if you can tolerate that, you can tolerate most other magnetic therapy devices, except if they have to be switched off or recalibrated by a tech for the MRI, you should avoid it.

Now, that doesn't mean that you can't castrate the lower body, doesn't mean you might not be able to treat the brain, but you got to stay away from where the where the control unit is at least.

So lower testing magnetic systems would be relatively safe, but that's the only other contraindication. Metal is not a contraindication. Implanted metal, high intensity magnetic fields can heat the metal or can cause heating around the metal because of the interaction with the metal itself, and because of when you're doing a surgery like that, you're cutting nerves.

Lots of nerves. And the nerves are often inflamed. All implanted metal. It causes inflammation in the bones and in the surrounding tissue. All it's a foreign body.

The body doesn't like it. It does its job. But there's a cost. And so PMA therapy helps the body to deal with that irritation caused by the implanted metal.

So then you just have to find the right intensity for yourself to tolerate the magnetic field while you're helping the metal. And the rest of you. And then beyond that, there's not much, not much else.

Safety, contraindications, and device strength

The books cover the risks, the both the Power Tools book and the, Supercharge Your Health book. They cover the risks. And there's also information on the website about risks.

Yeah. I mean, so I think that there definitely is a learning curve for people in order to get the best out of this technology. EMF as you talk is is so powerful, so important that it is something that people should spend their time learning and reading your books, reading your articles.

Because listen, the technology is an investment. And I go back to your car analogy, right? If you're going to buy a Ferrari, you're best off to learn how to, you know, drive a, manual stick shift in your best off, learn how to really get the most out of your Ferrari.

And that's going to take some time. It's going to take some learning. Absolutely. Magnetic field therapy most of the time is very safe. Out of the gate.

You do have to be respectful of the body because you're trying to cause the body to work to heal itself, and the body has to be prepared to work. So it's like training for sports or a marathon.

You have to train for that. You're not going to get off the couch and run a marathon tomorrow. So we have low and slow protocols that we talk to people about.

I usually advise everybody doing magnetic field therapy to start off low and slow. Now some people can start off low and slow real fast, and so people can start off low and slow, taking weeks to get better because again, the body's got to work to the job.

You can. We also provide consultations to Doctor Polycom, my website. You can apply for a consultation, but I can tell you right now, if you're not willing to spend the money that we had for the equipment that we advise, and a lot of the equipment for significant heart disease, significant diabetes, significant kidney problems, cardiovascular problems, even hypertension.

If you're not willing to buy the equipment that you need to get and you can there there are charts on the website that show you the equipment and the kinds of equipment you should have in the books.

I also provide charts for the equipment for different conditions. And you don't want to be buy that equipment. Don't bargain with me. I didn't write the rules of physics either for the body or magnetic fields.

Don't argue with me. Yeah, you got to have what? You got to have to get the job done. Are you do the same thing. Right? So this is the dose. This is what you need.

And this is why you gotta take it or you don't get the results. Well, you know, pay for health now or pay for sickness later. And pretty much everybody who's listening would be willing to pay for health.

Now, that's that's certainly for sure. So, you know, it it seems, you know, that the device is good for anyone and everyone. What about children? I've got, you know, 17, 12.

Six and three, talk to me about children and PMF and what about animals and PMF? All biology. You have to understand the biology that you're dealing with to know how to use the magnetic field property.

So with kids, I don't recommend routine use of of a PMF device. But if you have ASD, autism spectrum disorder, or if you have, D'Oliveira nephritis, or if you have osteomyelitis or you have significant orthopedic issues, right, you're going to need to use magnetic field therapy for a long time.

It's completely safe. And children used. Right. Same thing in pets. Pets, amazingly well gravitate to the person getting magnetic field therapy. They will often lay on top of the person doing magnetic field therapy.

Horses love magnetic field therapy. I had a story with a trainer who, treated a horse for the first time, and the horse was really skittish. And as the therapy was going on, the horse completely relaxed.

Next time she was coming to the barn with her bag, the horse ran to the barn. To get his therapy. Yeah. What about cancer? Cancer? I feel sorry for the people who have cancer.

Magnetic field therapy is extraordinarily important in cancer. Whether you're on chemo or radiation, there are no contraindications for chemo irradiation.

Like everything else, you have to understand the technology and your condition and know how to respect for to use it. But absolutely necessary. Everybody.

I'll give a good example of breast cancer, 40 to 60% of women with the initial diagnosis of breast cancer already have breast cancer stem cells in their bones.

So this is a lifetime commitment. Magnetic therapy is not just a one, you know, one time treatment. It's a lifetime. So if you try to prevent inflammation from triggering the stem cells of the bones, you're gonna have to do magnetic therapy for the rest of your life.

But by the way, it's going to make the rest of you healthier to. So cancer is actually one of my favorite topics. And that for that people should do consultations.

But you have to be willing to do the work and get the right equipment. Yeah, yeah. I mean, undoubtedly. Right. This is not something that you, that you just purchase and you know and wish yourself the best.

I mean, it's always best to pay for the consultations, pay for the education. This. Well, we don't charge for the consultations. Well, you know, even better.

We don't charge right? I think it's that important. I think it's that important that we're willing to do it for free. Yeah. And get you on your journey for healing.

And like you said, also, you know, to before, like, all this, you know, stacks upon eating the right foods, you and I, before we started talking, you told me that you eat salmon just about, I believe you said every day. Every day.

And I'm a huge, huge, huge seafood guy. Seafood is the healthiest food on the planet. I love it. We eat a lot of salmon, row sardines, anchovies, eating the shellfish.

Maybe, throw it out there. From a health standpoint, why do you eat, like, eating salmon so much? And how does that tie in to the, efficacy of, PMF? Well, your cardiologist.

What what what countries in the world have one of the lowest rates of cardiovascular disease? Well, I mean, certainly, you know, Japan, Japan. And, you know, in those in Norway, Okinawa, those people that eat the most amount of fish, everybody talks about the blue zones.

And it's interesting too, is that even the vegans, they love to trot out the data from the seventh day Adventists and say, well, this shows that people who are vegans live the longest, actually, and that study, the people who live the longest are the women who eat seafood.

Well, and I started it because I visited Norway once. I read some of the studies about what happens with cardiovascular disease in Norway, except for the smokers in Norway.

They they live in the fjords, they live on the shores, they're eating fish all the time. So they have one of the lower heart rates of the world. And they also have one of the lowest, cholesterol rates in the world as well.

So that's why I eat salmon. Because because of that history, to make sure I get my omega threes. And it's best to get it naturally I agree. I agree, I agree, agree.

And I guess maybe from that electromagnetic standpoint, right. Is that as we, infuse those omega three fatty acids into the cell membranes, into the organelles inside of the cells, the mitochondria, all these other things that really we need to optimize their function.

Children, pets, cancer, and nutrition

In that way, they'll be able to accept this electromagnetic field energy from a device, and then the system all works perfectly to together well. And it relating to nutrition.

Extraordinarily important. You can't build a house without bricks and mortar. You need that. You need the supplies to build a house. Same thing in the body.

If you break a bone, you need the supplies from the body to build new bone. So that means you need the calcium.

You need the boron. You need, you know, all those other minerals to build new bone.

You can't rebuild a heart. You can't rebuild a brain. You can't rebuild muscle. You can't rebuild tissue without having the nutrients in the body to be able to do these.

So they're the supplies to do the work, right, to be able to provide the supplies to do the repair work that you need. So nutrition is extraordinarily important as a foundation for sure. For sure.

Any last minute things, that you want to, you know, discuss that maybe we didn't, so far, I certainly feel like you and I are so similar in our mindset that we could riff on so many things going forward, but I think the next best step for people, is to learn more about NF, visit your website, read your books, learn more about this absolutely essential technology in order to survive the, you know, onslaught that that we are dealing with right now from, all of the thousands and thousands of different chemicals and poisons that are out there, the plastics, the phthalates.

Okay. Hold on. Let me ask you a more direct question. About about this, the gut microbiome. Right. So we take in all this poison, one of the main things it does, it destroys the gut microbiome.

Give me a little, a little, ditty about PMF and the gut microbiome. We. I'm working actually, on a summit, webinar about the gut and pmfs. So, I'm not worried about the microbiome because, quite frankly, you know, there's 200 species, 2000 species in the gut.

If you give yourself five species, what are you doing to the rest of the microbiome? You're causing that to have to react to the five species you just loaded into the microbiome.

So it's going to react to that as well. So you need you need to have balance in the microbiome for sure. But what causes the imbalance. So if you don't go back to cause you can put all the probiotics you want into your body.

If you don't go back to the cause, you're not going to fix it. So one of the most important aspects of imbalance is in the microbiome is inflammation.

So inflammation is, you know, fix the inflammation that's causing the imbalance. Putting again, bacteria into your body won't fix it. You'll just, you know, you just had more of the same problem.

You have to keep using the same probiotics or more. So fixing inflammation is key. Now, research has shown that when you do stimulate the brain, the brain reacts.

It relaxes very often. And people have found that the microbiome rebalances by just treating the brain through the sympathetic parasympathetic nervous system.

Right. So it's a secondary it's a it's a background as a side product of that kind of stimulation. But the same thing happens with anywhere in the body.

So you're rebalancing the microbiome every time you do magnetic field therapy. And it doesn't kill off the bad. The good guys good, the good bacteria.

It's not not doesn't, doesn't just go after pathogenic, but it does actually go after pathogenic bacteria. We actually have replays that shows it does that.

So not only are you helping to restore the balance of the of the body in general, but you're also helping to, kill off the bad bacteria. The last thing I want to say about that, which or which part of the body has the lowest, oxygen levels?

Which tissue of the body has the lowest oxygen levels? I give up the anus. Why? It's the farthest away from the circulation source. So the colon, not the normal.

What's the normal? PO2, of the body, generally speaking, 8686. Right. The, upper gut has about 30 to 50. The PO2 is 30 to 50 at the mucosal tissue. The anus is around five.

So the farther you get away in the colon, right from the from the aorta, from the major arteries, the lower the oxygen levels are. And we have hypoxia, we have inflammation.

If you have inflammation you have a disordered microbiome where it's most of the microbiome in the colon. So the colon is already struggling because it doesn't have enough oxygen.

And then if there's inflammation you're not eating properly. You're causing even more stress and more oxidative stress in the body. And you cause an even more, bigger reaction to the microbiome.

So pmfs helps to balance all of that better than almost anything else. Okay. You're talking about cellular oxygenation. Other another biohacking strategy we have two of which would be one would be hyperbaric right.

So hyperbaric oxygen therapy. But and then the other would be ozone. Any, any quick commentary about those. And are those, necessary when you have, PMF technology that would PMF kind of supplant the need for those?

Are they synergistic? How would they work together? Well, now. First of all, first of all, they are synergistic. So what does it do? It delivers oxygen into the tissues under pressure.

So it's delivering more oxygen that it would get normally. But that's what it's doing is delivering oxygen. But if you increase the circulation in the tissues deep in in the body you're already doing that.

So and you can do that at home. You don't have to go to a center to do that. So each block is each part is limited in what it does. It's very good at what it does.

And if you have a system, keep using it and they're synergistic. And the same thing with ozone the primary value of ozone is delivering oxygen into tissues.

But unfortunately with ozone very often you cannot deliver it where you need it. It's just generally doing it. Now. If you do, it's inflation, reckless inflation, you're going to help the colon, of course, because you're delivering it right there locally.

And the. Anus. And the anus. Exactly. So research has shown that PMA therapy is synergistic with ozone for sure. But if you have your own PMF system, I have the right system and you're using it the right way and you probably don't need it now.

With cancer patients, I frequently recommend ozone and H, but when I first start doing magnetic therapy with them because it's going to give you a bigger, better, faster push.

And then eventually as you as your numbers start to improve, as you start to improve, you can start to back off and just continue the magnetic field therapy, because it's doing so many things for the body.

Very exciting, very exciting. All right everyone, doctor William Pollack, thank you so much for being on the heart attack and stroke prevention Summit.

Sincerely appreciate it. Everybody, follow up with Doctor Pollack. Go to his website, read his books, check out his materials. Just may save your life.

Or someone who you love. So thank you again for tuning in to this episode, and we will see you on the next one.