Abundance of Energy with PEMFs Transcript

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Introduction to the Summit and Guest

You're watching the Restore Your Mitochondrial Matrix summit. I'm your host, Laura, for Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Doctor William Pollack. Hi, doctor Pollack, welcome to the summit. It's a pleasure to meet you again and see you again.

Laura. Oh. So good. I got to meet you in person just a four weeks ago or so, and it was wonderful. And I'm really excited to bring your knowledge onto this summit.

And I want to introduce you to this audience. I fell in love with you from the minute we started talking. You are so dynamic. You have so much knowledge and so much, well-rounded experience in life.

So you are a holistic MD. You're trained in family medicine, functional medicine, nutrition, acupuncture, homeopathy, hypnosis, bodywork, energy, literally everything.

You were assistant professor at Johns Hopkins and the clinical director for complementary medicine at University of Maryland. And you are an authority on pulsed electromagnetic field PMF.

And that is what we're going to get into today. PMF for everyone who's new to this, it's used for pain management and healing and regeneration. You're also the author of the most comprehensive book on healing with Pmfs called Power Tools for help and also Supercharge Your Health with PMF therapy.

And you received an ACIM Lifetime Achievement Award in 2019 for work with Magnetic Field Energy. So R therapy. So thank you so much for being here. Can't wait to just get into this and have everybody understand what PMF is or thank you for that. You're making me blush.

I'm going to be the color of my shirt. Yeah, well you well-deserved, well deserved. And okay, so like, we've got your book here. This is super charge your health with PMF therapy, and I'm lucky enough to have a personally signed copy because I got to meet you in person.

But I have to say, this book is really easy to understand, and I love that it's written in big print.

PMF vs EMF: Understanding the Difference

I, for older people, I know, it's so good, so good. So we're going to get into some of the concepts that are laid out in this book. And I think the first thing that I'd love for you to kind of unpack for people is when you say the, the, the when you say PMF, your mind thinks MF but they're not the same at all.

So what is P PMF versus MF and why is PMF good and MF bad? All right, I think that's an incredibly important distinction because it is very confusing to most people.

And as you and actually confuse me for a good part of my work with PMF therapy for 30 years now as well. So I've more recently come to find a way to basically explain the differences.

They're still part of the electromagnetic spectrum, so they basically they're in the same family if you will, but very different. And because of those differences, that's what explains the differences between safety and risk.

So P MF so that's that's describe MF first. So MF so like microwaves cell towers Wi-Fi etc.. So what those magnetic fields essentially are broadcast into the environment.

They're to what I call open loop. So they're broadcasting the environment. They go on for infinity. They go on forever. They lose intensity with distance like all other radiation does, but they still go on forever.

So they're in the environment and we're constantly being bombarded by them, whether it's, microwaves, cell towers for cell phone communication or it's radio.

Radio signals or television signals are the radar. That's our art, right? Environments as well, depending on how close you live to an airport. But they're all over the place. So that's EMF.

So EMF tends to be extremely short wavelengths. And because they're very short wavelengths, they get absorbed by the body. And that's the basis behind microwave ovens.

Right. Those are the very short wavelengths. You increase the power. You put it very close to the emitter. And then basically you cook whatever you have in the microwave oven.

That's what microwaves do. They get absorbed by the body and that's why they are risk. And that's why 5G is even more potent. And AMP potentially even greater risk for people.

Most of that risk happens the closer you are to the radiation or the longer the exposure is. So if you're not close to the radiation and you're getting really dosed heavily, or you're farther away from the radiation, but just have dosing, you know, continuously throughout the day.

So emfs are absorbed and that's why they're risk. And they create genetic damage. They heat the tissues. They basically cooking you. And you could tell we have somebody holding a cell phone to their head.

If you look at their ear where they take the cell phone away, it's very red. Yeah. So that ear was being cooked and the brain next, next to it is also being cooked to some extent.

You know, when you look at the opposite ear, they are opposite to one that they were holding the cell phone to. It's not red or it's at least not as red.

So there's a little bit of reflex response in the body with the basket or system, but it's not quite as red. Now, pmfs are pulsed magnetic fields, and they're created by current flowing through a wire.

That's called the right hand rule. So my thumb is the direction of the current and the magnetic field is perpendicular to the current. So whenever the wave of current goes through that wire the magnetic field goes like this.

So it always collapses back on itself. So that's a closed loop. It's not a wave length. It doesn't go out into the environment. It's limited by the intensity of the wire, the, voltage flowing through the wire, and by the fact that it's closing back on itself with every passing of a wave.

So it's absorbed by the body, and I'm sorry it passes through the body. It's not absorbed by the body because the wavelengths are much longer. Well, we're not dealing with wavelengths anyway, so wavelengths only matter if you're transmitting into space.

Or they like the waves on a pond because they go on. And basically until they hit an obstruction where they can't go anymore, are they or they weaken down and go away, but pass magnetic fields just pass.

It's not a wavelength at all. And they do pass all the way through the body completely, completely. Nothing in the body stops a magnetic field. Even if you have metal in your body, it's not going to be, blocked by the metal.

It basically goes around the metal. Okay, so bones, brains, muscle, fat, it doesn't matter what the tissue is. It's as if the body was air to a magnetic field.

So think of it this way a pulse magnetic field is a bit like the air blowing through the trees. And you don't know it's

there unless the leaves are moving, you can't see it.

Right. If you get wind blowing I guess you could tell there's wind because you have provide resistance to it. But essentially a magnetic field passes through the body completely without being obstructed in any way, obstructed or used up.

Okay. So interaction with the body but of that magnetic field does not change the magnetic field one bit. The magnetic field doesn't care whether there's a body there or not.

It's still a magnetic field. It's just going to keep on doing what it does. And that's the beauty of magnetic fields is because they don't get absorbed by the body, they don't get used up by the body.

But as they pass through, they stimulate the body. So what they're doing when they stimulate is they increase energy in the body. They do that by causing increases in charge.

And that's that's called Faraday's law. So as you increase charge, you increase energy in the tissues. And then bingo, the body has now I can do more.

Now I can jump over tall buildings okay. So PMF healthy EMF not healthy. No PMA go ahead. Yes I'm saying EMF is not necessarily harmful. As I said, it depends on the dose.

Depends on how close you how much dose you get at one time. So a very weak dose over time may create some change. Small changes in the tissues of the body, but it may not be harmful.

In fact, we use microwave level magnetic fields in medicine to help to heal the body. We close wounds, we have to decrease bleeding. We actually will fry cooking now.

Cooking warts or cooking, tumor, tumors on the skin. So we use it in the body purposely to do that kind of work.

How PMF Supports Healing and Energy

But it is damaging. Mostly it's less less so to be helpful than than than damaging. That's right. That's the primary difference. And when we're thinking about 5G and phones up to the head, that's not going to be good for us.

That's damaging. Well, if you have a phone up to your head for for two seconds, it's probably not going to be a big enough exposure to be a really big concern.

Now, if you happen to have chemical sensitivities or if you have mold exposures and your immune system is hot and you're over wired, then yes, even five seconds is enough to cause you're sort of jangled.

But generally speaking is the amount of dose. So I do not recommend holding a cell phone to your head. There's no reason for you to hold the cell phone to your head.

Just put on speaker phone. Just. There's something called speaker. Yes. And then you could use wired wired transmission to your head. And that's safer that even a Bluetooth.

Bluetooth is not that safe either. And you see people walking around with their Bluetooth in their ears, right? All day long that's radiating, causing them Bluetooth is on all the time.

Your cell phone is on all the time. Unless you put it on airplane mode. It's on all the time. Hey, holding it in your pocket, you're getting cooked. Yeah.

So it is safe though to have your EMF device on all the time. So here's mine. I got this from you. It's a flex pulse and I literally had this on all day yesterday because I woke up with, you know, one of those crooked kinks in my back.

Like, what did I do? Did I sleep funny? And so I had this on my back while I sat here in this office and worked. And it was literally on for probably six hours yesterday.

No problem. Exactly. So let me give you let me give you a little story about not not only six hours. My wife broke her left little toe on lawn furniture, middle of the day, purple bent slightly to the side.

Bruised, clear, bruising, broken toe. So I did the standard medical thing. What? You buddy tape it and then put her in a platform shoe. You can't go into a regular shoe for a while.

Usually it's a week to two weeks. So she did magnetic field therapy. There's a device similar to yours. Put her over the area. The fracture wrapped around the foot.

I kept it on 24 seven. So basically she kept it on from midday until the next morning. Next morning she woke up. No bruising, no swelling, no pain. Amazing. Okay.

But it's a fracture. So that means it's not going to heal overnight. So she did it for another 24 hours. Again. No pain. The next morning after another 24 hours a year, she walked a mile in tennis shoes.

Okay. Then she did it for another 24 hours, walked three miles in tennis shoes and that was it. That was the end of the story. That's amazing. That's incredible.

Well, let's get into how this supports your body and helps heal. We're talking about mitochondria on this summit. So I want you to timeout mitochondria into it as well.

But what are the basic actions of the PMF in the body for mitochondrial function, for energy, for healing. What's happening there. All right. So in that book supercharge Your Health, I describe about 28 different 27 different actions of magnetic fields.

There are many more. So these are science based. So we got the evidence to show you that it actually has those actions. So I'm not just guessing. I'm not just hypothesizing. And it's not my idea.

So basically because of those many, many different actions, you increase circulation, you reduce swelling in the tissue, you help with inflammation, you reduce inflammation, you stimulate healing, you stimulate stem cells, you stimulate nitric oxide, the increase oxygenation in the tissues, oxygen delivery into the tissue.

All these different actions of 25 different actions are basically available by the body. The body chooses those actions. The magnetic therapy doesn't choose the actions.

It's just a nonspecific stimulus as it's passing through its stimulus charge. And then the body does what that charge, whatever it needs at that time.

So all of those actions could be possible through, you know, in five seconds, most likely it's going to be 3 or 4 that's going to they're going to dominate.

So for example improving circulation. Bingo. Like that. Like your muscles your kink. So pmfs have a natural painkilling action. It's like taking a dose of morphine or codeine, natural painkiller.

But that's not good enough because that's just masking. It's just taking away the pain but not solving the problems, not healing the tissue. So magnetic fields, first of all, take away the pain or at least help with the pain.

And then they start all the other actions that they do to try to heal. Because in your case, it may have been a muscle spasm, a little tendonitis, maybe a little bit of arthritis in your neck.

So some some kind of injury. Right. So then the magnetic field begins to relax the muscles. So it decreases the pain relaxes the muscles when you start to move your head and it can feel the tightness.

And so now after about an hour or so magnetic therapy there's no tightness that's gone. Yep. So all those different actions are available through it through magnetic field stimulation okay.

So why doesn't everyone have one of these gadgets. How come this isn't in every doctor's office? How come this isn't in every household? It doesn't make any sense to me because of the power of this.

Well, where did you learn about it yourself? Exactly. So I, I learned about PMF about a year ago, and, and it was all new to me. And of course, I worked in Western medicine for 20 years before I knew anything about alternative integrative functional medicine, any of it.

And even then, I didn't learn about this in my training. And of course, it opens a world of possibility for healing. And, why don't we know more about it?

Why isn't this in every doctor's office? Why aren't people getting access to this? Their art? In the medical system, there aren't a lot of champions. So why would the medical system, create a champion for a for a technology or a therapeutic?

The most common reason is. Money. No. Show me the money. Yeah, the money influences behavior. Right. The money allows you then to promote it, to advertise it, to tell people about it.

You know, you just cancer. I can't put it out on Facebook. And then all of a sudden, if 2 billion people know all about it, because that's work that way.

Magnetic field therapy has been around for over 50 years in Eastern Europe. Wow. And my first book was actually a review of the science from Eastern Europe.

And that was 20 years ago. Right? So yes, the answer is that there are people like yourself or myself have to tell other people about it. And the more we whispered down the lane, the more we tell other people and they have good experiences, then they're more likely to accept it.

But there's a problem. You can't just talk about it. You can't heal yourself by talking about it. You have to have a device. And you have to be willing to get the right machine.

You have to learn what machine is best for you and your particular needs, and you're going to have to spend some money. Now it's an investment. Now the fact that you have it, it's not going to a doctor's office or going to practitioner's office to get treatment.

You could do that too. There are lots of doctors that now do this kind of therapy for your kind of problem. One treatment in an office may have been adequate, but if you have diabetes or you have arthritis or you have Alzheimer's, or you have pancreatitis, you know, if you have liver disease, you're going to need to do treatment regularly for some period of time until that tissue is healed.

Yeah. So that means you have to own it. And people don't often want to make the investment. They'd rather try stuff that's going to be paid for by insurance or Medicare or, you know, Medicaid or whatever before they want to pay for it themselves.

Fortunately, Covid has done an amazing job for us because people couldn't get their doctors offices. And now insurances are changing as well. So the people's deductibles and co-pays and so on are getting to be pretty big.

So now you have to make your own decisions about when you start taking care of yourself. And so I think we're going to start seeing a lot more, knowledge out there about PMI therapy.

And you're again, you're going to be a really important aspect of that dissemination of information. I am I want to share I want to dig deeper into this and why everyone should have one.

And I want to share a story about my daughter if if you'd like, I think this will be really relevant for people.

Choosing the Right PMF Device

It's my daughter's 17 and, and like I said, I found out about PMF a year before meeting you, so I actually have two devices. I have your this one, which I got from you, which is superior to the other device that I have, which is more of a mat that you lay on.

And that mat is really big, but this one packs more punch even than the mat that I have, which I learned from you once I learned how this works. But anyhow, I need to tell you about that mat first.

So my daughter, 17, she tried out for cheerleading and she had never translated in her life. So within about four days time, she needed to learn how to do a roundover and cartwheels and learn a whole cheer for tryouts.

And you can imagine the toll she put on her body while she perfected that as much as she could within four days, so she could try out for the team. And so on.

About the second day she came to me. She said, mom, I hurt so bad. And of course she, you know, what can you do to help me? And the last thing I'm going to do is give her a pill.

And so I said, honey, I want you to sleep on this tonight. So we put the mat underneath her. She woke up in the morning. She could not believe it. She said, mom, I don't know what kind of magic that is, but that's amazing.

I'm sleeping on this every night. I feel so good. And so she did it a couple nights in a row, and she went on and she made it on that cheer team, never having cheered in her life.

And I'm so proud of her. But I will tell you that having that PMF underneath her made a difference for her. And so. And the reason I'm sharing this is this is a 17 year old with very young cells and very rapid recovery.

And even she was in so much pain. Can you imagine what this can do? If you have a chronic pain syndrome or you have, you know, any kind of chronic health condition or you're just trying to clear infections from your body or clear mycotoxins or so I want to give the ball back to you and talk more about this, but I just had to share how impactful this has been in my family.

And so let's talk about which PMF devices are the best to use and own, because as you can tell, I've got a couple of them in my house and people are probably wondering, now, what should I do?

How do I know? I mean, when you're making this kind of investment, you you want to make sure you're getting the right thing. So yeah. So I tell people to buy the book Supercharge Your Health.

The first book was much more technical. That's power tools. It's more scientific. So if you want the knowledge but the science behind it and why, then the super the Power Tools for health book is better.

But it's not that practical. It's reasonably practical, but not as practical as supercharged your health. So to answer your question in that book, Supercharge Your Health, I go through the different types of magnetic fields.

I go through all the different types of problems, and I go through the mechanisms of action, the fact that you improve circulation. So which magnetic fields improve circulation of the best?

Which magnetic fields decrease pain the best, which magnetic fields increase mitochondrial function the best, etc.. So the book gives you some guidelines basically on how to think about the magnetic field.

So you have to think about your problem. You have to think about the mechanisms of what caused your problem. You then have to think about what devices, what are you trying to solve.

They have to match the device to the solution and then you have to use it. Right. Right. So you need all of those components to be able to work to have this work for you properly.

So a whole body magnetic system, usually they're very weak most of the time they're very weak. The ones that most people have that I talk to, I have not bought the right ones from my perspective.

Not for lifetime use, not for everything that you need down the road. But they're generally, working through acupuncture principles. They can increase circulation to some extent, superficially, they don't increase it deep because the magnetic field doesn't go deep.

It's very weak. But even though it's weak, it's still acting on the acupuncture points and meridians. There are basically just underneath the surface of the skin and magnetic field therapy.

That's how I got started with it, was through trying to replicate what I could do with acupuncture using magnetic fields. So at the very least it does that.

So that would make you feel better, right? And that's okay because it removes her pain and it removes some of that superficial swelling that you would have from the physical work that she was doing, that she's not used to doing.

So it would help with that. But often if it's not good enough, the problem will come back. So if you do intensive treatment like she did all night, then, then you're giving the body a much better fighting chance.

The other machine that you have called the Flex flexbox. So the flex is 200 gauss. The typical whole body magnetic systems that people are buying are one gauss or less.

So Gauss GaAs is the measure of magnetic field intensity. So 200 gauss is going to go much deeper into the body than one gauss. The Earth's magnetic field is half a gauss. Wow.

And how how how well does the Earth heal you? It's pretty amazing. It keeps you. It keeps you in reasonable shape. But obviously, we exceed the benefit of the Earth's magnetic field regularly.

Yes. This is when you're talking about when we talk about earthing and going out and getting your bare feet and laying on the grass and getting your body in connection with the Earth's magnetic energy, you're getting a half a gauss, you're connecting.

Well, just sitting there, you're getting a half ago. Okay. But when you're walking on the surface of the Earth, you're getting electrical changes between the Earth and your body.

Because we're biochemistry and the Earth is minerals. And so the minerals and biochemistry interact. So you get a little bit of charge, just a little bit of charge.

And earthing is better than nothing. So it's going to provide some benefit. Not anywhere near as powerful as the magnetic fields. Got it. So this one this guy is 200 gauss.

That's 200. So that's 400 times stronger than the Earth's magnetic field. Amazing. Now I know you have. This is kind of like a starter. You know, when I.

When I was with you a few weeks ago, we put. We sandwiched my body between a very powerful, powerful device where I laid. And I literally had had it on top of me, a blanket on top. And.

And you laid on a blanket. Yes, yes. So talk about this versus that and why people might want that bigger one versus this little guy. So that little one is very, it's very handy because you can't put it on a, on a, on a shoulder pain or a neck pain or on a shoulder problem or an elbow problem or a hand problem.

And you can like my wife, she just later on it, she went about her business. Right. So she can run it continuously.

So it's handy because it's portable, it's battery operated, and you recharge it and it can work really well for superficial problems.

Now what you have to treat the brain, prevent Alzheimer's, treat TBI, brain injuries, multiple sclerosis, Parkinson's. Then you need a strong enough magnetic field.

So one of the key principles of magnetic fields is they drop off very rapidly as you move away from the coil, from the surface, that happens. That's true about light and cold and heat and sound.

And so they just drop off very rapidly. That's called the inverse square law. So you need about 15 gauss at the tissue that's inflamed to treat the tissue to help with inflammation.

That's the optimum magnetic magnetic field for tissue inflammation reduction. 15 gauss. So if you have to go across the brain and you have to deliver 15 gauss from here to here to treat the brain that you need about a 4000 gauss magnetic field because of that loss of magnetic field intensity.

So that system that you had then is designed to give you a more even magnetic field, high intensity that makes it much more efficient for you to do whole body treatment.

So it's going to be most effective for things like osteoporosis or cancers or like stage four cancers, autoimmune disease. And your whole body system is good for autoimmune, but that one is it's the best.

That's called the ultra flash. But you're also talking about a $10,000 machine. Yeah. And if it improves your quality of life that much and potentially saved your life and potentially saved your brain, is it worth it?

Everybody has to make that determination for themselves. Yes, yes. Right. There there are lower there are lower cost PMF devices that people can invest in to start out with.

And and given again, if you read the book, you'll get some sense of what you need for a given problem. Give a series of issues. So those the whole body system that you have is also very, very low intensity.

Everyday Benefits, Safety, and Who Should Avoid PMF

But you can still spend 5 or $6000 for a very low intensity machine. So you're better off spending $7,000 for a 4000 Gauss machine than you are $6,000 for a one Gauss machine.

Absolutely, absolutely. So let's make sure everyone understands why you would want to own one of these, because I'm hearing you talk about brain health, traumatic brain injury, Alzheimer's dementia, autoimmune conditions, healing infections in the body, muscle aches, pains, bruises, improving mitochondria function and energy.

I mean, is there literally anything that this doesn't support? Well, actually, I know that it helps healers as well. I know that it helps you to sleep better.

That's one of the benefits of the therapies for sleep. So it doesn't really matter if it's biology. It's going to help. Now between up to about age 24 we're growing.

After age 24, we stop growing, right? So basically up to about age 24, we are actually in a in a growth phase. And we are taking generally speaking, we're staying ahead of damage.

We're staying ahead of breakdown. That's called entropy. So the longer an organized system, like a body, exists, the more energy it needs to keep going.

Because entropy happens. Cells break down energy. You need energy to maintain everything. So between 25 and 40 you start noticing the creeks and rattles right up to.

So basically you were growing. The pant is basically your curve of growth here from zero to 40 to 24. You're growing. That's great. You'll hear much faster like your daughter.

You hear much faster to a 25 and 40. You hope that you're relatively flat. Yeah, that your process is a breakdown and your processes of repair and regeneration are about equal.

Now, if you play a if you're a biohacker and you're, you're doing competitive, things sports, racing and so on, then you're not going to be flat. You think you're flat, you know, you feel better doing that, but actually you're you're harming your body.

You're creating more demand on your body than your body has the ability to repair. So you're going to go downhill. Now. The goal then is basically to try to get that curve as flat as possible.

So if you're doing magnetic field therapy every single day you're taking care of business before it happens, before you even notice it. Right. We have 100 trillion cells in our bodies approximately betting on who you read.

And every single cell has about 5000 biochemical processes per second. How much work is the body doing? Constantly a lot. Oh, how do you keep up with it.

Yeah, certainly you need good nutrition. Certainly you need proper rest. Certainly you need a positive attitude that helps to feed the immune system. You need all of those elements.

But what magnetic field therapy does is it makes all of that work better. It charges it to another level, takes it to another level of function. So you can take that curve, this slightly dipping and then just ratchet back closer to being, flattened.

Even if you start too late in the process, you're too far down the curve already. You're not going to take it from here to here. That's not going to happen, especially when you're 50 or 70 or, you know, older.

It's going to take a lot more work to get you back up to that level, to that level. So that's why you need to own it. So even if you're 35, I know we all have priorities, but if you're 35 and you're really, active physically and you're doing a lot of hiking and and walking and running and so on, that you're you're damaging, you're stressing your body.

Yeah. You have to feed. You have to compensate for that stress. So everybody should own a system for the rest of their life. So an example that I use is that you don't even know.

It's what damage is happening in your body. We don't know if your left little toe decides to get a hangnail. Got 100 trillion cells in your body. If your left little toe decides to get a hangnail, how many cells need to be damaged before you notice you have a hey now, how many millions?

Millions before you notice? Because our nervous system is designed to only pay attention to the biggest noise, right? Right. So you got cells that are being damaged along the way to develop that hangnail, right?

You don't you're not even aware of. And if you're doing magnetic field therapy on a regular basis, you're taking care of business before it becomes a problem and it becomes irreversible.

Cell injury. Yeah. This sounds to me what's coming up for me is prevention, prevention, prevention. I worked in Western preventive medicine for years, and unfortunately it was more of a reactive system where you're looking for early detection of disease.

You're not actually really preventing anything. And this sounds like prevention to me. It sounds like aging in reverse to me too well, but it's also therapeutic.

So if you have a left little toe problem or my wife had her broken toe problem when she's doing magnetic field therapy, what she taking care of you? She's taking care of an injury.

So we've got therapy and prevention all at the same time. At the same time. So even those taking care of the injury is still happening. All kinds of other things going on in the body at the same time.

Right. Because what you said early on was you can't choose your body, can't choose how this is going to affect you. There's all those 20, I think you said 27 different actions on the body, and any number of those could occur simultaneously as your body is exposed to the PMF wave, your body is going to use it how it needs it in that moment.

However, it needs it for things that you are not even aware are a problem. They're already being fixed before they even become a problem. Well, it seems like a no brainer that everybody should have a PMF.

Kind of as no brainer as everybody has a cell phone, right? It should just be a normal part of our day. It's not hard while you're sitting here to just attach this to your body and let it let your body choose one of the multiples of the 27 things it can be doing to support you, and just allow it to flow through you.

Now, is there any risk with PMF? All right. So I was going to be I'm going to be a little facetious, but I'll be I'll be truthful after that. Okay. The facetious this is that one of the biggest risks was BMF therapy, as you may get the urge to put on a cape.

Right. You're going to be functioning at a level that you're, you know, you're never it's been a long time since you felt that way. Yeah. The risks basically have to do with if you have an organ transplant, you shouldn't be doing magnetic therapy.

We used to say if you have a pacemaker or implant electronics, you can't do magnetic therapy. If you have an old pacemaker. So these days, most of the implant electronics are what we call em are conditional.

Our MRI conditional now was you could do an MRI so you could get up to, 1500 15,000 gauss of magnetic field intensity safely. So, again, even the electronics is not a big deal at implanted metal.

If you have implanted metal, you better be doing magnetic therapy. Why? Well, I'm assuming it has to do with the metal being a foreign body and toxic, and your immune system trying to attack it all the time.

Exactly, exactly, exactly. So when you have a joint replacement, a hip replacement or a knee replacement, yes. It got you off the edge of a cliff, right? But now you got a foreign body.

And everybody knows when you have a joint replacement, it's got a life. It's got ten, 15, 20 years at the most. And then it has to be revised. And research is actually showing that the breakdown of the bone is happening and it's visible on MRI even within 3 to 4 years.

And then it just simply progresses. So if you have a magnetic field what you're doing that is you're causing bone stimulation, you're reducing inflammation and you're causing better integration of the metal with the body at regular magnetic field therapy then keeps that inflammation down, will preserve the prostheses.

It will live there probably the rest of your life. If you're using magnetic field therapy regularly. Yeah. Who wants to go back and have a revision of a of a joint?

The surgery is absolutely horrid and there's no guarantees. And the guarantees with revisions are a lot worse than the guarantees with, the first, procedure.

Okay, so just to recap, who should not use PMF under any circumstances? Transplants, transplants. But with a pacemaker, it sounds like a lower gross device would be fine.

So yeah. So you can adjust for that. And I talk about that in the Supercharge Your Health book as well. So so if you have metal and you have a lot of inflammation to the metal and you present that that tissue with too much magnetic field stimulation, your body could say, ouch, okay, I got another.

That's another aphorism of magnetic field therapy. Magnetic fields don't cause problems. They reveal problems. Got it I have I have a question about organ transplant.

Are we talking solid organ transplant or anything? Yes. All that organ transplant. Okay, so somebody who had a bone marrow transplant, they could use this, but they're past the bone marrow transplant.

In fact, actually, it's probably a good idea after your bone marrow transplant to be using magnetic field therapy, because magnetic fields will stimulate white cell production to stimulate, stimulate red cell production, to basically re-energize the tissues.

Okay. Got it. So almost the entire population could stand to benefit from this. The percentage of people with solid organ transplant is very small. Very small. Yes. Okay. Who's not aging?

I mean, a five year old is not aging. Yeah. Oh yeah. It's incredible. So, you know, when we were at the, event together and I and I would and I got to be in your big device.

Mitochondria, ATP, and Recovery Benefits

What's that device called? Ultra flash. Okay, I was so here I picture this everyone. So I like fashion, and I was wearing the cutest spike heels ever around this, around this conference and around the whole showroom floor for hours and hours.

Right. We were there days on end, and I just love these shoes. And my feet were kind of achy at, you know, by the last day of this and, you know, your back starts to get a little uncomfortable and your body, like, your energy just goes down, plus just the energy expenditure of all the people you're meeting and talking to.

And it's exhausting, right? You're standing most of the time. Yes. And you're standing was a time. So you said, hey, get in this. Let's let's give your feet a break.

Let's wrap this around your feet, you guys. I think I laid in this for maybe 30 minutes. And when I got out of that, I felt like a new person. It's like every cell in my body was ready to go again.

And we still had a long evening ahead of us at this point. And it was remarkable. And then my my shoes didn't ache anymore. I could, you know, I could keep wearing my heels.

It was really extraordinary. So I just want to say I've experienced it. It's amazing. I have goals of getting one of those big units for my own personal home use.

We all should have one. And did you get the urge to put on a cape? Pretty much. I felt invincible. I, I pretty much look at myself in the mirror every day and say, you got this.

You're a superhero. But that was pretty amazing. It was even better. Yeah, that's reinforcement to whatever image you have. Absolutely. Yeah. Absolutely. Absolutely.

This has been amazing. So extraordinary to have this information for you to share this on the summit. Bill, is there any other final words you'd like to share with our audience?

Well, let's talk about mitochondria. Okay? Let's do it. All right. So what what do magnetic fields do to mitochondria. So what are the reasons that people can feel like all of a sudden they want to put on a cape.

It's because PMF therapy increases ATP production by the mitochondria between 100 to 600%. That's a lot. Now the problem with ATP is it doesn't last well, right.

We're constantly making it constantly. We're constantly using it, constantly making it. So while the magnetic field therapy, that's why you get the urge to put on a cape, the magnetic field therapy gives you that sudden burst of

energy, sudden production of ATP in the body and gives your body the ability to deal with business, because that's the function of ATP and mitochondria is to deal with business.

The cell can't function without it, right? It needs ATP as a basic fuel to do the work that the cell does, which means it translates into the cell working translates into the tissue, working translates into the organ working translates into the whole body working.

So magnetic field therapy, that's one of the major actions of therapy is to increase ATP production. And it does it in a very interesting way. Magnetic field therapy increases ATP it.

But ATP by itself is nothing. It's a resource. It doesn't do anything right. ATP has to be hydrolyzed. You have to strip off one of those phosphates for energy to be released.

So magnetic fields therapy through the enzyme system around ATP increase the production of ATP from ADP and energy. Right. And then it increases. That produces ATP that hydrolyzed is it releases the energy and that recycles it again.

So it's constantly recycling the ATP. This is a this is really, important when people are trying to recover from injury. Chronic health conditions, athletes who, are going for high performance, even if you are, you know, a busy parent or you have a job and you've got a big, big, important project or something coming up, can you imagine how this would influence your ability to be productive in the world with just this support to your mitochondria, with just this, just this?

Because, again, ATP is ubiquitous. Every organ has it right, every tissue has it, every cell in the body has ATP. So every cell needed. So if you're recovering from surgery normally let's say you have a a wound a cut.

How long does it take for you to heal a cut, a surgical wound. They then weeks two to 2 to 6 weeks, right, depending on vitality and nutrition status and type, whether you have diabetes or not, or you've been taking chemo, which destroys your capacity to, to heal, you know, so if you're using it on a regular basis, you're decrease your healing time by about half.

That's a that's amazing. So if you have surgery, you're basically the doctor when you leave the office, when you leave the surgical office or the hospital or the outpatient surgery center.

What does the doctor do when you leave across the fingers? That's all you do because you say, okay, fine, I've done my part, you do your part. What are you doing?

Then basically, you're leaving things to chance. Yeah. You don't account for what's going on in that body. I know a plastic surgeon in Virginia Beach who will not do plastic surgery on somebody unless they've been on a nutritional program for three months.

Well, and he says his results are spectacular and he gets no complaints. That's a that's amazing. You know, what's coming to mind is I'm thinking of women who who have C-section and they are out of the hospital, major abdominal surgery.

They're out of the hospital within 24 to 48 hours. And now they have an infant to care for and oftentimes not a lot of support. Could you imagine if being discharged with a PMF device was the standard of care?

What that would mean, even to a young mother? But I do have a vision for eventually being able to set up programs where people would be able to actually do magnetic field therapy after their surgery and recover much faster.

I'll tell you a personal anecdote. I had an elective, C-section that would be elective. That would be elective, yes. So I had a, an elective appendectomy.

I had a tumor on my appendix, and we decided to remove it. So I just biopsy. So I had my procedure, laparoscopic procedure on a Friday, Friday, midday.

I was home. I stayed overnight that night because you're dealing with your bowel, so typically you have to make sure you got returned. Return a bile function.

So the next day, I went home. I started magnetic field therapy. That night, actually, when I got home, I started magnetic therapy. And that was Friday.

Monday I was back at work. I had three stab wounds, and I put coils like your. You have their coils on each of the wounds. And I was back at work on Monday. That's amazing.

That's amazing. I'm, I'm I am so thrilled to have this in my household to be able to use this with my family. And like I said, my goal is to get even more, another one, a big one.

Bill, tell everyone where they can find you and where they can get your book. Where they can get a EMF device. And here's the important thing and you touched on it.

Not all PMF is created equal. And the devices that you have on your website are all top of the line. You're going to get tried. Tried and true. Yes. So where do we find you? How do we get access?

Well, again, what are the first ways you could get for yourself? Get information for yourself is to get the book Supercharge your Health with me and have therapy.

Here we go. Right. The second is Doctor Polycom, DARPA, Outlook.com. There's a huge amount of information on Doctor Polycom. I mean, it's a library. You could.

I know you could spend weeks plumbing for library videos and podcasts and, blogs.

Where to Learn More and Get PMF Resources

The list goes on and on. So there's a ton of information and you can drill down specifically to your particular interest, hopefully. The hope is that the Supercharge Your Health book will do a better job of that than a website can, because there are limitations to what you could do with a website as well.

So those are the two ways Doctor park.com and, supercharge your Health with PMF therapy. Excellent. Yeah. Get the book. Because if you're anything like me, I like to dog year, put little sticky notes in it.

Underline. I'm always the person who buys the audiobook and then turns around and buys the real book because I want to be able. There's nothing like being able to go back on it.

Yes I know, yeah, audio is linear. It's hard to find things. So in the book I, present to 80 different health conditions and I give prescriptions for each health condition.

Excellent. What do you think about it? How do you use it? What devices are going to be the best for it? And notes of supplement recommendations. So that is more prescriptive for those conditions.

Now it's again it's generally helpful. It's not just disease specific. You don't have to have a disease to use magnetic therapy. But as I said, what we're trying to do a good part of the time is regular use prevention.

Yeah, it prevents problems. Yeah, absolutely. This is the this is this is healing on every level. As you mentioned. You don't even know that you're having a problem until millions of cells are involved.

And there are literally millions and millions of processes occurring at every moment in your body. And aging is occurring. So, I mean, I see this is a age in reverse or slow down aging and kind of support all the micro injuries

that occur as micro injuries.

But a lot of other things. The flexbox I designed, the flexbox with the idea that we want it to stimulate the brain. So one program that we use for injury for like a toe injury, or for your back would be ten hertz.

So ten hertz is what we call alpha rhythm. So each of the programs in there, except for one hour except for two, are basically single frequencies. So there's a single frequency for sleep.

There's a single frequency for anxiety. There's a single frequency for brain fog for becoming more wide awake and alert. So it's got a lot of those, a capabilities within it.

And the website specifically for the Flex Pulse is called Flex pulse.com. Perfect flex pull scam. Well, thank you so much, Bill. I really appreciate your time, your knowledge, your passion for this.

You are helping change the world in such positive ways. We hope so. You are all right. Until next time, everyone take good care of my bill. Bye. Thank you. Laura. Yes?