Introduction to Energy Body and Holistic Healing

Welcome to the reverse Autoimmune Disease summit theory where on version 5.0. This is the healing the energy body portion of the summit theory. I'm delighted to bring you Doctor William Pollack, who is the holistic doctor in Maryland.

He's trained in occupy lecture, nutrition, herbalism, energy, medicine, homeopathy, hypnosis, body work, and multiple other therapies. He's considered the foremost authority on the use of electromagnetic field therapy in North America, and he's interested in holistic pain management, regenerative help, stem cell stimulation, anti-aging, sleep and anxiety, among other things.

He's also the host of the Pain Solution Summit. Welcome to the Summit Series, Doctor Pollack. Thank you very much, Keisha. I look forward to this discussion.

I know we're talking about the energy body in relation to autoimmune disease. So, yeah, I that's a favorite topic of mine since I've been trained in holistic medicine and healing techniques, including Reiki and other healing modalities.

So yeah, I'm very much into this. Good. All right. Well, you know, any of us that talk about the energy body know that it's not a separate layer, but it's all part of the entire picture and the whole field that we're working within.

So I we're integrated. Yeah. Right. And so, you know, in your Vedic medicine, the, the energy body or prana Maya kosha is between the physical body and the mental one.

So you know, how we hold on to our traumas and our stresses and the meanings and beliefs we have works through that energy system to impact how our genetics express themselves, how our gut microbiome works together in an ecosystem.

Or doesn't you know how how well we are able to detox the many toxins that we're exposed to. And so, you know, it's just that energy body is is basically a portal right into the into the physical field.

And what I love to do to start off with subject matter, especially someone that's been trained like you have, you know, in a more holistic way is to have you define like what you see as the energy body and what you consider energy healing complex.

So in my world, I don't talk about the energy body as a medical doctor, having practiced both, functional medicine and or holistic medicine and conventional medicine.

And the people who come into the office have different perspectives on this, and they're on different journeys. And I would say that probably 95% of the time, even higher, 98, 99% of the time.

Defining Energy Healing and the Role of Mindset

It's not a topic of discussion. And a rarely somebody makes a comment and you could sort of bring that into the discussion. And sometimes in order to be able to educate people that bring people to a higher level of health, you have to initiate that discussion.

And then you either get a glaze or you get an right. Something that they were aware of or they'd read or whatever. We have to deal with whatever people present to us, right?

Or they happen to be. Unfortunately, it doesn't matter from my perspective, doesn't matter what they believe. It

does matter in the sense, because I know that if they're more open, they're going to be more open to better ideas, they're going to be more open to self-healing and and stop being self-recrimination and self punishing and, you know, all that negative stuff.

I, as a lady that my wife and I walk every morning for about an hour, and there's a lady we meet occasionally and she will sprinkle her language with all these negatives.

So I keep telling her, you can't do that. You can't sprinkle your language with I feel crazy or I, I this is bothering me. This is hurting. This is hurts my brain to think this way.

So. And I say, no, you can't do that. And what happens is a lot of people will actually say the negative, I don't want to wake up during the night. Well, the problem is the subconscious doesn't listen.

Don't it listen to the act, to the verb, the active word. So people have to rearrange their thinking. It's not only what they say, because obviously what they say stems from what they think and what they think is going on all the time.

It's a script that they're running continuously. Right. They're not even aware of them. So energy medicine, energy healing and the energy body, if we can get to that level and have people thinking about the fact that they can manipulate the way their shoulder feels by focusing on it and decreasing the intensity.

One of the things I do is I get people to imagine that their shoulder pain is got a shape to it, a color, a sound, right? Something like that. So they'll just imagine that.

Yep. Yeah. Well that's talk about energy body. It's some people intuitively will come up with what they really think and feel subconsciously as you get them to manipulate that shape.

You get them consciously while they're sort of relaxed about it. You get them to visualize a change in that shape, a change in that color, and you and they're guided to change the color in a way that that feels better, or change the shape that feels better.

So it's got bright spikes coming out of it, right then. Okay. How do we how do we reduce those spikes? Well, some people could do that very well, but it's an amazing number of people have no imagination.

Yeah I mean yeah when I used to teach, intuitive and psychic development, you know, my energy medicine classes, people would say, am I just imagining this?

And I would say, yeah, exactly what you're doing, what you're both doing. Doing? Yeah. The the right brain is an important part of the whole brain. Right.

Well, we we have we and if there's a really good reason for it, we live in these bodies that. Right. And we think we are our bodies. So one of the mantras that I have is I am not my body.

I am free. So our bodies are basically our minds, and our minds are registering what our bodies feel. And we then think that that's real. We give it power, right?

We give it importance, etc. but we we have to keep movement at work. It takes work. So remember it is to do meditation work. And I would always be sort of in my lower chakras.

And then I began to do more and more meditation work and I was in my upper chakras. Well, then I kept hearing, and we can't be in your upper chakras because then you can't function in your lower chakras, so you should be in your upper chakras all the time, because then you're disembodied, you know, rooted into reality.

So somehow we have to find a blend and a balance and recognize that we can we can effectively function in our upper chakras as well, and probably would do a lot better, especially if we were able to integrate.

We just have to stay rooted at the same time. You can do both. It's not an either or. It isn't either or. Yeah, yeah, totally. We're much bigger than we think.

And to think, are we vast and infinite? Yeah, we are infinite, right? Yeah. So it's that that vastness, you know, to wake up to that is a really beautiful realization, you know, and then the little tiny pains and aches get put into a contextual experience. So and given validity given root if you will.

Yeah. Yeah. So what's the history of energy healing.

Origins of Energy Healing and Early Research

So, so that's I think that's a very important question. Well, obviously it's infinite, right. We we think that, it started with human beings. It started with a planet.

But the way I think humans began to work with this, they worked often. They developed at a time when life was simpler and we had connection to energy.

We had connection to the world around us. We had connection to animals. We had connection to plants and trees. So people were tree huggers. Right. And we walked on the earth without shoes or sandals.

So we had a deeper connection with with a physical planet. But we could see patterns and we could sense patterns more than we can. Now. We have way too many distractions.

Right. Whether we know them or not. You walk outside, you walk anywhere, and you have you're bombarded with radio waves, you're bombarded with TV waves, you're bombarded with radar and microwaves and so on.

So that's a constant sort of irritation to our energy body. And it's then it makes it much more difficult to focus and concentrate and, and be able to connect with that energy body.

So as people began to, realize that there were these connections, they could sense energy. And they could amplify that energy by their imagination. And they didn't have hypnotists at the time.

Right. They just did it. But some people are more skilled at it than others. Elmar Greene I wrote a book, an e-book about, magnetic field therapy is energy healing a guy named Elmore Greene? I do.

If you've ever heard of Elmore Greene, I have, because, he worked with, Swami Rama, at the Himalayan Institute a long time ago doing biofeedback research on, him, as, you know, what the outcomes of meditation were a long time. Yeah.

So he was very much involved in the different kinds of meditation. Yeah. So one of the, things that he did in his, clinic in Topeka, Kansas, at the Menninger Clinic, he built a voltage wall out of here.

I remember reading about that. Yep. So people would put their hands on this wall, and then he would be able to register how much voltage they were producing.

And in some cases, they would actually measure about 1,000,000V being projected by the healers. And they had all kinds of healers coming through. And at one time they actually did EEGs of the healers to see what changed in the EEG before they would zap, you know, or be measured on the wall.

And he found that the EEG, significantly enhanced, became much brighter and changed physically. The energy patterns of the EEG signal got much stronger, and all of a sudden boof!

The energy pulse was transmitted. So there's there's a corollary in medicine where we did, fMRI or Spect scanning and people's brains and the subject, the controls are the, basically research subjects would be told to raise an arm.

And so when they raised their arm, what happened? They were told to raise the arm before anything happened. Physically. You could see a little light shining, beginning to pick up in the brain.

And then that light amplified, amplified that, and then eventually, poof, they raise their arm so that current, that energy to cause the physical change was generated by a thought they didn't know they were going to raise their arm.

It wasn't predicted. They didn't know what they were going to do. But a thought happened and that thought generated charges in the brain that then translated into a physical action.

So was the thought, the energy. So this is a good example, I think basically of how the body is being used right by our other aspects of us to be able to generate physical change.

So this is a really fascinating subject because we're talking about, well, we haven't talked about it, but the speed that these relays work in so what do magnetic fields have to do when we talk about energy healing and then pulsed electromagnetic fields.

So you have to forgive me. There are storms in the background. So you hear. So that's appropriate isn't for the discussion. It is very appropriate. Not for I'm not going to have lightning bolts flashing down on you and they don't that's a possibility.

And unfortunately, we may end up losing our power. Hopefully we don't. So basically what I concluded with all these my evaluations of the healing work and qigong masters and dozers and even acupuncture acupuncturists call this Chee book is an easy word because they, you know, when acupuncture was developed 3000 years ago, did they understand electricity?

So they understood that there was power and there's energy. There's a transfer energy because they could see it. Certainly in lightning, and they could see it in static charges between bodies.

So they understood that these things happened. So basically, it's electromagnetic where there's electricity, there's a magnetic field, and magnetic fields interact with electricity.

So when you pass a magnetic field past an electrical charge, you can amplify or even increase that electrical charge. So with healing, we don't always know whether it's the electrical component of the healing, the laying on of hands, therapeutic touch, qigong, whether it's the electrical component that's doing the work or it's the magnetic component.

I know, and I've experienced this myself. When you do a whole body magnetic field therapy, all of a sudden the person gets amped and you can do aura measurements using, little aura.

The dowsing rods basically. And you back away and back away, back away. And then you can feel the difference in the aura with the person before and after.

Magnetic field therapy. And there could be a 30 to 40 to 50% increase in the auric field. Right. As a result of the magnetic stimulation. So what is that again?

It's it's electro magnetic energy or electrical and then magnetic as well. And they, they're hand in hand-in-glove. The second force in the universe. The second force, there are four forces.

The strong force, the electromagnetic force gravity and the weak force. So the second force is the biggest force in the universe. It's the biggest. The strongest may well be, again, gravity.

But gravity is not uniform and consistent everywhere. But the electromagnetic force is everywhere. This is the electromagnetic spectrum. There is no light without an electromagnetic spectrum.

There's no color without a spectrum. There's no speech. There's no thought without the electromagnetic spectrum being involved. So basically, it's all electromagnetic in some fashion, whether it's truly electrical, like getting zapped by somebody touching you with a static charge or it's the magnetic field.

So when I do dowsing or I can do aura sensing of somebody or see their patterns, their, energy patterns in their body could figure out the dark areas of the body.

What is that? That's electromagnetic. And even the story that I mentioned about Alma Green and the voltage one, the, qigong masters would project this powerful voltage.

But it's not just the voltage, not just the electrical. It's the magnetic field that goes with it. And that goes deeper and farther than the electrical component.

So what's the healing? And this is why I do electromagnetic field therapy. Because that's easier to do and you don't have to worry about it hurting people typically.

Electromagnetic Fields, Earth Magnetism, and Healing

So all of those electromagnetic even even those are the ones who look for water, they're using electromagnetic charges and their body's own ability to sense the changes in the magnetic field.

It's been mapped and shown that water moving at a certain rate will produce a magnetic field, water that still does not, at least not as perceptibly, while that's moving too fast, will not produce an electromagnetic field.

So it has to be moving just at the right rate for the dishwasher to be able to sense that electromagnetic change caused by the flow of water. Well, that's an ancient science of what to do, which is where feng shui came from.

You know, talk about having underground streams that you're unaware of, affecting your health in your home, right? If they're going in a direction that the in the flow of your own magnetic meter, do they talk about where you place your head?

If it's up against the North Pole, then you're going to have trouble sleeping. So you need to actually have your head facing south, you know. And so there's there's a lot of knowledge and some of these ancient systems about magnetic energy and whether or not it's it works together or works against.

And these days, I mean people as say, to those in that era, that time that you were discussing it was quiet. Except maybe for the no 5G network. No. Right.

No electrical bath outside your house. Yeah. Right. Or the traffic outside, the beeping of horns, the sirens that you know are out there Alexa constant, constant constant playing of music.

Yeah. No brakes. So no wonder we're disconnected and we're diseased because we don't have that that sense of the subtleties of all of these things. Right.

And when we don't have that sense that we have to use stronger methods to be able to achieve the same levels of health that we would have had in the past.

So then what does the electromagnetic field have to do with all of this? Well, there are two kinds of basic. Basically, there are two kinds of magnetic fields.

There are static magnetic fields, which is basically the Earth. The Earth is one great big static magnet. The average magnetic field on the surface of the planet is about half a gauss, quite five gauss.

That's average, varies a lot of varies with the whether you're on mountains or you're at the seabed, or whether the you know, the bottom of the ocean.

Basically, it will vary depending on the Earth's crust to some extent, but generally speaking it's about 0.5. So we are completely encased in that magnetic field, our complete biology from beginning to end.

Our biology, not necessarily our spirit or our energy bodies, wherever they come from, are bathed in that and they depend on it. And actually, this research that shows what you nullify, the Earth's magnetic field, you could do that with something called a Faraday cage.

You nullify the Earth's magnetic field, and then you treat that body or that tissue or biochemical solution with a magnetic field. It doesn't work. It's only in the presence of the Earth's magnetic field that it actually works.

So we need this huge magnetic field. So if you leave the planet, not necessarily up to the space station, the Earth's magnetic field is measurable. Up to 100,000km away from the surface.

The space station has basically the same magnetic field that you and I. It's very little drop because that magnetic field. So we really have to leave the magnetosphere of the Earth, which means that we have to get up very close to the moon to be able to escape, if you will, the magnetic field of the Earth.

So it's huge. And so what is it totally conditions us. We are the magnetic field of the Earth. And that noise out there is interfering with that natural sort of, effect of the magnetic field.

So it's causing its own effects on the body because it's interacting with that magnetic field. I don't know how we would get, but I do clinical hypnotherapy also, and sometimes when people regret, you know, and under hypnosis, they'll go into other lifetime places and this is going to go out there and they'll talk about the magnetic field of the Earth in a different lifetime compared to where they are right now, which is a different, a different space altogether.

And I'll talk about how heavy it is, you know, like as they as I say, what are you feeling right now? They'll feel this complete difference because of that very shift in the magnetic field.

But wherever they're at, well, that varies from planet to planet. Yeah. So when we have other lifetimes, that doesn't mean we they have we had them on this planet.

Exactly right. But even even for the planet itself, scientists have been registering the fact that the Earth's magnetic field has been decreasing. Why that's happening.

Nobody completely understands this. Probably, again, the rotation around in the galaxy, the rotation of the nebula that we're in. All of these are factors that determine the magnetic fields that we are, surrounded by.

So, yes, there's a lot of variation, but if you don't if you live in one house all your life and you don't leave that house, then you're going to have a lot less variation when you fly across the country.

Now, let's think about that for a second. If you're flying north and south, as you were saying, you know, with facing north versus some for sleep, we flying along the meridians of the planet, the longitudes of the planet.

You have no variation magnetic field. We actually stimulate our body's own magnetic field as we move, tangential or across the magnetic field lines of the Earth.

So imagine flying across the continent, the world. What happens? Those magnetic fields, we're really jazzing them up. They're being in many ways, they're being irritated.

So human biology is not used to this rapidity of change that we're experiencing, even even with flying. So what happens when we go off planet on UFOs?

Wonder we get jet lag. It's much more subtle. So it's it's probably not the same effect. Right. And probably more to do with consciousness than others but so completely I would agree.

Yeah. So when, when you're posting bed what what does that. So thank you for bringing us back. Yeah. Well static magnetic field is fixed. It's not moving with a static magnetic field.

Basically you're relying on the electron motions and the electromagnetic fields of the tissues of the body itself. So the flow of a column of blood in the body is a pulsing magnetic field.

It's a magnetic field in motion because all the ions and electrolytes and so on in that column of blood are interacting with the cells that are fixed in the wall of the blood vessel that they interact.

And that is a pulsing magnetic field. So the static magnetic field doesn't do a whole lot. It's relying on the actions of the body itself. So a pulsing magnetic field now is in motion.

Some functions in the body are in motion. So in this case it's not one plus one equals two. It's one plus one equals 510, 40, 60 a thousand. So you're dramatically increasing the amount of energy that's now being essentially produced by the interaction of the two.

And that's the main sort of focus that I have with Pmfs is that by introducing pulsed magnetic fields into the body, you're producing a lot more dynamic action.

You're producing more voltage or energy in the tissues and the tissues that are stuck that don't have the energy. So while we could change our consciousness and we could tell ourselves to be a salamander or a shapeshifter or we're going to heal the shoulder, what happens?

That idea has to be translated down into the physical. That's to be brought from these higher dimensions, at higher frequencies and less direct action down into the tissues.

And the tissues have to then change and do their process of transformation to decrease the swelling and healing. So if you have a cut, you can speed that up by your thoughts and ideas, but you still have to change the tissue ink. Most of the time it doesn't happen overnight unless there's a huge amount of power.

I wrote a book, read a book, called about love. Basically, and she was describing the author, was an artist, was describing something falling on a canvas that she went to bed that night and woke up the next morning.

The canvas was fixed. So how much energy would it take for that canvas to get fixed now? Would it take more energy to fix a canvas than it would a human body?

I don't know, I think so, but it also depends on the consciousness of the person and their vitality in general, their age. A lot of factors go into how quickly, a body can heal, and clinicians need to take that into account.

A lot of people do magnetic therapy don't understand that.

Autoimmunity, Regeneration, and Magnetic Field Therapy

So, there's a lot of buzz now in scientific literature and in the clinical world, the role of EMF with autoimmunity. Can you speak to that? So autoimmunity, what is that?

That's a decision, I suppose, at some level to deal with that, to give you a challenge, something to deal with, including cancer, including an airplane falling on your head.

You know, all of those are decisions. Ultimately, at some level. So autoimmunity means that the body is basically, fighting itself. That's at least the way I sort of define our immunity is auto.

It's against self. And our bodies, our cells and our bodies have a self. They have an identity. And the immune system of the body says, I know you, and I'm going to leave you alone.

Now, if I damage a cell that the body says, I don't know you and I have to get rid of you. So if you have a cell, it's infected with a virus or bacteria or fungi, whatever it's infected by, that cell transforms, and the body's going to try to get that cell back to normal as much as it can.

And if it can't, it says, you're not cell. I'm going to take care of you. I'm going to get rid of you. And we call that apoptosis naturally and necrosis unnaturally.

So a cell that's damaged by injuries, by burning, by, infections, etc., dies by necrosis, it falls apart. It's a different process of dying than natural death and natural transitions.

So autoimmunity is is attacking the cell. And I don't know how I don't know how damaged or unnatural the tissues have to become for the body to attack itself.

Sometimes it's just so hot and it's just attacking that everything in the way gets attacked, even if it's not abnormal. So the idea that behind autoimmunity is it's inflammation, the root sort of aspect of it.

It gets complicated with the biochemistry and different aspects of immunity. But basically the body's creating a reaction that causes inflammation, that then causes all the consequences of inflammation, that cells breakdown in communication between cells.

And it affects so many different aspects of cell. Right. And the controls and the balancing of cells, a thumb is not just a thumb, it's an aggregation of cells that call themselves the thumb.

I had a cornea is an aggregation of cells that call themselves a cornea. So if you take corneal cells and you've transplanted into a skin, it's probably not going to work too well.

But if you can supply growth factors or you change the genetics in some way, like for example, or salamanders, you cut off an extremity of a salamander transplanted to a different site on the salamander.

It'll grow into that extremity. But an arm attached to a leg doesn't grow so well. But an arm put on a location where there's an already an arm, there will still grow into an arm.

Humans have lost that capacity. We don't. Our genetics is, in a sense, to, self imaged salamanders don't have much consciousness that the way humans do.

Theoretically at least. Or that such vast consciousness. But they're not limited the way we are. They're not limited in the way we are. Correct. Right.

Are they as big as, as human consciousness? I you probably spend a lot of argument about that. All right. But anyway, so we are differentiated to a point where we, can't regenerate something that, has basically been lost, and the body tries to do that as much as it can.

But once you get past about age 11. So I had a three year old child who caught the end of her thumb off in a doorjamb. Father called me before the surgeons had it at her, and with the surgeons would normally have done, would be to clean it up, scrape off the dead tissue, clean it up and then take some live tissue from another part of the body had grafted onto that wound, because otherwise that was not going to heal. So they say.

So I convinced the father to reattach the piece that was lost. And I have pictures of this where you could see the suture marks and it's purple is black or blue.

No circulation and it's dead. So she did magnetic field therapy for an hour and a half a day, hour to an hour and a half a day. Obviously she lost her nail, she lost the tissue.

But over and I have several pictures over the next three months she was regrowing her nail to regrow her thumb. But she was three at magnetic field therapy, provided enough electromagnetic charge in the tissues to stimulate

the regenerative processes of the of the tissues.

You can't do that after about age 11. So what what devices are you doing this with? What do they look like? How do they work? So I, my most recent book is called Supercharge Your Health with Power Therapy.

And that in that book, I basically talk about different conditions and the different functions and actions of magnetic fields and the kinds of devices that you need to use to solve these problems.

So basically, there's a range. There's no such thing as one size fits all. So you shouldn't be making a decision to buy a PMF system based on cost. If you do it based on understanding what that magnetic field is going to do and what you want to use it for.

So so you have to. That's why on my website, Doctor Qualcomm, I have about 22 different devices. So you have to choose the right system. Now for the little girl with the thumb, all she needed was something local that she could wear if she did 4 hours or 5 hours a day, she probably would heal it faster.

She only did an hour to an hour and a half a day. So again, you need you need guidance for that. And probably the best, easiest and least expensive guidance right now is the supercharge Your Health book.

So you need high intensity or you could get away with low intensity. You need do you need whole body or do you need something just for a shoulder? So it depends on what you want to do.

But tell me who on the planet doesn't need. Health maintenance? Yeah. I mean, everybody needs that. Well, and I used to say children don't. So before about age 24, you don't need anything because they're growing.

They're going to take, you know, I think so much anymore, not so much anymore. How many diseases are getting diagnosed in children now earlier and earlier?

And we know that every child that's born is born with over 200 toxins in their bodies. Yeah, right. Yeah. From their mother in utero and breastfeeding.

I mean, we have so many toxins in our breast tissue now that go to the babies, those that are getting it from their they're getting it from the placenta, transferring it from the placenta and belts that it is not it's not a great filter.

It's not it's not a phenomenal filter. Yeah. Breast milk even less so. Yeah. Yeah. So is there harmful magnetic therapy. Fundamentally no. Magnetic field therapy that it encodes can be harmful.

It's high frequency. So when we talk about my, we talk about, emfs cell towers or cell phones. They are harmful. And the reason they're harmful and they are different than PMS.

So emfs are basically broadcast into the environment. It's microwaves, television, radio, radar, you name it, it's broadcast in the air and those signals go forever.

So microwaves are extremely, narrow short wavelengths. A long wavelength, 100MHz, for example, is three meters long. It'll go right through the body so it's not absorbed by the body when you when you start to drop down below about, well, let's say 3 or 4in in terms of the wavelength, it's now being absorbed.

Other words, if you're the signal comes through the chest, it goes out the back. It's not absorb, it's gone. It's going to stimulate the body, but it's not staying in the body signal that's shorter than that depth front to back gets absorbed.

And when it gets absorbed, it causes heating. So you could see this with cell phones. You put a cell phone to your ear and you take it off. Your ear is going to be bright red even even for five minutes.

The opposite ear is not as red, but even it's redder than it would have been normally. So that means that what

you're doing with your cell phone to your ear and your brain, yeah, if you're cooking it just like you cook in a microwave.

Right. So it's destroying tissue. Pulse. Magnetic fields don't because they pass right on through. So a pulse magnetic field is not created in the same way.

It's not a broadcast signal broadcast out into the environment. It's produced by a current flowing through a wire, and that current flow through that wire pulses.

So when it pulses, the magnetic field gets created with each pulse and then it goes out, drop it back. So that's called a closed loop. MPs are open loop. They just keep long ago.

So this is a closed loop so it doesn't produce a wavelength. In the same in the same sense. So that means it's it's not dangerous.

Choosing PMF Devices and Safe Use

Even high powered magnetic fields, high powered, PMS typically go right through the body, come back out again. They can stimulate the body significantly.

And you have to adjust the power and the intensity, the magnetic field to the problem that you're treating. And in my book, we have a, whole section on, lowest level protocols.

So you have to adjust your intensity and your treatment time based on the problems that that body's dealing with. So you don't get run, you don't get off the couch and run a marathon tomorrow.

Right. Well, your spirit can your mind can but you can't. So the physical body then has to be, has to be trained to be able to accept that magnetic field energy has to be able to, deal with a stimulus that is providing.

So I'm pushing you gently. You can react and not fall over if I really want you on the back and you're not ready for it, you'll probably fall over. So the body's that way with magnetic field therapy.

So the stronger it is, the more, sensitive you have to be to the condition of the body. It can't hurt it, but you can still fall over. Do you use this every day? Yes.

In what way? Several different ways. I don't do personally. I don't do a whole body system. I found a lot of whole body systems. You can't run them all night anyway.

So the ones I do run every night, include a, signal for sleep. I put that on top of my pillow at three, three hertz. Delta and I run it all night. So what I'm doing, basically, is tethering my brainwaves into a deeper level.

If you're aware that you're not sleeping, you're aware that you're dreaming, even you're not sleeping. Right? You're certainly not deep. So the way that I conceptualize this is that if you present the brain with delta throughout the whole night, you're going to be tethering the brain in deeper brain states.

Typically I use that every night. The other thing that I use is I have my own issues with Diverticulosis. And I've had two episodes of diverticulitis, so I don't want antibiotics again.

Yeah. So I do a, magnetic system that could run all night long on my belly. That serves several purposes. One is stimulating all the parasympathetic stuff in the belly.

So it's doing vagus nerve stimulation. But at the same time the magnetic field is strong enough. That's going deep into my belly to keep inflammation down.

Whether it's the microbiome that's been upset that day for some reason or whether it's, diverticulosis that's acting

up or you know, whatever's going on in my belly, the adrenal glands, the kidneys, the bowel itself, or function, liver function, pancreas, all of these tissues are now being sort of optimized.

But you often need to use lower intensities and run it all night to produce the consistent effects for the body. Thank you for sharing that. Is there is there anything that we haven't talked about that you want to make sure that you cover.

Well one thing that sort of comes up regularly coming up more recently is that there are a lot of people selling PMF systems. And that's what they're doing.

They're selling. So you have to be careful about sellers. And if they only have one device that they sell, then they're going to try to make sure that you understand all the benefits of that particular machine.

Even if some of those benefits are exaggerated. And so some of the machines that are being sold to people for the expensive $6,000, $5,000 provide you with only one gauss or less.

So you can spend $6,000 for one Gauss machine. We know that we need about 15 gauss to deal with inflammation, autoimmunity. If you want to do inflammation, work deep into the body to repair and restore and recover and, keep that inflammation down.

You need 15 gauss at the target tissue. So if you're treating the brain and you want to treat and treat one side of the brain, and you want to provide the magnetic stimulation to the other side of the brain and decrease inflammation in your brain, then you need about 4000 gauss.

So you could spend $6,000 for one Gauss machine, or you can spend $7,000 for a $4,000 machine. Right. So you have to be careful. And the people who are selling these lower testing machines that are putting down the machines that are higher density.

So over the years, with all the research that I've done, the book that I've written, the articles I published, all of that research indicates that you need higher intensity to do deeper work.

So people are saying you should be afraid of high intensity. Why you ask that question? Do you have to be afraid of high intensity? And the answer is no.

You have to be judicious that way. You usually have to use a proper. When you do that, there's no harm. So, one of the questions I get asked, what's the biggest risk of PMF therapy?

What is it the urge to put on a cape? That's cute. I think it's okay to have the urge to put on a cape. It's even okay to put on a cape and just don't try to jump over anything tall.

That's what I would. I know, you know, tall buildings play. At least not on your body. Well, Doctor Pollack, thank you so much for joining us. You have a an e-book that you're providing our audience with that will have here on pain and inflammation.

Oh, we might have to cut that piece out where I would. I think it might be better for you to provide the, magnetic field or pet therapy as energy. Medicine as energy.

Okay, okay, we'll do that one. Okay. We'll do that. All right. Well, thank you so much for joining me and for sharing this amazing knowledge that you have here.

And likewise, Keisha, you're always amazing as well. Thank you. I now don't get sucked into that crystal. All right, everybody, until next time. We will.