How PEMFs Can Boost Your Body's Energy Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Guest Welcome

Welcome to the conversation. Today, I am speaking with not just one of the world's authorities on pulsed electromagnetic field therapy, but also my dear friend, Dr. William Pawluk.

Welcome. I'm so excited to bring you back for this mitochondria discussion that we're having today. I get the distinct pleasure of seeing you a couple of times a year because we hang out at medical conferences together.

That's actually where we first met. So welcome back. You're very welcome. Thank you. I appreciate it. You're looking great, as always. And I know that you have some new equipment and you're looking even better still.

Thank you. Yes, my new equipment bill means my fancy camera. So, yes. Thank you for joining me now. Thank you. Well, yeah, the girl is supposed to outshine the guy.

I mean. Okay. Okay. I'll love that. Okay, good. Well, Bill, for people who don't know you, I mean, you have quite a distinguished past. You had university appointments at Johns Hopkins and University of Maryland, much like me.

You spent decades, decades in the Western medicine world working as a physician. And and later in your career, you really became the authority of a PMF.

So PMF not to be confused with EMF. We're going to we're going to jump into that as well and explain why EMF is so good for you. I actually have one of your devices here.

We'll talk about that. I use this. It's an incredible it's an incredible product. And I also have your book here, which is, you know, the primer. It is the thing that people should be reading if they want to know about PMF.

So, you know, Supercharge Your Health with PMF therapy. So, Bill, let's jump right into this conversation.

EMF vs PMF: Key Differences

Let's start out and just unpack why PMF, why is it important? And let's help everyone understand that it's not the same as as a EMF. Well, let's start with that first.

So EMF is I call EMF environmental of Magnetic Fields. It's it stands for electromagnetic fields, let's call it environmental magnetic fields. That means that they're in the environment microwave towers, radar or radio signals, television signals.

All of that is EMF. So basically they're broadcast in the environment and they have wavelengths. They go on forever, essentially. So that's very different.

The generation of that is for communication purposes primarily. It may have other functions as well, but it's primarily for that. And the body doesn't matter.

It didn't create it to consider the body, the body's in the way. In fact, although the body is not in the way, in a sense it is in the way because these are extremely low wavelength magnetic fields.

That was a very tiny, tiny, tiny magnetic field and a low frequency magnetic field has a very long wavelength. It goes right through the body. So if you can design EMFs to be long wavelengths, they'll go right through the body and not bother us.

Hmm. Okay, so this. So this little gadget I have is a long wavelength that goes right through me. Oh. Okay. Okay,

let me clarify that, because I think distinction one is how is it generated?

EMFs are generated by broadcast antennas or by by transmitters that broadcast directly into the environment. A PMF is generated by a current flowing through a wire that broadcast its voice through a wire.

So more directed, it's just. That's more focused. Focus. That's the word. Yeah, for the word. I use this basically open loop. So when you broadcast in the environment, there's an open loop.

Theoretically PMF come back to the source, but they don't. They just go out into the environment. So with PD amps, it's a current flow through the wire and my thumb is the flow of the current in a wire, let's say.

Let's pretend that's a wire. Mm hmm. The magnetic the current flows through the wire, but it's pulsing. It's got a pulse rate for jumping through the wire, if you will, every time it jumps, it pulses, you produce a magnetic field, and my fingers represent the magnetic field. So as a current pulses, it goes out, magnetic field goes out and comes back down.

It collapses on itself. So it's a closed loop. Okay. That means it has no pulse, it has no wavelength, it has a pulse rate. And a lot of people confuse that.

HERTZ And we use the word Hertz, which is cycles per second. So it's cycle, but it's not a wavelength. Okay. All right. Major, major distinction. So the reason the IMF bother us is because they're extremely short wavelengths, which means they get absorbed by the body.

Same principle as a microwave oven. Right. Would contain the microwave field. So it's not supposed to radiate outside. And then we put stuff inside the microwave and we cook it.

Right. Right. We heat it. That's the principle behind microwaves is they heat things. Now we put a cell phone to your ear, you'll see your ear turns very red.

Does it gets hot. You look at the other ear and it's nowhere near as red. Right. So what we're doing with a with a cell phone to our ears is we're cooking our ear.

Our in our brain. Well, and so people who have perhaps or might say cell phones to their heads all day long, including Bluetooth all day long, basically cooking your head and people will do that all day long.

Have have an increased incidence of acoustic neurology. Mm hmm. Because of that unilateral production of the magnetic field and the heating effect of the into the brain.

Okay. He goes through the skull, it goes through the skin. It goes through the scalp, goes into the brain. So p amps are nowhere near like that. Nowhere near at all.

They're okay. And this is why they're extraordinarily safe. And we use this goes right through the body. Yeah. And we use them for a variety of healing now in my and we're going to time mitochondria right into this.

But I want to share some stories real quick about what we've used EMF for in my family. So I got this device from you a couple of years ago, over a year ago, and my daughter is in competitive cheer, which is very athletic and high level of stunting.

And the girls fall, they twist their ankles, they hurt themselves. We bring this to competitions because inevitably somebody is going to fall and we, you know, that can take them out of the competition.

So we've literally had girls who twisted their ankle, put this on the next day. They're up and competing again. We were just talking before we started this that I had laryngitis and completely lost my voice and put the I put the paddles.

So there's these little paddles here and I put them right on my neck to support me. If I've had if I pull a muscle, I'm using this, you know, anywhere in my body.

How PMF Supports Healing and Energy

If I if I've used it, I bring it to hotels to help me sleep. I'll put it right underneath my pillow case and I'll just my head will be literally right on it with just the pillow case.

There's a frequency that helps me sleep. There's a frequency that helps me think better. So if I'm, you know, I have a band that I can put this literally on my head while I'm sitting here working and I can make my brain work better.

So talk to me about this. Why am I doing all these different? How does it help me with all these different, different things? So the secret sauce, the magic behind maps is that because it's a magnetic field, it completely ignores the body of a magnetic field passing into your body like the wind in the trees, the wind in the trees.

It keeps on going. But as it's moving through the trees, it shakes the leaves of the branches and the stronger the wind, the stronger the action. Right? So we used to break the tree down.

We designed to be able to be supportive the body. So as that magnetic field is passing through the body, it's increasing energy production in the tissues.

So the the body reacts to it's based on a law of physics called Faraday's law. There's an induced charge in that in the body, because of all the ions and the electrical charge activity inside our normal cells as normal and as we are dying, as we are aging, as we are stressing and using up our energy capacity, our cells are not producing as much energy.

So when you subject the cell to a magnetic field, all of a sudden you increase the production of energy in the cell. And now the cell does things that it was not able to do before we started the magnetic therapy.

So basically, any condition that causes the body to be at the place that placing a demand on the body, that causes the body to work harder or the cells to work harder, it needs more energy.

Mm hmm. Another analogy I used image I use. You can't build a house without bricks and mortar. So you want to build the house. You need the nutrients, you need the bricks of the mortar.

You need a plant in DNA, right. You need you need energy for the for the work to be done. So you can either use manual energy or you can use electrical energy.

So magnetic therapy is the power tools. That's the title of my previous book articles for For Health. Okay. So we're establishing here that you need more energy for every process.

So all those examples I just gave you when the when my daughter twists her ankle or one of her teammates or when I'm trying to get to sleep in a foreign, you know, environment like a hotel, my body is actually needing more energy to make these things happen.

So it's funny because I know a lot of people think about, but energy is something that's you think of energy, you think of energizing. You think of being awake, you think of being productive.

You think of being go, go, go. But you actually need energy to sleep and you need energy to heal. You need energy to digest, and you need energy for your immune system to fire.

So this is what is supporting. Now, this brings us right into the mitochondrial product, into the mitochondrial discussion. So in our body or mitochondria, make 90% of our energy.

So tell us let's talk a little bit about about energy or mitochondria turnover and let's bring PMF into this discussion

about how it supports mitochondria.

So mitochondria have a lifecycle like every cell has a lifecycle. Our bodies have life cycles, right? Humans have life cycles. The planet has a life cycle.

Well, mitochondria have their own life cycles as well. They are generated by proteins. So they have mitochondria have a membrane and inside the membrane they have what we call organelles or other other structures inside the cell.

All of that has to be working together and you have to create the membrane of the mitochondria in order to get the mitochondria to do the work of creating energy.

So like the human body, mitochondria have a cycle, they have a cycle of birth, they have a cycle of functioning and have a cycle of decay. And that so part of the problem then with the body, like the rest of the cells in the body, we have to clean up the mess.

We have to clean out the dead cells, we have to clean out the junk and the litter, and that's called mitophagy. So the cell itself has its own autophagy gene, which means that cell is replacing the damaged and dead elements in order not to get clutter so the cell can become efficient.

So Mitophagy is a compound of autophagy, which then creates cycle recycling basically of the cells. So pumps by virtue of increasing the energy available to the cell that energy transfers into the inside of the cell.

And then that stimulates all those other production processes of the cell, and it stimulates the clean up process. And so the cell so we don't choke up cells with with stuff that's not functioning well.

So it's really important for the whole life cycle process. But what causes mitochondria to be damaged? Yeah. What does cause it life. Yeah. Living. I mean, there's a few things we don't have control over, right?

We don't have control over our genetics. We don't have control over the aging process. We're going to be older every year, but we do have a lot of control over what we're exposed to in our environment and what harms mitochondria.

Whatever harms the mitochondria. So what happens is if you're stimulating mitochondria, let's say you're depleted. Why do we get a cold? Why do we get laryngitis?

We're gonna run down. Yeah, we might do a lot of good things to keep ourselves healthy, but the stress that we laid on top of our body was more than our body could cope with at the time, and therefore it got sick.

Now, if you're constantly stimulating the cells of the tissues, so mitochondria, I have a 17 day half site, half life cycle, that was mitochondria last for about 34 days.

But then the half life of a mitochondria is about 70 days. So that means so on days 18 through 34, it's probably not functioning as well as it did days one through 17.

That's when it's really doing a good job and then it starts to slow down. Our system starts to slip. And so if you then throw stress on it, whether it's infection or radiation or poor nutrition, lack of sleep, lack of proper exercise, all the things that we do to maintain health if it's already pre stressed, then you then that life cycle is going to be shortened.

Even if it's optimized, it's still going to be shortened. But the magnetic field therapy, what you're doing is you're constantly stimulating those processes of the cell to be balanced, to be optimally functioning.

It's optimally functioning. When you hit it with a stressor, it's now more resistant to that stressor. It's going to be able to deal with that stressor better and live longer and last longer.

So what I'm hearing is that PMF would be a very important part of somebody's healing, healing journey. Now, our audience here is you know, they are really advanced in their in their quest for answers to their symptoms.

Mitochondria, ATP, and Cellular Repair

And they're they're they're wanting to prevent chronic health conditions. Now, I want to get into the different type of PMF. When I very first met you, we had a lot of fun.

It was actually at a conference and I and I laid on one of your big PMF full body PMF devices. And if you recall, I was wearing some really cute high heels that day and we were walking around the conference floor and my feet, you know, by the end of the day, were kind of hurting.

So we put it right on my feet, and that's how we really got to know each other, because I was in this on this bed, in this thing, and that's where we got to really talk.

And our friendship bloomed from there because I was there for, you know, 30 minutes on this bed of yours. And once we finished that treatment, I had such good energy and my feet didn't hurt anymore.

And, you know, we still had a busy evening ahead of us. We were going to be going to a dinner together and doing all kinds of things. And there was a lot left to that day. And I remember thinking, you know, partway through that day, I'm going to make it today.

I'm so tired. And so let's talk about that. There's different types of devices I'm showing you, you know, this little tiny one that I have that I take with me everywhere.

But there's also bigger devices you can have in your home. All right. Well, before we get to that, if I may, tells me for a second your size fixing mitochondria and having them live longer and healthier and function better.

One of the most important functions of mitochondria is to produce ATP. So pumps actually help the mitochondria to create even more ATP. So you could have a longer day at a conference, so you could be able to function longer than you would normal and magnetic field therapy increases ATP production by upwards of 400% to 100 to 400%.

Well. Right, just one assembly of that tissue, but it does it very local. That magnetic field therapy works essentially locally. So using a whole body magnetic system, then you're stimulating a much bigger part of the body and therefore a lot more cells get exposed and stimulated to be able to function.

So, yes, so there's a range of devices in the Supercharge Your Health book that you have there. I talk about local treatment versus regional treatment like, say, a chest or a belly or a back.

And we talk about whole body. We also talk about local. So that machine that you have, the little one, there is more of a local machine because it's a small circle, small coil or applicator.

So that's very useful for small areas. The brain is relatively small compared to the chest or the lung or the belly, right? So you can actually applied for use with the brain.

So you have to get the right magnetic field device for the for the what you're trying to accomplish. Most whole body magnetic systems actually have smaller applicators as well.

And usually the smaller applicators are stronger and the whole body pads. So then you can use a smaller applicator to your chest to stimulate your heart and your lungs to breathe better and covered or long.

Hauler syndrome might not. Therapy to the chest is amazing. There's a huge increase in oxygen production. And I'm assuming for people with COPD or other lung diseases, this would be a great thing to have.

As essential. Essential because it not only helps you to breathe better, but also strengthens the tissues to be more

resistant to the inflammation and infections that many of these people get.

And so we have COPD and you get a pulmonary, you actually get a bronchitis. That's just one more nail in the coffin, just one more loss of function that you're going to have experienced.

So you need the right piece of equipment. One of the key aspects of magnetic therapy for increasing longevity and and slowing aging and recovering faster from problems is anti-inflammatory action.

One of the key aspects of magnetic field therapy is to reduce inflammation, whether it's local or regional or systemic, and you need a specific magnetic field intensity for that.

So one of the biggest mistakes that people make with magnetic field therapy, number one, is they buy cheap. You buy cheap, you get cheap. Oh, that's yeah, that's the case with a lot of things in the functional and integrative medicine space.

There's a lot of cheap knock off, not good things out there. And they're not cheap either, right? I mean, even the knockoffs you're you're spending a, you know, you're investing in these.

So you definitely want to buy something that's going to actually work. It's going to work properly. So you can spend $6,000 for a PMF device. That's a whole body machine.

And there's lots of them out there being sold by multilevel marketing companies that are only one gauss. So go back going back to the inflammation argument, our discussion, you need an optimally about 15 gauss.

So if you don't know what the intensity of your magnetic system is, you don't know what you what you're doing, what you should be doing to get the most out of it.

So having the right intensity is probably the most critical factor at all of all with magnetic therapy minimum 15 Gauss so for might for decreasing inflammation you 15 gauss but there's a trick here there's a problem what is it like light drops off very rapidly as you move away from it.

Correct? Well, magnetic field therapy is like light, like cold heat sound, etc.. It drops off very rapidly. So if you need to deliver 15 Gauss at one spot, then you need to start off with a higher intensity to be able to deliver that 15 at that spot.

So you have to calculate for that in the Supercharge Your Health book, there are a table there, tables in there about the molecule called adenosine, which is responsible for helping with inflammation reduction.

And so you need 15 gauss at the adenosine receptor, but adenosine receptors are all over the body. So if you need to do 15 gauss across your skull, across your brain, then you have to calculate the magnetic field.

You need to deliver that across the brain. And that book has has the tables in it that show you what you need. Okay. And then once once you figure out what your goal is.

So why are you wanting to own a machine? So that's the first question is what's your what's your goal, what's the condition or what are you trying to solve with it?

Then you take a look at the book and then it helps you figure out what direction to go. What size device to get it for some cost comparisons, etc.. So, I mean, if you again, if you buy it, if you get you, what happens is that unfortunately, the cost of magnetic field therapy devices increases as the intensity increases.

So if you want more intense, if you want to treat across the brain to improve the mitochondrial function of your brain, if you had a stroke, you you're in huge need of repair of the mitochondrial function in the area of the stroke.

Yes, right.

Choosing the Right PMF Device

If you're trying to build a fracture, if you have a fracture, the body all of a sudden needs a huge amount of energy to repair that fracture. So you need the right amount of energy to be able to help that fracture build.

And it does that through mitochondrial stimulation. So let's talk about this little guy. So how many Gauss is this? All right. So that that guy that it's called a flexbox.

So the flexbox has a maximum density of 200 gauss. Wow. And you're buying this. Somebody is buying a $6,000 thing for that. It's giving them one gauss.

One gauss or less. And this has 200 gauss and is nowhere near $6,000. That's amazing. Now. That's why it works so well. This produces by the way, the cell phone produces ten max.

The Earth's magnetic field is about 25. Gauss. Alpha, Gauss. Half of gas. And so our biology is built on a living on a planet that delivers half a gauss continuously.

Mm hmm. And we become conditioned to that. And that's what we talk about, wanting to go outside barefoot on the earth, get into the Earth's magnetic field and ground.

That's one of the things we're talking about there. In your office doing nothing. You're getting half a period landing on the planet, trying to go down into a mine, you know, on the planet is not going to produce a hell of a lot more.

In fact, actually, the planet's magnetic field, you have to go up about 1100 kilometers into space. You have that magnetic field, the planet's magnetic field, reduced by about a 10th.

So you have to get up beyond the space station, almost to the to the edge of the magnetosphere, as we call it, of the planet, to get to less than the Earth's magnetic field, then basically zero.

Okay, got it. So it's huge. So you need a lot more energy than we typically get. So you have to go with device. You get it. You always, always, always, always ask whoever you're buying it from.

What is the maximum intensity of this magnetic field? If they can't tell you that, don't buy. Everybody. Write this down. What is the maximum intensity of this magnetic field?

So that's a writer. Downer That's a huge takeaway from this talk today is you must know that. Now there are very high intensity devices that are sold to doctors for $35,000.

Mm hmm. Their practices and what you're doing essentially is buying furniture and paying a commission. So you're not getting that all that money goes into the magnetic field.

Mm hmm. $35,000. And they won't tell you what the maximum magnetic field is. But you will. And you are very transparent in your company, and you share this information which sets you apart from other companies out there is one of the reasons I love you so much.

Yeah, you have to know the magnetic field because you can't. It can calculate what you're delivering into the body. Then you don't know what you're doing.

You don't know how many hours a day you need to trade. You know, whether it's 5 minutes or 10 minutes or 2 hours or 3 hours, every given condition sort of has a different timeline for treatment.

In the Supercharge Your book, I give you the advice on what magnetic fields you need for that condition and then how to use it to get the maximum benefit from it, because that's key too.

So what? You have it. Great. So what is it? How does it work and how much do you have to use to be able to get

the results that you need? And every condition kind of has its own set of timelines for treatment as well.

And and I'm pretty sure, you know, if people want if people are serious about getting one of these devices, you your company actually helps people figure this out.

You get on your you guys get on the phone with people and talk about what's the condition, what's the what is it you want to solve for? And you help people get into the right device. Right.

So how would people get information from you. On our on my website, Dr. Polycom, DARPA, Al UCAR on the home page. You can look can ask for consultation, but I'm going to have to warn you, if you want to buy cheap, forget about it.

All right. You're going to get a recommendation that you need for yourself. And I usually recommend that people go to the website or buy the book and get educated before they want a consultation.

Because I don't want to waste my time educating people to do something they should have done before they come to the consultation. I already have to have some really decent sense about where you're going and why.

You do your homework before you get in front of Dr. Pollack or one of his team so that you can make the most out of that discussion. Half an hour. So you got to solve a lot of problems in half an hour.

Yeah. So let's talk a little bit about so if this if this, if this little flex pulse is 200 gauss, what would somebody expect from one of the ones say that I that you used on me when we were on the showroom floor of, you know, a big medical conference?

Okay. Well, let's talk about that drop off. I got to fill attention. So if you want to deliver across the brain, you talk about six agents typically diameter around that.

And if you want, deliver 15 from one side of the brain to the other side to be most efficient with your treatment that four six inches, you need a 4000 gauss magnetic field.

So that's going to tickle the edges of the of the brain. It's going to the brain is going to be listening to it. Mm hmm. But it's not powerful. Not very strong.

So if you're listening to a rap while you're trying to sleep, you're going to have to have something much stronger than 200 gauss to try to offset the effects of rap.

Not to mention the sound is just the other effects of rap as well. You're talking rap music. Yes. Okay. It's upsetting to the brain. Apparently it can again.

So so you have to calculate that. So equipment, different devices, for example, we have devices called the flash machines, the and they range in intensity from about 4000 Gauss at the lowest level up to 7000 Gauss at the next level.

And over 10,000 Gauss at the highest level. And the equipment you can decide to get equipment, right. That's one applicator at a time or equipment that does two applicators at a time.

If you do two applicators at a time, it's much more efficient, it's more cost effective, but it's more expensive as well. So you have to you have to account for that.

You have to adjust for that, that that that variation. Okay. So a lot of a lot of decisions, a lot of research that I would encourage our audience to really look into this and make sure that they're, you know, finding something that fits right for them.

Now, people with chronic health conditions, they're be people are watching this right now who have multiple

sclerosis, who have, you know, family members with dementia, who have there's people watching who are cancer survivors, who have heart disease, who have other autoimmune conditions.

There's also a whole group of people here who are interested in prevention, and they haven't they don't have any of these things. And they want to get on top of this before any of these things happen in their health.

So what I'm hearing is that there's a different type of device and a different level of, you know, gauss and strength that is going to support each of those people.

Correct. And whatever you buy is going to have more benefits to you than just what you bought it for. Mm hmm. So you can like it.

Safety, Contraindications, and Final Takeaways

Like I started off and say, we use this little machine for a myriad of things. I use it to help me fall asleep in a hotel. I use it to help my laryngitis, and I use it to help an ankle sprain.

It's all different. Correct. And so even though you buying it for one purpose, like maybe to treat a bronchitis or laryngitis when you all the machine is going to do everything that the machine can do.

So you don't limit yourself to think why you bought it. If you use it, then you can use it to treat your back or your hip. All right. But if you get a whole body system now, you use it for prevention to treat the whole body, all the cells in the body.

Re Re-energizing yourself every single day and that doesn't allow you to age as much. And that's what I experienced when I laid on that and we did a full body treatment.

So in the in the in the last couple of minutes that we have here, I want to make sure we address, you know, any thing. Is there any risk to EMF? Is there anything that anybody needs to be concerned about?

There's fundamentally the one absolute contraindication to PMF is transplants, even a corneal transplant. If you're on immune suppression with a transplanted organ or tissue, then magnetic field therapy stimulates the immune system and we can't predict what the effects are going to be relative to the immunosuppression that you need to be able to have that transplant function.

We don't want to risk having rejection. That's the only the only contraindication. The only absolute contraindication. Okay. The other one that's relative is if you have implanted electronics and the general rule of thumb is you shouldn't do it with pacemakers or implanted defibrillators.

Certainly not a part of defibrillators. But today, a lot of these devices are now what are called are condition, which you can have an MRI with them, but it varies with the device and the manufacturer.

So what you have to do is you have to find out whether you have no risk with an MRI. There are some pacemakers that have to be turned off by the technician.

Do your MRI and then they have to be reprogramed after the MRI. So there are pacemakers that are not affected by the MRI unless the MRI is like more than about one and a half.

Tesla, so about 15,000 Gauss is more than 15,000. Gauss that you have an increased risk of damaging the or turning it off at least. So if you don't want it, you don't want to have it turned off, not if you need it.

Okay, great. Thank you for sharing that. I think it's really important that we cover that aspect as well. And then what would be, you know, your final thoughts on this if you know, if there's if there's a few takeaways that you really want people to hear about PMF, go for it.

Let us know your pearls of wisdom. Well, again, p PMF is a Swiss Army knife tool. It does so many things. And that's one of the problems people have with it is that it does too many things.

I can't just say it's just for sleep. I can't say it's just for fractures or just for wounds or combat or whatever. It's a physiologic tool. It's not a disease tool.

It happens to work for disease, but it's a physiological. So it has over 27 different actions in the body. The good thing is that the body basically takes from it whatever it needs.

The body decides what it's going to do. Magnetic fields ignore the body. They don't pay any attention to the body whatsoever because it just going to go right on through the body.

But the body pays attention to the field. The good thing about magnetic therapy typically is magnetic tools do not cause problems. They reveal problems.

If you're using a magnetic field and you have a reaction to it, it's telling you that there's a problem in that body because the magnetic field is making the body work and it's like trying to run the marathon.

You're going to work and you're going to hurt until you get to the point in your training you could run the marathon or magnetic field. Therapy is basically just like that.

It's going to make the body work. That's a good thing. That's what you want. You want it to work to help you to be healthier. So that's the biggest one of the biggest risks is people do too much, too fast.

So you may have to go low. And so that gently nudge the body in the direction that you're trying to get to go. And magnetic fields will work for you if you respect the process.

Respect of the process. I love that. So the Big Mike drop thing that I just heard you say is it's a physiologic tool, not a disease tool. And your body decides this is so huge as a you know, I'm a control or type, personality type, no surprise.

And so to actually surrender and allow my body to just do what she needs to do. So I'm giving her the tools with PMF and then I get to trust and let my body do what it what it needs to do.

Absolutely. I had a discussion just the other day with this guy who has neuropathy, really bad neuropathy, going up from his feet, up to his knees, up into his thighs.

And he was frustrated with a device that he had purchased because it wasn't working. He had for 45 days. It's just not working. So a big part of what I had to do with the consultation is to educate him about neuropathy and that nerves don't regenerate overnight.

You have to be respectful to the body and to understand how the body functions. This is not a miracle. So I also say to people that I'm an M. D., not a body.

I love that even God doesn't give you everything you want. And there are some doctors, unfortunately, who consider themselves empty areas. Yeah. So trust the process.

And it's that same concept of, you know, you can't target where you want to lose fat when you exercise, your body's going to lose it, where it's going to lose it first and then, you know, the rest catches up.

So trust when you're doing this type of therapy that your body is utilizing this in the way that it needs first. And overall, I think if you arm yourself, if you're interested, make national therapy, $29 is a small investment to get for the book.

Get the Supercharge Your Health book. Yeah. Supercharge yeah. Then then you'll have a much better

understanding of what your options are and what it's likely to do to help you.

If you do that, then, then if you're going to make a $4,000 or $7,000 or $12,000 investment in a piece of equipment and investment that you're going to be using for years, if not a lifetime, and you'll you'll be informed about your investment.

Absolutely. And that's what I love about you, is that you're you're literally telling people, do your homework first, learn about this, don't show up and try to give me a credit card for this unless, you know, unless you've done some pre-work. First, I love that about you. You're so you have such high integrity.

Thank you. Well, that's the family doctor, holistic family physician, right? Yes. They got to take care of yourself. Yes. Yes. Well, I want people to be successful with what they are using magnetic field therapy for.

It's an investment. It's not an investment. And the equipment is an investment in time. Don't invest the equipment at the time, then you're not going to get results.

So sorry. Bill, this has been so enlightening. As always, you're an absolute pleasure to speak with and to learn from. And I'm so grateful to know you personally as well.

And one of the few people on earth that actually has your personal phone number and can reach out to you whenever I want. So thank you for that. And it's just been wonderful to connect with you.

While we want to work together to help humanity, we want to help everybody. We do. Until next time, everyone take good care. Bye bye. Have a good day.