Navigating the Menopause Transition: Hormones, Health, and Research History Transcript

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The earth is one giant magnet. And over time, history, we used to live and walk on the grass barefoot, live on beaches. We were one with planet earth.

So we got that magnetic field and we were able to recharge at night by sleeping on ground. Today, we all sleep and live in these concrete jungle cities full of Wi-Fi, EMF, 5G, and so those make us lose that magnetic field energy.

And so when we eat healthy, organic, food that's grown out in the garden, that food gets magnetic energy, so that helps us recharge. Hi, it's Dr. Jenn.

Welcome back to the Healthy by Dr Jenn podcast. Today, we're going to be talking about biomagnetism. And if you haven't heard of that before and what it can do for your health, you should definitely take a listen today.

Today, we're going to be talking to Dr. Luis Garcia. He's a physician with over 18 years of experience integrating conventional medicine training with the principles of bio magnetism.

His work explores structured bio magnetic protocols that address related inflammation, infection, toxicity, and trauma, factors that are often overlooked in conventional care.

So we're going to be talking with Dr. Garcia about a provocative root cause perspective on chronic illness that challenges the traditional conventional thinking.

Welcome Dr Garcia. So excited to have you here. Thank you very much, Dr Jen. Happy to meet you. Yes. You're an MD, an allopathic doctor, and now you play with magnets, let's say.

I'm sure you get teased a lot by your colleagues. How's that going? Absolutely. So let me back up by explaining what palmiticism is. Yeah. What is this?

Yeah, I'm sure no one has heard about it. Yes. Palmiticism is about the use of pairs of magnets placed strategically on very specific areas of the body to restore homeostasis.

Homeostases being a return to normal biological function whereby the functions optimally. And so it's interesting, but this was actually, the grandfather of this started this 50 years ago and only now I found out about it 18 years and now, I'm trying to bring it to light.

How'd you find out? So being an allopathic doctor, I got frustrated with the lack of effectiveness of the pills and writing prescriptions for antibiotics and they were still coming back with same bacterial infections and saying, doc, I haven't improved, what else do you have for me?

So that set me on a path to get trained and add more tools to my toolbox. So I learned about ozone therapy, IV therapies, neurofeedback, neural therapy.

functional medicine, supplements. I started studying everything, acupuncture, homeopathy. Everything added maybe another five or 10% improvement, but there was nothing that I felt really moved the needle enough for their health.

And so at a conference, similar to this one, I met a colleague that was just next to me and we started talking and he's like, hey, you haven't tried magnets.

Once you do, that's going to change your life forever. Interesting. A month later I was learning about magnets on

the body and it changed my life for ever.

So it changed your life personally, your health too? Yes. Tell us about that. So my entire life, I had one arm that was longer than the other. Hmm. Specifically, my right arm was about an inch longer then on my left.

When I realized that, when I was 15 years old and I asked my father, a medical doctor, and said, dad, look, you know, right my arm is longer on the left, what can I do about it?

He said son, Look, my right arm is longer than my left. Your grandfather's arm as longer then his left, it's genetic and probably your sons or daughters will also have one extremity longer that the other.

So I thought, okay, if my father's a medical doctor, he knows best. It's going to be for the rest of my life. Fast forward another 16 years, and when I went to be trained in this, my mentor, Dr.

Isaac Goys from Mexico, he asked, who here has an arm or a leg that's shorter or longer than the other one? I raised my hand. He said, come up on stage, show us.

I dropped my shoulder, simply lifted up my arms and showed everyone how my right arm was longer then my left. he said everyone watch this and he physically placed a red magnet on my right kidney and a black magnet in my left parietal lobe.

And immediately, within seconds, my arms stabilized. So what I thought was a genetic issue was actually a pH issue. environmental. So what I had had was an imbalance here in the left shoulder that made my left-shoulder contract.

When I put my arms out, it appeared as if it was a one-inch difference when in reality upon placing those magnets, magnetic field restored the pH balance and my arm's evened out.

So it's not that my arm grew, it just that for my entire life I had a muscular contraction there. I was a swimmer, I lifted weights, did all types of exercises, karate, you name it.

None of those stretches ever released that contraction. It wasn't until these magnets were placed on my body to restore balance and allow for me body's energy to then fix or settle that energetic magnetic imbalance.

That's so crazy. So did it stay better or did you have to keep doing it? It stayed. No, I did not have keep to doing. I didn't one time and I've never needed to do it again since.

Our body can have some of those contractions from time to time when we get stressed out and our trapezoids will contract and so they'll shift the shoulder.

All the time. Or you'll have lower back pain that then also pulls up on your hip and then it will cause the leg to shift. But those are temporary things due to stress, due acute situations.

But when it becomes chronic, that stress is over there for a long period of time, then that muscle will just stay tight in that position. You can go to a chiropractor, you can to someone that will give you a massage and loosen it up, but you stay in a stressful environment and it contracts back.

But when you place the magnets, it restores the energetic fields, specifically the magnetic fields and it just stays in balance despite your being in a stressful situation, so it stays.

So how do we have magnetic field in our body? How is that even a thing? So, great question. The Earth is one giant magnet. And over time, history, we used to live and walk on the grass barefoot, live on beaches, and we were one with planet Earth, so we got that magnetic field and were able to recharge at night by sleeping on ground.

Today, we all sleep and live in these concrete jungle cities full of Wi-Fi, EMF, 5G, and so those make us lose that

magnetic field energy. When we eat healthy, organic, and wheat food that's grown out in the garden, that food gets magnetic energy, so that helps us recharge.

Yes, we're getting the sugar content that ends up breaking down to glucose and providing ATP, but everyone has forgotten about the magnetic charge that our body needs.

That's why people that walk on the grass barefoot or hug a tree or do grounding and plug in the grounding mats feel better, healthier, because they're getting a slight magnetic change, but there's no comparison when you use pairs of magnets over specific regions of the body to physically restore the energy in that precise location.

Okay. So yeah, the grounding sheets and all that. How does biomagnetism differ from other energy or frequency-based treatments? Great question. Biomagneticism is much more specific, and you're dealing with powerful magnets.

These are not refrigerator magnets, these are medium high-strength intensity. Yeah, that almost jumped off there at me. They're strong. They are rare earth magnets made of neodymium.

They have on average 2000 gauss strength. Earth's magnetic field is less than 0.05 gaus. And so, yep. Imagine having a stack of five or six of those and it snaps on you.

It can hurt, but you place them on specific areas of the body to restore balance to that. So for example. If I were to have a glass of wine or drink alcohol, that alcohol begins to be processed immediately in my liver.

So before I drink the alcohol if I place a magnet over my. And I observe my arm length. My arms will be even. However, after having that glass of alcohol, I place a magnet over the liver, it will cause a muscular contraction.

That alcohol has already caused a slight inflammation to the livers as it processes the alcohol and that can be observed physically in a muscle contraction in the arms or in legs.

And opposite magnet in a very precise location, specifically this location vertically over the liver, it restores and optimizes function of the lever so that when this is placed, your arms are of equal length.

And so this activates the livers optimal function detox pathways so the alcohol is processed faster in your body. And you're using the arm length as kind of just a like physical manifestation to say what's happening internally in the liver.

Yes. Okay. Once again, this technique, the diagnostic evaluation of inflammation in body was detected and described over 50 years ago in a patent by Albert Roy Davis that you can look up this patent online.

And he identified that using one magnet. Over an area of inflammation, say your right ear hurt, you place a magnet there and you observe either the legs or the arms.

You can observe a physical contraction. If the left ear was not hurting and there wasn't an infection, You place the magnet, there simply nothing happens with the arm.

So he identified that patented. Obviously the patent has expired today, but. Today, that technique has advanced to where you're no longer using one magnet.

You're actually using two magnets to restore balance. The first identifies there's inflammation and the second depends on where the body resonates with wanting that second pairing.

So if the buddy wants to drain the inflammation here, So it leaves the body, oftentimes it will ask for the equal and opposite magnet to go on the bladder so that you can literally pee out the inflammation.

If there's more inflammation, then it often asks for or requires the placement of magnets on a kidneys to flush the

information there. So, it depends on what the is asking for based on level of imbalance.

So are grounding sheets a scam or are they still helpful? They're still a helpful just it's using Earth's magnetic field, which is very, very weak in comparison to these.

So think of, you know, charging an electric car. Would you rather charge it over a 24 hour period? or rather charge it in a two-hour period. And so, are you going to stand there and wait 24 hours for your car to charge, or would you rather, charge up faster and more complete in very specific areas?

Do you feel like bio-magnetism, because of all of the EMFs out now, you brought up an electric car, do you think this magnet, bio magnetism is even more helpful in the times we live in right now?

absolutely essential because- So you think it's needed. You think we, if we're not doing this, we are really missing a piece of the puzzle. Correct. So there are four fundamental forces in physics that govern the universe.

Strong nuclear forces, weak nuclear, forces gravity and magnetism. And so magnetisim is the key to life. And we're not even talking about magnetism in conventional medicine.

People probably think you're a little crazy. Maybe you are a lot. I think most of us in integrative medicine- It's all based on science. Well, I thing most us, in integrated medicine, we are just a bit crazy to be black sheep.

Correct. To like step out there, outside. Yes. Okay. You brought up science, that's lovely. So let's talk about the science behind this. Absolutely. There is a ton of science.

I can recite many different studies, but… The mechanism of action behind how the magnetic fields are working on the body have to do with quantum biology, with Quantum Physics.

This works on atomic level, opening ion-gated channels of calcium in the mitochondria. It activates sulfur ion complexes in electron transport chains.

See, you're speaking my language now. I'm like, oh, that sounds good. Anyway, okay. Once again, there's a ton of science involved with this and specifically one of my favorite articles is called Life on Magnets and it's about Asian scientists, researchers that took three groups of mice and they allowed the mice to live for their entire lives on a magnetic field.

So one group of mices lived on the red side of a magnet field their whole lives, another group lived at the black side, and the third group was not exposed to any magnetic fields at all.

The group that lived on top of the red side of a magnet. Is the positive or minus, or does it not matter? It doesn't matter. There are multiple different definitions of polarity.

And it's too complex to go into. Just to address that, everyone thinks that because the compass needle always points north, that our north geographic hole is a northern magnetic field.

However, it's actually a southern magnetic fields because opposites attract. So if you hang this magnet by a string, the red side will point towards the north always, but it is because it pointing towards what it's attracted to, right?

So it just opposites. So when you're naming it, are you saying the geographic North Pole or are saying, the magnetic North pole? Yes. But to keep things simple, I prefer calling it red and black.

Yes. So the mice… So is red like more positive? Because when we talk about grounding, we think positive and negative. You mean beneficial? Well, you know, like positive negative ions for grounding.

That's what they say. We're exposed to too much positive. we need to balance it with negative, do you what I'm talking about? Yes, and you probably don't like how people say that like that.

Correct. Okay. And so for me, it's about using these as pairs to help the body rebalance itself. And show in this study with mice going back to the mice, the red and the black, The mice that lived on top of the Red side of their lives were extended by up to 15%. Wow.

Versus the mice that lived on top of the black, only 5% in comparison to the mice that had no magnetic field exposure at all. Interesting. Wouldn't you rather live to age of 105 instead of 90? Not only that, but the quality of life was also improved.

So the mouse had better neurological functions, better memory, and better motricity. They had less oxidative stress. Their memory and neurological skills at the time of death were just as good as mice half of their age.

At the age of 105, to still have your mental capacities be like that of a 55-year-old, Who doesn't want that? As opposed to… Correct. So all by being exposed to magnetic fields.

These are so powerful. Magnetic fields are powerful that if you have, say, fruit in your kitchen that you do not want for it to ripen, you want it to last as long and conserve, you place the fruit on top of the red side of a magnet that will extend the life of fruit.

But if you want an avocado or banana to ripen faster, then you put it on the black side. And we're talking six, 12 hours, and you'll notice the effects.

24? Absolutely. So you can literally play around with these with plants, with fruits, different with liquids and observe certain changes with clients.

The moment you place plants on a flower pot, you add water to them. And then say on day five, notice they start to bend. place a magnet red side underneath those plants and within 24 hours they will revive and last an additional two or three days.

Interesting. So are you using the black side at all if the blacks seems to be more negative? In bio-magnetism, you use both. Ultimately, opposites attract and will draw energy from one side to another.

So it depends on, in the area that you're placing the magnets, do you want to help move inflammation or do want increase circulation to an area? So based on that, the body will guide you towards which way to place the magnet.

Okay. It's about balance, using both Well, what are some misconceptions to biomagnetism? There are many misconceptions that it doesn't work, that magnets, What can magnets do?

Right. Or can my refrigerator magnets be used? No. So magnets are kind of like neurons. It's an all or none response. You have to use a high enough gauss.

The gaus is the measurement, the intensity of the magnetic field. If you try to use refrigerator magnets that are on the order of 50 to 200 gauss, that is not intense enough in order to create changes in the body.

These are all on order 1,500 gaus, and these are surface gauses. So if you take a gaust meter, put it up to here, it will read 1 500, 1 700. But if you take a refrigerator magnet, that will read 50 gauss.

So it has to be the right magnet. And two, people think that magnets can't do anything. They're used to playing with them. But on the contrary, magnets placed in the proper position can do absolutely amazing things on many levels.

Can you do harm with this? If you get those and just put them wherever? Obviously people with pacemakers, it's a no-go. Correct. However, you don't want to place a magnet directly on top of the pacemaker.

So what magnets do, whether the magnets in your cell phone or magnets and your AirPods, because magnets are associated with all speakers. Anything that emits sounds has a magnetic.

You want keep magnets away from any battery devices because the magnet will drain the batteries. So if you have a pacemaker, the battery is supposed to last 15 years.

Well, clearly you don't want to put the magnet directly on top of the pacemaker and have it last 14 and a half years, you'd have to leave it on there for hours.

And with baumanxism, we leave the magnets on for minutes, on average 15 minutes. But just because you have a pacemaker doesn't mean you cannot place magnets on the body.

You simply avoid that area where the pacemaker is, and you can place magnet on legs, the arms, head, you place it on, say, this side of the heart, but not this site of heart where a Pacemaker is installed.

So you still get plenty of benefits. Simply avoid the particular spot. Whether it's a pace maker, an insulin pump, or other electronic device, You always want to avoid.

Well, is there any other kind of side effects like if someone is just is this is bio magnetism for people to use by themselves at home or does a doctor have to do it?

Great question. And biomechanism is meant for people to do at home. What occurs is if you do not place the magnets in the proper location, simply nothing happens.

So it's not that you're going to… So, it is not going hurt you. It's going not to hurt. You just will not experience the perceived benefit. and you will then tell someone that it didn't work.

Correct. Yeah, which you probably run into. Correct. So I prefer to guide everyone and give them instructions, very specific instructions for their conditions.

That's great. Once again, magnets, as been proven by the NIH science, do not cause harm. They do heat tissues. We have the magnetic fields of the MRIs.

that create seven Tesla worth of magnetic fields. These are on the order of milli Tesla, thousands of times less intense, yet they still produce powerful effects on a body when you place them in the right positions because they restore balance.

Once again, think of charging the car battery. What do you think about those magnetic bracelets and necklaces? Do they do anything? Is it just a fab? So they do something, they add magnetic energy to the body, kind of as if you're laying on top of a grounding mat.

Okay. It's not directed at anything, it's just generalized. So just like laying out on the grass, your body's going to pick up a slight magnetic charge.

Wearing one of those bracelets, you body will pick a up slight magnet charge, its better than nothing. And it's better than, say, wearing one of those electronic watches from any number of companies, because those will deplete your body's energy.

So between wearing those watches to wearing a magnetic bracelet, I'd rather wear the magnetic bracelets. But to expect for the bracelet to miraculously take care of, you know, whatever, no.

Right. That makes a lot of sense. Thank you. Is there a really good patient success story that you can share with us from using biomagnetism? I'm sure you have dozens, but…

Thousands. Thousands, yes. So too many to count, one individual that comes to mind, she jumped off of a three-story cliff in Dominican Republic. And so she did that, you know, into the water like all the other tourists were doing for fun.

But in her particular case, when she landed on her heel, all of the pressure went straight up through her spine and fractured multiple vertebrae. And so she had to be airlifted by helicopter to a hospital.

She had major spinal surgery. she was left in significant pain. And by the time I saw her, she was already addicted to the painkillers. She was seeing 18 different specialists, chiropractors, pain specialists homeopaths, you name it.

And she's taking a bunch of medication and they were spending tens of thousands of dollars on all of her clinical visits every month with those 18, different specialist.

From the first time that I saw her in placed magnets, she experienced an improvement in her breathing. Wow. She felt that she couldn't take a deep breath.

Right. And of all her list, long lifts of complaints, that was top there, including, you know, the back pain and other issues that had. But just because she felt the immediate relief from the procession of her breath and the improvement, She decided to come back.

I ended up seeing her for several years, but within that first year, she improved so much to the point where she left all 18 specialists. So she learned to place magnets on herself and was able to cut all of her expenses.

And she got off of the pain medication and she got healthier in so many ways. When I first saw her, she said, I would like to become pregnant at some point.

And I said wait a second, there's too much going on in your body for us to think about that. Let me restore balance wherever I see it. like an onion, that you peel away one layer at a time.

And the body is only going to reveal a few layers at at time, I couldn't peel all the layers in the onion in one session. So session by session she continued to get better and better, and ultimately at the end of two years she was able to become pregnant.

That's amazing. Well, I just love this conversation and I'm going to definitely have to stop over and check out these magnets and learn a little bit more, have another tool in my toolbox.

I'd love to ask you a few fire round questions here. Sure. Yes. So what is your favorite, this one, other than bio magnetism, what's your favourite bio hack that actually works?

Great question. I would say. Combination of chelation and ozone therapy called key zone. That's good. And so chelasian because we're living in the toxic world and we need to remove toxins constantly from our bodies and Ozone.

When you combine, you're incorporating more oxygen into your body. and so. I do that on myself once a month and I find it extremely beneficial in addition to the magnets.

Love it. So magnets help restore balance, but we have to recognize that we're in a toxic world. Yes, we are. We have do a little bit more to help our bodies detox.

And speaking of toxins, if there was one toxin you could eliminate from the world today, what would it be? I would say two. All right, I'll let you say too.

Thank you. Gatolinium. Good one. And mercury. Murphy. Okay, gadolinium. Some people might not know what that's from and MRI with contrast is the main source of this.

Correct. And this has to do with magnetism, like, you know, with the MRI. So that how they see it when they're doing it, but it deposits. It's really hard to get out.

Does it interfere with any of the biomagnetism too? That is why. Anyone that has gadolinium toxicity in their

system, yes, they experience a much slower benefit from bonitis.

So think of a river with clear water flowing through it. Now think about a water with tar flowing though it, it's not the same. Gadolinum is the tar. So that would be technically, if we go back to the mice study, it would technically decrease people's lifespan if they have a bunch of gadolinium.

But they're never going to tell us that or study that because… So hey, sorry guys, that sucks. Ask for it without contrast for your MRI. And you can, and I've had patients do this, but you have to push.

You have to be like, nope. But I do always tell them, worst case scenario, you can always go back and get it with contrast if needed, if they can't get enough information.

Like it's candy. Like its candy and they push it every six months and oh you have breast cancer in your family and we have to stay on top of this and so for the next five years let's do it.

Every six month and then afterwards we'll push into a year and will see. Meanwhile, your body reaches a critical level of gadolinium toxicity. And if you're coming to me or a biomedicine practitioner and they're placing magnets and you were saying, I feel nothing.

Like maybe you don't. Yeah. Your body has sludge flowing through it. Well, last question. One word that you would love to leave our listeners with this week.

Just one word. Other than bio-magnetism? That can be your word. Magnets. That is my word, magnets, magnetic energy, yes. Love it. Thank you so much for being here, Dr.

Garcia. Where can our audience find you, learn more about bio magnetism. Sure, you can visit my website at drgarciabiomagneticism dot com. We have all the information and all of the social media links there.