How To Choose and Use A PEMF System Transcript

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Introduction to Choosing a PMF System

This is Doctor Pollack. This video is how to choose and use a PMF system. There's a lot of confusion about which PMF systems should be used and how to use them.

So we want to provide you with some, instructional information on how to, get the best value out of your system and how to use it. So how do you choose it and how do you use it?

Here's what we'll cover. The crucial Faraday's law and the inverse square law. These are important aspects of how magnetic field therapy should be, looked at and how you will evaluate how well it's going to work for you, how PDFs work pmfs inflammation and the adenosine receptor PMF systems by size and intensity.

The conditions pmfs have been shown to manage how to choose a device. Devices I recommend and I'll give you an example of a specific condition so you can see how you think through the process of using it, and then how to match the condition or treatment goals with the system parameters, the available systems and proper application.

And then of course, some resources. Most magnetic field actions in the body work through the induction of charge in the tissues by the magnetic field as it passes through the body that is, it's a result of something called Faraday's law critical to the development and use of power systems.

So what is Faraday's law? Faraday's law basically states that time varying, in other words, magnetic fields that are in motion, which is what you get with Pmfs induce an electric field whose magnitude is proportional to its rate of change.

Faraday's Law and Magnetic Field Dose

So in other words, that make the magnetic fields induce electrical fields in the body and the extent to which they induce the magnetic field or the electrical field in the body is proportional to the change in the intensity of the magnetic field over time.

So this is a description. This is the way it looks on, on paper, basically in a symbolic form. So the magnetic field is being the signal of the magnetic field takes time to evolve.

So goes from zero to the peak. And that's called the change DB. Change D stands for delta r change. And B is the intensity of the magnetic field. So the change in the magnetic field from zero to the peak takes time.

And that time is the change in time D delta time. All right. So the DB divided by the DT gives you the amount of charge that's likely to be produced to the body.

So a very low DB for example, only reaching maybe five Gauss is going to give you a very low DB or skew rate as other people call it. Now a very high intensity magnetic field like say 5000 gauss, deliver over a very, very short period of time.

It's going to give you a very, very high DDT. So the DDT then becomes really critical to determining how well that magnetic field is going to work. Your body.

Now, another law that we are working with, with magnetic field therapy and that we need to understand really well, is Newton's inverse square law. There are other laws that describe the loss of the magnetic field over distance, but one of those laws that are used in medicine to calculate the dose of a radiation field for somebody getting radiation therapy is Newton's inverse square law.

So it's well known in medicine how magnetic fields like other forms of radiant energy, in other words, energy. It radiates away from a source drop off and its strength drop off in strength or intensity as they move away from their source.

Very, very important. That's basically the inverse square law. And one application of, the loss of intense magnetic fields is the inverse square law. Now, this law applies to all forms of radiant energy.

Magnets included. Magnetic fields included light, sound, vibration, cold, heat, ionizing radiation. As I mentioned, and so on. So anyway, all of these basically as they drop away from this source, are that happens according to the inverse square law.

The inverse square law in terms of a magnetic field is this is a sample of measurements of magnetic fields. So this range is magnetic fields range from a thousand milli Tesla or a hundred milli Tesla, which is a thousand gauss down to one milli Tesla, which is ten gauss.

So a thousand gauss magnetic field right one centimeter into the body, a thousand gauss magnetic field one center centimeter into the body has already lost about 75% of its intensity in one centimeter.

So its magnetic fields are even lower. That same loss of loss of intensity, based on that inverse square law, will drop off extremely rapidly. And you get very little magnetic field as you get, like five centimeters into the body or eight centimeters into the body.

So a very large loss of magnetic field intensity. And that becomes important relative to Faraday's law. So if you're trying to deliver a certain amount of energy into the body and you have to account for the distance that that magnetic field is going to go into the body, so that if you're going to be trading deep into a belly or into a liver or a lung, you have to account for the distance and the if you want a specific magnetic field dose at that distance, then you have to calculate the right dose.

So because of that, intensity matters our PMF actions on neutrophils. So one of the ways we look at PMA therapy in the body again is how is it's going to reduce inflammation as a key element of magnetic field effects or benefits is a reduction of inflammation in the body.

And magnetic fields tend to do that through neutrophils or white blood cells. And they do that through adenosine receptors which are in the membranes of the white blood cells.

And pmfs hugely increase the binding of adenosine to the adenosine receptor. So adenosine is increase. Adenosine in the body is increased by pmfs. And that adenosine then has to bind to the receptors in the tissues.

Inverse Square Law and Tissue Depth

Particularly in our case, what we're looking at is white blood cells results after magnetic stimulation of the adenosine. Binding to the adenosine receptor is seen.

After 30 minutes of PMF exposure, it gradually increases up to a point of 30 minutes. The adenosine receptors are saturated with a 1.5 million test or 15 Gauss magnetic field.

So once the magnetic field reaches 15 gauss at that receptor site, then it's considered saturated. And because, adenosine receptors are throughout the whole body, particularly again, because white blood cell circulates through the whole body, there's a widespread cellular response throughout the body.

Now thinking about that again, that you need 1.5 milli Tesla. So over time the magnetic field increases the binding of the down to state receptors. And you get some binding at less than one milli Tesla or ten gauss but minimal, but it increases very rapidly until it reaches a plateau, basically a peak at about 1.5 million Tesla, which is about 15 gauss.

So that's the binding of the adenosine receptor. So the optimal magnetic field intensity basically for the adenosine receptor is around 15 gauss. It it goes it can still go up a little bit higher, in time.

But again, essentially it plateaus. Unfortunately, whatever you're doing that's beyond 115 gauss at the adenosine receptor is largely wasted. It's not doing anything.

It's not doing harm. But it's also not providing any benefit. So given the inverse square law and given the goal of a density at the adenosine receptor, 15 gauss, then you have to calculate the dose.

So if what you want to do is to deliver, say, 140 gauss, in the body, that 140 gauss will deliver 15 gauss at point eight inches. If your goal is to deliver 15 gauss, let's say at, three inches into the body, you're going to need between 960 and 1200.

Gauss. Right. So you have to calculate that. So if you're reaching deep into the body, deeper into the body, then you're going to have to have that higher intensity.

For example, if you're going to treat deep into a hip, you have to figure that it's going to be probably about three inches deep, at least. And then you're going to need about 1200 gauss to deliver that 15 gauss to decrease inflammation at that spot.

At that point. Now, if you were to go higher, say, for example, you're treating across a brain. If the target depth across a brain is going to be across ahead, it's going to be about six inches, let's say on average, you want to treat all the way across a brain, six inches across the applicators on one side of the brain.

And then the goal is the other side of the brain that you need about 4000 gauss to deliver 15 gauss, six inches away if you trade across a chest. So a chest from front to back and you're treating through the lungs, then you're going to need even higher intensity.

So let's say you need eight. You need to go eight inches into the body that you're going to need a 66,000 or 6600 gauss magnetic field to deliver that 15, gauss deeper into the body.

So calculating that is very important for you to be able to get the benefits that you're looking for, for the problems that you're trying to manage. So treatment time also matters.

So it's not just intensity and it's not just the inverse square knob, but also how how much treatment are you doing. So targeting the treatment to your, goal area is important, but whether you do enough treatment time is really critical as well.

And a lot of people will sort of ignore the treatment time and want to do the minimum time that they can, to deal with the health issues that they have.

Unfortunately, the reality, the physics of it is that you need to do the time that you need to do. And this is a, slide of a sample of people who are treating, nonunion fractures.

So nonunion fracture is treated with an 18 Gauss magnetic field are recommended to do, about eight, about nine hours of treatment a day, nine hours of treatment a day.

So they did a study on people who had nonunion fractures, and they looked at how often they treated and how long it took them to, how many hours a day they treated and how long it took them to get to, adequate healing.

To heal their, their, fractures. So those who had treated, over nine hours a day heal their fractures in 112 days on average, which was 76 days earlier than people who only did, who did less than three hours a day.

So the people who did less than three hours a day, where they're supposed to do ten hours a day or nine hours a day, they healed in 188 days. In other words, in six months.

So you could heal it in about three months if you're doing nine hours a day.

PMFs, Inflammation, and Adenosine Receptors

But it could take you up to six months if you're only doing three hours a day. So that's certainly becomes a personal choice. But again, you're going to heal a lot faster if you have the right magnetic field intensity for the right period of time.

Now, what do pmfs do in the body? That's really important because if you understand what they do in the body, then you understand all the different ways that they can be helpful for different kinds of health conditions.

So what do magnetic fields do in the body? That's really important because it's not just the diagnosis or the disease or the condition is what they actually do.

So they stimulate the acupuncture points of meridians. They have anti-fungal, antibacterial, actions. They have, blood thinning effects. They reduce swelling and edema.

They reduce inflammation. As we mentioned, they increase ATP. They help cells to recycle themselves properly. They help to manage the circadian rhythms of the body.

They definitely increase circulation. They help to repair skin and other tissues through increasing collagen and hyaluronic acid. Because they opened up cell membranes, they have detox, capability.

They stimulate growth factors for repair purposes. And that's what accelerates the healing is the stimulation of growth factors. And they help the immune system help nerves in the body increase nitric oxide, which helps to dilate blood vessels and has other immune actions, increases the oxygenation of the tissues of the body by increasing oxygen.

Recovery from the lung absolutely help with pain. So not only do they help with pain by healing, but they also help pain just on its own, just a natural, natural painkilling effect.

They stimulate red cells, stimulate stem cells again for, stimulating repair and regeneration, help the body to deal with stress, the response of the tissues in their nervous system to stress.

And they affect the water content of the body, the water you take in if you're treating the water you're taking in, but also affect the water within the body.

Now, I'm not going to go over all of these, and these are, in the book, but basically, what kinds of evidence is there to support the treatment of various diseases, considering the mechanisms of action of the Emfs, there are over 80 different conditions.

Actually, there are more. If you consider the basic actions, there are many more. But in the power tools or health book, we provide evidence over about 50 different health conditions.

So there's scientific evidence that they help those individual conditions and the intensity, the magnetic field is all over the place in terms of these studies.

And they don't always study the optimum magnetic field intensity for a given problem or condition. But at the very least, we know that there's scientific evidence to support the use across a whole host of different conditions.

Here's another slide, again showing all the different, conditions of PMS. Actually treat and manage. And you may want to pause this slide and go back to this slide.

If you want to read through the different conditions that can help. So, the newest book that I've written called Supercharger Health PMF therapy, actually doesn't have as much of the science in it, but it has a lot more

guidelines in terms of how to use the PMF and how to choose them.

So supercharge your health with PMF therapy. And in that book, we have a list of different machines and pieces of equipment that I have used and recommend to people on a regular basis.

And there is a table in there that gives you the price, the intensity, the kinds of applicators that are available, where it has programs or not, the kind of waveform of the waveform, again, it doesn't matter so much.

But that's all that's in that table. If you're interested. I know I want to have part of the table at this slide now, also a doctor Polycom. On the homepage we go to the homepage.

On the right side you see product comparison. You can click on that and it'll open up a and a document which you can download as an e-book. So there's the link for that.

Again for the product comparison. Many people find that very useful. So it's almost like the table that's in the Supercharge Your Health book. So if you don't have the supercharge Your Health book, you can then go to this, link or this page on Doctor Polycom.

Now, in the book, what are the most important things about the Supercharge Your Health book is what I do is I dissect the different types of systems. They, they are the different kinds of magnetic systems, and I grade them based on whether they're local or whole body or both, and whether they're low intensity, medium intensity, high intensity, or very high intensity at the same thing goes for whole body, low, medium high and very high.

And so you can see the intensities. So if you want to pick a system based on the problems and the tables in the book about the problems you have and the best magnetic therapy devices for that problem, then you can go back to this book table and figure out which devices are, most likely to be helpful for you.

Now, in the book, I also go over the size of the effect. Remember I mentioned magnetic fields have these different actions like acupuncture, stimulation, anti infection, anticoagulant.

So on all these different actions of PMS.

Treatment Time and Healing Outcomes

And then I basically have tried to get a representation, an estimation essentially of what the size of the effect is on that particular physical action by the different types of magnetic fields, whether it's local or treating a larger area like a whole liver or whole lung or whole belly, or whole body, and there are whole body low intensity systems and their whole body high intensity systems.

So if you happen to own a low body, whole body, low intensity system that you might be able to see through this table the kinds of effects it's going to have on those specific, physiologic actions.

So again, reasonably helpful guidelines for that. Again, the same thing goes through all the different conditions. So for the heart, for example, local intensity is going to have the biggest physiologic effect, a whole body low intensity system is going to have a minimal effect on the heart.

It'll have some but minimal whole body. High intensity will have a strong effect on the heart as it does on the vascular system. So the immune system, a local effect, is not going to affect a local device.

It's not going to affect the immune system that much except for locally. So it's going to have some effect. But mostly locally the same thing with region.

It's going to affect the bigger area of the body. It just help the immune responses in that area. But the biggest effects are going to happen with whole body, weather, low intensity and also high intensity.

So low intensity still going to help the immune system because it's treating the whole body. So that has a small effect locally. It's going to have a small effect throughout the body, for the immune system.

And I'll give you some guidelines for how you could affect those different actions. There are other tables in the Supercharge Your Health book as well, where I go into the different conditions.

So like addiction, addiction is more, of a problem with local, application, particularly to the brain. And you're more likely to have a stronger response with a medium intensity magnetic field or a high intensity magnetic field.

Same thing with a whole body system. Because most whole body systems have smaller applicators. So if you treat, the brain with a high intensity system, then again, you're going to get a benefit for addiction.

Same thing with Alzheimer's disease, which is a central nervous system. It's a brain problem for us. Right. Is low intensity magnetic fields are not going to do a whole lot for you locally.

So generally speaking, you're going to want to have a medium or high local system for a local arthritis problem, but you're going to get, better actions basically with medium or high to, to arthritis.

So you're going to get a stronger action locally with a high intensity field athletic performance. It needs higher intensity magnetic fields generally to, to treat the different affected areas of the body.

Autoimmune, again, all of these systems will have autoimmune benefits. The bigger benefits will happen with the bigger systems. All right. So, bruising, but you need basically a medium to a high intensity local, treatment.

Bruising is mostly local, so you just treat the bruised areas. So it's going to have that benefit, locally as well. Cancer is in a in many ways all over the place.

You could treat locally to some extent. Let's say, for example, with breast cancer. But you also need to be treating whole body for that condition as well, getting breast cancer.

So I go through a different cancers. And now these the tables are full tables are in the, in the book. And that's where you should go for further, more detailed guidance now.

Okay. All of that's okay. And you're going to kind of have to put together your own sort of ideas on how to treat yourself.

What PMFs Do in the Body

Fortunately, in the book, I also then go into the different conditions by telling you or advising you or what the intensity of the magnetic field should be, the kind of applicators that you would typically be using, the treatment time you should think about using.

And then I also provide some, guidance on supplements. I always say that you can't, build a house without bricks and mortar. You can't help cells to heal themselves if they're depleted in nutrition, or supplements.

So I do make recommendations for supplements. Just to help you, help your magnetic field therapy work even better. So let's go into this in a bit more detail.

So for gallbladder problems, the intensity the magnetic field is local. The treatment is local. In a sufficiently high intensity magnetic field, minimum of 100 goes up to 4000.

The higher the dose, the better the, penetration will be. The faster the action will be. So low intensity magnetic fields are expected to help the early stages and reduce symptoms.

However, it would be most helpful for reducing inflammation and improving gallbladder muscle function so you

don't get gallbladder spasm. Higher intensities are likely necessary at a low and slow approach.

Is is recommended because you don't know how inflamed the gallbladder is and how it will react. So going low and slow is important. Then the applicators you can use local applicators or regional applicators.

A local is sufficient up into the right upper quadrant area, but sometimes gallbladder is are not always in a very specific spot. So regional can be helpful to basically treating the right upper quadrant of the abdomen.

Small portable, battery operated applicators can be placed over the surface of the right, upper abdomen at the right right rib cage edge just before it slides to the side of the chest.

Either two applicators can be used, one above the other in the same area, or two small applicators can be stacked. A pad applicator may be used as well, covering the whole upper, right upper quadrant area with a high intensity system.

Use the local applicator so either a butterfly coil paddle, paddle or loop if there's involvement of the pancreas or liver, which often happens with gallbladder disease, then you need a regional applicator as well to treat this bigger area that would include the pancreas or the liver.

Then in terms of treatment time, the treatment has to be basically a visualized. Smaller applicators. Lower intensity applicators may be needed for longer periods of time.

And so smaller portable applicators could be done for several hours at a time until symptoms settle down for a given episode of paint 30 to 60 minutes, 2 to 3 times a day at the beginning of starting treatment with PMS for the gallbladder until the symptoms have improved, and then you can back off the treatment time for maintenance.

Now, gallbladder problems tend to be long term as well, so just because the paint is better doesn't mean you've helped the cured the gallbladder. Maintenance treatments may be needed to continue.

Need to be continued for 1 or 2 months to automate, to know that there is no inflammation in the gallbladder other than symptoms is to do a gallbladder, ultrasound or a CT scan of the abdomen to see if the gallbladder wall has, the thickening of the gallbladder wall has shrunk, or if there are sludge that the sludge is now gone.

So once gallbladder disease is diagnosed, the condition will be chronic unless removed surgically, unless the gallbladder is removed surgically. In other words, it's going to be a chronic condition at PMS can manage it.

But if it's if it just sludge, you can manage it easily. If it's stones, that's much more difficult. And you may not be able to Pakistan's completely or permanently certainly can help with symptoms, but it doesn't get rid of everything.

So, PMS therapy are not likely to help the stones except to reduce the pain from spasms of the gallbladder. So in the book, I go through each of the conditions mentioned with some of that kind of, discussion about what the impact of PMS could be on that condition.

And then again, as I mentioned, I, do, present or provide you with supplement recommendations. And most of these supplement recommendations come from nutritional medicine.

Sometimes I provide dosing. Dosing is always a challenge and most difficult. So I think for supplement recommendations it's best to consult with a nutritionist, who is skilled in providing you with that information.

Conditions PMFs Can Help Manage

Now for the gallbladder. Let's go over what you would do to treat the gallbladder. So here's the gallbladder area and the upper right quadrant. There's a gallbladder.

Sometimes it's that it sits just below the edge of the gallbladder of the liver, rather. And so what you're doing that is

you're treating this this area so you could treat it with a whole body system.

You can do a lip coil right over that upper abdomen. That will help that gallbladder too. You can do a seven inch pad in this case from the premium multi flash or permits premium flash for the palm as multi flash would be similar.

So you could use the pad applicator to put the lip coil across the belly. So getting part of it to hit over the gallbladder area. Or you could take that lip coil and fold it into a figure of eight and apply that figure of eight right over the gallbladder area.

Now that's going to be the high intensity system like this is probably going to provide benefits better, faster typically than a low intensity system.

So the two low intensity systems that I would recommend would be a flex pass or a micro pulse. So the Flex Pulse has ten programs in it Michael Pulse has nine program I'm sorry two one program.

It has two phases to it, but one program. And they're both about the same intensity. So this is the placement of the rings from the micro pass across a knee.

So you can do one, micro plus applicator on one side of the gallbladder, one on the other side. Or you can stack them when I talk the other. You could do the same thing with these two applicators.

Now the flex pulse and the micro Pulse have different, configurations of the coils inside the micro pulse coil, you have almost like a stovetop, electric stovetop element.

So it's wound flat into that applicator. So each applicator is the same. And there are two separate applicators in two separate ports. So one, if you want to use one coil, all the energy in the machine is driven to that one coil, which gives you about 200 gauss if you're using them separately in different areas over the upper abdomen or different areas of the body, then each coil separately is 100 gauss, approximately.

You can stack these two coils as well, and that'll give you about 240 gauss. The reason this can give you 240, they add to each other because each one is getting 100 gauss separately.

Now, the micro pulse has a different coil configuration. It's more of a circular coil, as you can see within that coil. And that means there's a gap in the center.

So the magnetic field intensity is not as high in the center as it is on the edges. So once both of the applicators are plugged into a stereo, plugged into the, machine, into the A9, and that stereo plug is delivering, 200 gauss, and that's divided into equally into each applicator, each coil.

So 100, 100 gauss for each coil. So two separate is 100 gauss each two coil stacked is about 200 gauss. Because all of that power is driven from that one, location.

All right. So these can be stacked or used separately over the up rapid. I just to give you some concepts of this, and why I mentioned that a coil at the edges is where the magnetic field is the strongest.

So you can see as the, magnetic fields move farther and farther away, the pass moves farther and farther away from the center, from the source. The, the magnetic field gets weaker and weaker.

So this as the waves are, closer to the, electric wire producing the the magnetic field, that magnetic field is going to be the strongest as you move farther and farther away from that coil, the wire and the magnetic field gets wider and the current, gets weaker.

And so the magnetic field is weaker. All right. This is another depiction of the same thing. So this is a coil. The magnetic fields are going around in circles around that coil according to the right hand rule.

And at the coil itself, since there's many more, coil lines or field lines around the coil, it's going to be the strongest there. Now, as you move away in the center, the magnetic field lines of the, the wire, the coil being produced bounce off the the ones from the other side.

How to Choose a Device and Use the Book Resources

Okay. So in the center that the magnetic field is stronger in the center and it would be farther out here, okay. Because there's nothing there's no matching current matching current and coil coming into the center.

So you're still producing a pretty strong magnetic field in the center, much stronger than the same distance farther away. All right. So treatment in the center, locating the coil over the spot of pain with the center may still produce benefits, but the biggest benefit is going to come from having the edge of that coil, sitting over the spot that you're trying to treat.

All right. And then the same thing again, according to the right hand rule, the way that the, current flows and the way that the magnetic field flows around the coil, call the right hand rule that determines the magnetic field intensity, and the direction of the magnetic field.

So if the current flowing this way, magnetic fields, according to the right hand rule are going to the right, said this happens. We take that coil, put it around a shoulder.

So on the edges of the coil I say the top of the shoulder, the back of the shoulder, the front here, that's where the magnetic field is the strongest.

But you get a nice, fairly strong magnetic field in the center. And that means that if you cranked up this, magnetic field intensity pretty high, you might get some muscle contractions up here.

And and you might not you're not going to get very much in the way of muscle contractions toward the center, because the magnetic field drops off so much.

However, this is going to produce a very uniform magnetic field around the whole shoulder just by doing this application. Again, being aware of that where it's touching, touching along the edges, it's going to produce the strongest action.

All right. So let me go back here. But in terms of the gallbladder, if we're going to use this applicator for the gallbladder you're better off squeezing the sides together.

So that again because the field is the strongest of the sides if you squeeze the sides together so they're more aligned like in the center here, then you're going to get a much stronger magnetic field action right over the gallbladder area.

Now my recommended PMF devices, generally obviously there are many other options out in the community and that are available, commercially, but my recommended PMF devices for higher intensity.

Or you can have a variable intensity based on the intensity setting. You choose between, about 4000 gauss and 10,000 gauss. This includes the PA Mets Multi flash, premium Flash and Ultra flash.

So for the price these are the greatest value. And then we have the Tesla Fit Plus. So the Tesla Fit devices which are the plus two. The duo at the Pro and these range in intensity from about 4000 gauss up to around 7 or 8000 gauss.

There's a spark chamber, a device called a PMA for 20 or the Hugo, the Hugo Pro or the Hugo intense. And they get to be high intensity as well. But they're called spark chambers, which means that they need maintenance.

These other devices are Solid-State, and they don't need maintenance. For medium intensity devices, for whole

body and local, I recommend that it's super ultra 3D.

So the super the ultra 3D have PC control. That means you can select the frequency, intensity and time for more consistent and predictable treatments, right?

So they are between 150 and 1600 gauss. The 1600 gauss would be more for the local applicator, 150 would be for the whole body. And then, other medium intensity local devices with variable intensity would be the flexibles I mentioned, or the A9, or the excess, produced by the same company who produces A9, which have about the same 200 gauss intensity for each applicator.

For low intensity devices, I recommend that by a balance. By a balance has a magnetic field intensity of ten gauss to the whole body pad. Wherever the coils are in the whole body pad, it's about ten gauss.

Gallbladder Example and Applicator Placement

And also for the smaller local applicator, other community based BMF devices that are very low intensity, typically around one gauss, are not going to do as good a job.

It may help make you feel better, but they're not going to heal. The low intensity by a balance is not going to heal all that well, either. But the price of that system for whole body health maintenance, primarily not necessary to treat a specific problem for health maintenance, would do a better job.

Now, again, a lot of this information, the best information for for the guidelines for use are going to be in the in the book Supercharge Your Health with PMF therapy.

And that's currently available on our website, Doctor Polycom. Or you could get it from Amazon. Now. You will also be able to if you're interested and want more, much more in-depth information.

We offer a course on the PMF Training Academy. Called Supercharge Your Health PMI therapy. So it's it's the, supercharge course so you can get more in-depth information there, more visuals associated with it.

And, there's more discussion verbally for those who like to learn by listening to presentations. All right. So some additional thoughts, for your guidance for how to use magnetic field therapy and how to think about it for whatever problems you're looking to use it for.

Intensity, as I said, doesn't matter. The total treatment time, total amount of time you're using for treatment matters a lot. I showed you those slides about the nonunion fractures, treatment time does matter, and often treatment time is more intense in the when you initiate therapy.

Over time, as the tissues begin to heal, then you may be able to cut back the treatment time. And when you cut back the time, and the problem recurs, then that means you haven't healed the problem, and you're going to end up finding out what treatment time you're going to need going forward, whether it's months, years or longer.

Higher intensities are not harmful. It's quite the opposite. Research shows that the high magnetic field intensity is not harmful, and including the fact that we treat the brain with magnetic field intensity that are about 6000 or 8000V, often for an hour at a time, higher intensities are not harmful.

This, despite the fact that some people who are selling low intensity devices say that they are quite the opposite. Now, on the other hand, low intensities don't help a lot of the time.

Research has shown that low intensities don't help a lot of the time. In fact, they could actually mask problems by making you feel better, generally without actually healing the tissue or the problem.

So there's a risk with low intensities of actually making you feel better, but not taking care of the problem. Our people say the rules of treatment are this you got to do this much intensity, this treatment time, and so on.

And people are looking for very objective evidence. How long should I treat this problem for? What intensity do I need? What am I going to get better?

So treatment rules are not rules. They're guidelines. And the reason for that is that every body is unique. Every problem is unique. It's unique to that body at the body will tell you what it needs.

So the rules are just guidelines. You can start with the guidelines but basically have to adjust the guidelines as you need to based on what the body's telling you.

What's happening? Is it getting better fast? Is it getting better slow? Is it getting better at all? You relieve symptoms at all if you don't feel significant relief, then you have to adjust your protocols.

Or you may have the wrong piece of equipment, or you have the right piece of equipment, or just not using it the right ways. And again, Supercharge Your Health can give you some guidance on that.

Now how do you tell a problem is better? Well, it's better to do objective measurements and the objective measurements like a blood test or an X-ray or an imaging study, or even a physical examination or a range of motion test.

All of those can be objective and they can give you more guidance in terms of, how much you're progressing and how much you need to adjust your treatment protocols so they can be very helpful versus just feeling better.

So relying just on the way you're feeling is not going to tell you what's happening in the tissues. Often. Well enough and critical. Now one size does not at all.

Every person's experience and needs are unique. Every person's experience with their pmfs and their treatment program, whatever treatments they're doing are unique, and they will change over time.

So you have to adjust your protocols based on that. You have to understand the system.

Recommended Devices and Practical Usage Guidance

You have to adjust your protocols based on the equipment available at the problems being addressed and how you're using it. So some people for their problems need only, say, a thousand gauss for an hour.

Maybe once a day. And that may be enough. But there are other people who may need, upwards of, 4 or 5 hours a day to help to heal the problem, such as I mentioned with the, the fractures, the nonunion fractures.

Okay, much of these these thoughts, if you will, are addressed in the Supercharge Your Health book. So again, what we cover today, we cover the crucial Faraday's law and the inverse square law, very important in figuring out which which magnetic system you need.

How pmfs work primarily by increasing energy in the tissues, how pmfs help with inflammation through the adenosine receptor. Understanding P and IV systems by size of the system and the intensity of the applicators and applicators are different, even with a given system.

So you can have a whole body system is going to be generally weaker than a medium sized applicator versus a small applicator for the same system. So understanding the size and the intensity of the system and the applicators is very important.

The types of pumps needed to treat various conditions. We covered those how to choose a PMF device out of the different devices that are available. The devices I recommend based on the intensity and whether you're training local or whole body.

I gave you, gallbladder disease, which is a simple, easier process. A localized process to to manage. That gives

you some sense then, of how to how to, treat it and then how to get information from the Supercharge Your Health book on a protocol for different systems, a different conditions.

Now, again, the key here as part of our discussion is that we have to match the condition or the treatment goals to the system parameters, the magnetic system.

Then you have to look at the what maintenance system parameters you need to manage those, treatment goals and then what systems are available. So once you have your parameters then what system do you have to buy or get and use to match the condition and your goals.

And then of course you have to use it properly. And the last thing is the resources and the resources primarily, as I mentioned, the doctor Polycom and the book Supercharge Your Health with PMO therapy and also the, power tools or health book.

So thank you for watching. I hope to work with you soon. I hope you get great results with whatever, device you you get. And if you need any help, either select the equipment or device on how to use equipment.

Don't hesitate to give us, to email us at info at Doctor park.com info at Doctor Foxconn. Thank you Joy the rest of your day.