Introduction to PEMF Therapy

And one of the caveats about magnetic field therapy is magnetic field therapy does not raise the dead. Dead tissue is dead tissue. You can make it a particular looking scar, but it's still a scar.

But as you move away from the dead tissue, you start to have variations of degrees of pathologic and functional change. So as you move farther and farther away, the magnetic field is going to have the most impact on what can be changed.

On the stunned tissue that is struggling. but it's still alive. Welcome to the PEMF Effect, where breakthrough science helps take control of your health.

I'm Dr. William Pollack, and I'm here to guide you in tapping into the power of PEMF therapy for recovery, vitality, and total body wellness. From overcoming chronic pain, optimizing brain health, boosting energy, and aging with strength, this podcast is your path to cutting-edge solutions for lifelong well-being.

If you're ready to move beyond symptom management and tap into your body's natural healing ability, you are in the right place. Let's dive in. Today's episode is a previously recorded session from a summit where I was a guest speaker.

Welcome Dr. Follick. I am so glad you're here. I'm going to ask you to introduce yourself, explain why you've become such an expert in post electromagnetic fields.

Phil, take it away. Thank you very much. So my background is founding medicine. So I did founding medicine for many years, and I was a medical director for a founding medicine group in New Jersey.

We had 14 family physicians, the biggest founding medicine group in the whole East Coast. And so we shared patients a lot. And one over a period of a week or two weeks, we actually had two admissions for GI bleeding.

One person almost died. So gastric bleeding.

Dr. Pollack's Background and Discovery of Magnetic Therapy

the commonality for them was ibuprofen. And so I kept, I said to myself, this is stupid medicine. This is like the definition of insanity, doing the same thing over and over and over again, not expecting any bad things to happen.

There were my good things, but bad things to happen. So anyways, I said, I decided to study acupuncture to find another solution for pain management that was not going to harm people or hurt people.

And during my studies with acupuncture that 1990, people didn't know what acupuncture was yet in this country. And so I had to find a different way of doing acupuncture-like treatments without using needles.

So then I discovered that in the Orient, they were using a lot of magnets on acupuncture points. And so I started using magnets and discovered that the magnets were doing a bunch of other things in addition to acupuncture.

They would improve healing of wounds. They would decrease inflammation in local tissues, which are things that you don't normally see with needles, acupuncture needles.

And the more I worked with magnetics of all kinds, back braces, shoe inserts, magnetic necklaces, bracelets, pads on the body, pads on a bed, et cetera, the more I discovered that, again, magnetic fields did a lot more than just acupuncture.

And so essentially, I moved away from acupuncture and just looked at magnetic field therapies and began using them more extensively. Eventually, as I was trying to understand the literature, most of that literature was buried in Eastern Europe was buried in German, Russian, Ukrainian, Polish, not English.

Or you had this little abstract snippet, as you've seen, if you go to PubMed, these little snippets. So along the way, I met a doctor, an MD-PhD from the Czech Republic, Dr.

Jarabek, who had translated a lot of that literature on magnetic field therapies for his PhD in rehabilitation, using PMS for rehab. And he had his manuscript.

It was pretty rough. So he gave me the manuscript. We put it together and basically published a book called Magnetic Therapy in Eastern Europe, a review of 30 years of research.

So that book, I don't recommend it for the average person. The clinicians might like it just to see what the history is, but it's really too technical.

It's really highly summarized, uses a lot of abbreviations. But that convinced me. that this technology had a really sound physiologic basis. It was good clinically, but there was also really good understanding some of the mechanisms behind PMFs and what they did in the body.

So I started working with magnetic systems from Europe, purchased whole body magnetic systems, used them for quite a while. And after about 30 years total of working with magnetic fields now, I published two books.

one is called Power Tools for Health. Power Tools for Health was again to provide more science for people about the use of magnetic fields. So I discovered over the years of reviewing the literature that there are about 25, 27 different actions of magnetic fields in the body, physiologic responses of the body to magnetic field stimulation, and they form the basis behind what magnetic field therapy does.

Now, we're used to thinking in terms of a disease or maybe even a symptom, and you have a treatment. Each disease, each symptom has its own specific unique treatment, which is not true.

Magnetic field therapy has about 27 actions and probably even more. And they're all unique by themselves. So it doesn't matter what the disease is. All these actions happen in physiology, whether you're a dog or an elephant or a human.

But also, I've reviewed about 50 different health conditions. presented the science, the studies that have been done for those different health conditions.

And one of those health conditions, in fact, that's in my Power Tools for Health book is MS, multiple sclerosis. There are numerous studies with the use of PEMFs with MS.

We should stop. Let's define PEMFs. Not everyone listening will know what that is. All right. Perfect. Thank you. So PEMFs stands for pulsed electromagnetic fields.

And the elephant in the room is EMFs. So everybody talks about EMFs, 5G, microwaves, cell phones, Wi-Fi, all of that. Those are categorized as EMFs. I call those environmental magnetic fields.

Yeah, big difference there, right? They're electromagnetic fields, but they're environmental. So there are two basic kinds of magnetic fields then. Well, that's three.

One is the static magnets that I started working with and stopped using because they are very limited in what they can do. And then there are the PEMFs, which actually were discovered and used way before EMFs became an issue.

So the difference is that EMFs are broadcast into the environment. They have wavelengths, whether it's

microwaves, whether it's radio waves, whether it's TV waves, whether it's radar, you name it.

What PEMFs Are and How They Differ from EMFs

Those that have wavelengths. And so they go on forever. So I call those open loop. Pulsed electromagnetic fields are created uniquely by current flowing through a wire.

And this is what we call the right hand rule. The current is my thumb. The wire is my thumb. And the magnetic field is developed in a current flowing through a wire perpendicular to the flow of the current.

But as the current pulses, like with the power line current to like 50 cycles per second or 60 cycles per second, it is pulsing at this rate. So it's going up and out and coming back.

It's collapsing on itself. Every time the current flows or pulses, the magnetic field pulses out and comes back down again. So PEMFs are designed for health use.

Yes. They're not designed for communication. Yes. Yes. And the risk of EMFs is because they are wavelengths, particularly the bad EMFs, if you will, the wavelengths are extremely short.

And because they're short, they get absorbed by the body. And so that's the purpose of a microwave oven. It's extremely short magnetic fields, electromagnetic waves.

And as a result, they cook. So that's a very different use of a PMF. And we use radioablation to kill nerves and to burn warts and tissues. So you can for destructive purposes.

But again, they're destructive. They're not healing. They're destructive. Whereas PMFs are not destructive. They are healing for that particular purpose.

How does a PMF work then? Once a magnetic field is produced, it basically goes out and then comes back. As it goes out, my arm, so as it goes out, it goes basically into my arm and comes back out again.

It moves in and out, pulses in and out. Okay. A better visual would be the wind. Yes. The wind is blowing through the trees and the only way we know that we have wind is the leaves are moving.

Yes, yes, yes. So the same thing happens with the magnetic field in the body. It's like the wind, it goes into the body, goes completely through and back in again or back out again.

So out and back in. And as it's pulsing, it's as if the body wasn't even there. So the body is basically completely invisible to a magnetic field. Wow.

So the magnetic field ignores the body. doesn't even know it's there. The body knows it's there. So as the magnetic field pulses into the body, it goes in through the tissues and back out again, because nothing in the body stops the magnetic field.

Bone, brain, fat, skin, muscle, doesn't matter. It's completely transparent to the magnetic field. But as it passes in and out, pulsing in and out, what it's doing is it's creating charge.

It's creating current. It's creating basically increasing the energy levels in the tissues. So the body reacts to that magnetic field through induction.

So there's an induction of a magnetic field by the tissue, by the body itself. The magnetic field doesn't do the charge. The body does the charge. The magnetic field interacts with ions.

I'll give you an example. Faraday's law. This is all the principle of Faraday's law. Faraday, Michael Faraday in the 1800s discovered that if you take a loop of coil of copper wire, and you put a light bulb in that circuit, and you close

that circuit and that pulse of magnetic field into that circuit, past the copper wire, the light bulb lights up.

That's called induction. And Ferris said that the higher the induction, the higher the magnetic field, the faster it reaches its peak, the more charge gets produced in whatever, including the body.

So the magnetic field then is interacting with ionic structures Anything with charge in the body. So every molecule in the body has a charge, positive or negative.

Essentially, there are very few that are neutral, but mostly proteins, fats, cell membranes, cells themselves, mitochondrial membranes, et cetera. All of these are basically charge carriers.

And as a result, the magnetic field is activating all of this. And that's what ends up producing those about 27 different actions in the body.

How Magnetic Fields Affect the Body

Are you tired of living with chronic pain? Medication only masks the symptoms, but real healing starts at the cellular level. I'm Dr. William Pollack, the leading expert on PMF therapy.

Pulsed electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPaulik.com PEMF Systems. Visit DrPaulik.com, that's D-R-P-A-W-L-U-K.com, to register and claim your savings.

This limited time offer is available only to registered listeners. Don't miss your chance to experience the benefits. Terms and conditions do apply. Don't just manage pain, transform your health.

Visit drpaulth.com today and let's get started on your healing journey together. And of course, everyone listening here, cells work, they're very much electrical organs.

Most of our cell membranes work in communication depends on that charge. So this is talking to our cell membranes, talking to all of our receptors. And in your experience, apparently it's doing helpful things as opposed to harmful things.

So how does this PMEF reduce pain in your experience? Do you have any sense for that? Sure. Let's back up a little bit more. Let's go back to the 27 different actions of magnetic fields.

So the question becomes what causes pain as one of the actions of magnetic fields. So PMS have two actions relative to magnetic fields. One is it has a natural pain killing effect like Tylenol, antinosusceptive it's called.

So it's natural pain killing effect. The second thing is the cause of the pain. So if all I do is to treat the pain itself, we're not doing a great job with magnetic field therapy.

You might as well just give somebody a narcotic, right? But that's not our goal. Our goal is not to just reduce the pain, because if all you do is reduce the pain, it comes back if you don't take care of the cause.

Oh yeah, absolutely. Right. So the goal then with PMF therapy is to reduce as much as you can, the cause behind the pain, and that requires some degree of healing.

It may require improving circulation so you can get pain from lack of circulation to tissue, ischemia, right, you can get pain because of inflammation.

Inflammation causes swelling in tissues, which then causes distortions of nerves and causes decreases in the ability of nerves to conduct, or the nerves become hyper irritated, hyper excitable.

It can also cause decreased production of ATP, decreased production and function of mitochondria. So all of these are different components of the actions of an injury to a tissue.

that then results in pain as one of the byproducts of that pathologic process or pathophysiologic process. So any significance of that process can cause pain.

So then the goal then would be to try to remove that. So one of the key functions of PMF therapy is to improve circulation. Another key function of PMF therapy is to decrease edema.

Another is to decrease inflammation. And most of the time, this is the one that I rely on the most. Yes. Ischemia is usually pretty obvious, right? If you put a band around an arm, you're going to cut off the blood supply, you're going to get pain.

So whether it's a heart or whether it's a shoulder or whatever, ischemia is a major contributor to pain. So that circulation becomes important. But inflammation is the most common cause of chronic pain, right?

And so therefore, inflammation and along the way, if you happen to improve circulation, because again, the magnetic field doesn't decide what the body is going to do with it.

The body decides what it's going to do with it. So you're presenting this stimulus and then the body says, okay, I can use this energy and what am I going to do with it?

Well, obviously I'm going to improve circulation. I'm going to have a pain killing effect. I'm going to reduce inflammation, et cetera. So all the different actions of magnetic fields.

And one of the key actions of magnetic fields, of course, is acupuncture. And one of the best uses of acupuncture is pain reduction. But why does acupuncture reduce pain?

It's stimulating endorphins and encephalins. It's increasing serotonin. It's starting to stimulate all kinds of neurotransmitters in the brain and in the body.

Pain Relief and Inflammation Reduction

Yes. Right. Yes. It reduces cytokines, it reduces mast cell releases and so on. So all of these are sort of secondary actions of acupuncture. So a magnetic field does all that too.

So every time… Without the needle. So that sounds pretty good. Yeah. You're getting free acupuncture at the same time you're doing magnetic therapy for other reasons.

And is this magnetic therapy a local wand that I'm putting over part of the body, or how do we deliver that? All right. So the second book called Supercharger Health with PMF Therapy, I go into different types of devices.

So if you have local devices, or you have devices to treat a chest or a belly, or you have devices that would treat the whole body. So you have to kind of pick and choose the machine or equipment you want for your goals.

Yes. And then you could have very low intensity magnetic field devices, and they're available in the market, which I don't advocate, and I'll tell you why in a second.

But you can have variations of intensity going from anywhere from about, let's say, half a Gauss. So Gauss is a measure of magnetic field, G-A-U-S-S, or Gauss or Gauss.

So the Earth's magnetic field is half a Gauss, on average. That's it. OK. All right. And so you can have machines that are lower than the Earth's magnetic field.

But the Earth's magnetic field is static. So if you pulse a magnetic field, even though it's lower, into the Earth's

magnetic field, they're going to interact and produce a more dynamic response.

And then you increase the intensity going upwards as much as an MRI machine. You could have magnetic fields that are 10,000 Gauss, 1 Tesla. Two tests.

So you have a huge range of intensities. And that's important because what we found out, research has shown that magnetic field therapy by decreasing inflammation, one of the mechanisms of action to decrease inflammation is to stimulate the adenosine receptor.

And the adenosine receptor is very important in inflammation, both acute inflammation and chronic inflammation. The ideal magnetic field to reduce inflammation It turns out to be 15 gauss.

So at the adenosine receptor, which sits on the neutrophil, then the magnetic field stimulates that adenosine receptor optimally needing 15 gauss. So then you have to have a minimum of 15 gauss.

But 15 gauss is only going to work superficially, like basically in the skin, because magnetic fields drop off in intensity very rapidly, just like we have with radiation, ionizing radiation.

So magnetic field therapy is a form of radiation, but it's not ionizing. It's not damaging or harmful. But it still has the same principles, like sound and light and heat and cold and so on.

They drop off very rapidly as you move away from the source. So in other words, you have to deliver 15 gouts at the tissue. That means you have to calculate, like we do with ionizing radiation, we have to calculate the dose of the magnetic field that you need at the target.

Sure. Sure. This makes a lot of sense. And so for the brain, for example, for MS, you want to stimulate across the skull. And again, the skull is transparent to the magnetic field, goes right on through.

As a result, if you want to deliver 15 Gauss across the whole brain, you're going to need to have about a 4000 Gauss magnetic field. Wow. Are there devices like that?

Absolutely. I work with those every day. OK, sign me up. So, yeah, when we get to MS, this is to the specific topic of MS. and magnetic field therapy is amazingly important and helpful in MS.

Because again, if you deliver, if you use the right magnetic field intensity, then you can actually heal the lesions. You can heal the plaque. Okay. So have you seen this?

Tell us more. Tell us about some of these cases. Yes. Well, what you do is you do MRIs. And so MRIs show you plaque. MRIs are very helpful in distinguishing the full dimensions of the lesion.

Right? So a plaque is in a sense like a volcano. It's called a penumbra. You have the center of the volcano where the most damage is. And as you move away from the center, from the top tip of the volcano, as you move farther and farther away, there's less and less damage as you move away towards the base and farther out into the environment.

Well, the same thing with the plaque. You have the center area of the plaque that has the most ischemic reactions or the most inflammatory action. or the most tissue killing action, apoptotic or necrotic.

Yes. Right. It can produce necrosis, which basically kills the tissue. So as you move away from it, then you get more and more functional change as opposed to pathologic change.

At the highest density of the plaque, you have dead tissue. And one of the caveats about magnetic field therapy is magnetic field therapy does not raise the dead.

Yeah. Dead tissue is dead tissue. It can make it a prettier looking scar, but it's still a scar. But as you move away

from the dead tissue, you start to have variations and degrees of pathologic and functional change.

So as you move farther and farther away, the magnetic field is going to have the most impact on what can be changed. On the stunned tissue that is struggling, but it's still alive.

It's still alive. If you do the magnetic field therapy, then that tissue has a chance to recover and live out its full life or at least live out a reasonable amount of time before it gets replaced apoptotically by the way the brain normally heals and problematic tissue.

How many sessions would one need to recover the marginal tissue? All right. This is something that you and I say all the time as clinicians.

Device Types, Intensity, and Treatment Delivery

When am I going to get better? Yeah, I hear that all the time. All the time. So what's the answer? Well, tens. It depends on many, many things. Many factors.

And the same thing happens with PMF therapy. So again, the more damaged the tissue is, and we know that brain cells don't heal well. It takes a lot of work for a brain cell to recover to its full optimal functioning.

And even if it's not 100% normal, it can still function for quite a while. And so if you can approve the function, so PMF therapy basically works in three sort of phases, if you will, like with pain killing, the natural nociceptive effect.

So you can improve physiologic changes very, very quickly by improving circulation, by decreasing swelling, by changing, by increasing neurotransmitter production, by increasing the ability of the cells to talk to each other.

All that happens very rapidly. So that's the physiologic phase, basically what the magnetic fields are doing. The second phase is to improve function.

So the more physiologic improvement you get, then you begin to see improvements in function. And that can take a longer time. Function depends not only on improving physiology, but function also depends on healing, recovering the tissue.

And so what happens then is that the healing component of this is the most important. And PEMF therapy has actually been found to increase the growth or development of neural stem cells.

Oh my goodness, that is huge, everyone. Stem cells, stem cells. Neural stem cells. You get a 400% increase in neural stem cells and about 150 growth factors that go with those stem cells.

That is key. That means you have the capacity then to heal the brain. So you have the capacity to heal the damage to the extent that it can be healed.

So do these kind of devices exist or is this only a research tool? No, I use it all the time. Okay, tell us more. So again, when you do it with MS, what are the problems with MS?

So we talk about MRI and plaque. You can do MRIs, you can do functional MRIs, you can do spec scanning and so on. You can do different functional tests of the brain.

So the MRI, the classic MRI doesn't tell you function. It gives you some sense of the amount of damage and how much possible residual benefits you're going to get.

And we see this with stroke all the time. You see this with TBI. So magnetic field therapy, by doing all these things, you can improve spasticity, you can improve fatigue, you can improve walking, motor function, you can improve pain, you improve circulation, you can improve cognitive function, you can improve speech function, and you can, again, improve brain functions, ability to communicate.

Correct, correct. I've seen all these things with magnetic field therapy. Your body was designed to heal, but illness, chronic disease, stress, injury and time can slow that process down.

What if you could restore your body's natural ability to recover, recharge and feel its best? The key to healing is giving your body the energy to repair itself.

PENF therapy does exactly that. recharging your cells, improving circulation, reducing inflammation, and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals, and helped thousands of people reduce pain, regain energy, and take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com. That's P-R-P-A-W-L-U-K dot com, because real healing starts at the cellular level.

So are these big devices that would be coming to your office? So there are degrees. There are some devices that are about the size of a cell phone. Wow.

OK. There are some devices that are, and it depends on the control units. So control units can be small. And what you're doing again with the magnetic fields, you're passing the current from the control unit.

You're passing current down a wire into a coil. Yes. It can be a size of a quarter or they could be the size of a whole body. Yeah, yeah. Right, so you, and you can get systems that will give you that range of choices.

In the same system, you can have local treatment for like an elbow or shoulder or back of the neck. In fact, I use a PMF device every night for sleep at three hertz at delta.

Yes. Delta frequency. And I use it all night long in my pillow to help me with sleep. And it's small, it's portable, battery operated like a little small cigarette box.

Wow. And the coil itself is about that big. Yeah. Yeah. It's small. It's about two inches to three inches. So you can go from that all the way up to devices that are like TMS.

Oh, yeah. And explain TMS for people who may not know. All right. So TMS stands for transcranial magnetic stimulation, which means the magnetic field is going through the brain.

across the skull into the brain. TMS machines have a coil system that's like this, they're big, and you put them on the brain for depression. That's what they're approved for by the FDA, treatment resistant depression.

But there's a lot more application than the FDA indication. Yeah, absolutely. And what they do with TMS for depression is they're powerful enough to stimulate or generate current in the brain.

So they put the coils over the motor cortex. over the part of the brain that controls muscle movement. And they increase the intensity of the magnetic field in that spot until they get a hand movement.

So it's not a motion, but it's basically like a twitch, right? So that's called the motor threshold.

PEMF Therapy for MS and Brain Conditions

And then they will take that threshold and then they'll put the applicator on the front of the head. And they'll go up to 120%. They'll go 20% more than the motor threshold.

to stimulate charge production in the brain. TMS was developed originally to replace ECT, electroconvulsive therapy. It's much safer, you don't need anesthesia, and it has a lot of the same benefits.

It may not be quite as powerful as ECT, but then it's not as barbaric either. Yeah, right, right. So basically what you're doing then is you're stimulating the brain with this magnetic field.

And now you can find, you can treat Parkinson's, you can treat MS, you can treat, let's say ALS, you can treat brain injuries. actually did a review paper, published a review paper in the Journal of Science and Medicine on the use of TMS, well, not TMS, that kind of TMS, but with other magnetic field therapy devices for TBI, for brain injuries.

And there's a pretty substantial literature showing a tremendous benefit of magnetic field therapy for brain injuries. So if it's doing it for brain injury, what's it doing for other problems like AMS and like Parkinson's?

Sure, sure, absolutely. Are you using these small portable devices then for MS? Okay, so let's talk about what I would do for MS. Part of the problem is, what is your MS?

What are you experiencing with your MS? If you have somebody who's in a wheelchair already and is incontinent, fecally or with bladder incontinence. Well, you've got to add a more severe level of damage, right, with their MS.

But if you have somebody just got some plaque and maybe had some optic neuritis, you don't need something quite as big or as strong. You can use that small little device to help to help with sleep, but it's not strong enough because it's 200 gouts.

Sure. Okay. The water gauze will deliver to 15 gauze only in about half an inch. That can be very far, yeah. Well, but for inflammation management, it's not going to be ideal.

So most of the time, I want to be using devices that are more powerful. So you need to have a machine that's going to have probably a minimum of 4,000 gauze to be able to treat transcranially.

And that's the goal. You have to treat transcranially. But you've got your MRIs and you know where the lesions are. You can know in terms of symptoms where some of the problems are as well, but MRI is going to guide you where your lesions are.

Whether you have it in the neck or you have it in the thoracic spine, most of them are going to be in the brain or in the neck cervical spine. Rarely, you don't see very often thoracic spine, but they do happen too.

Yeah, absolutely. What you can use for treating the brain, you can use for treating the spine. If you get the right magnetic system, you can actually run two channels at a time where you could treat both.

simultaneously. Wow. And then that decreases treatment time. And those devices that are by, again, you have two applicators that are running at the same time at the same level of intensity would get the best results the fastest.

So in other words, the total treatment time that's needed for that would be a lot less. Wow. So are these commercially available in the United States?

So in both of my books, Power Tools for Health and Supercharger Health, And on my website, drpauluk.com. Drpauluk.com. On drpauluk.com, I have a product comparison guide for all the different devices that I've worked with and I recommend and use.

And then there's a store. So people can go to the product comparison guide or the store on the website or in the books. Again, there are charts of the different machines.

Wow, this is excellent. And then So if someone got a device, do they have to work with their treating physician to set these protocols up? Well, what do you think?

Well, I'm thinking that people can probably set up the devices with a bit of help. That's what I do. That's what DrPollack.com does. The biggest problem for most people is they end up buying machines or equipment based on some salesperson selling them something.

And the salesperson doesn't even know what they got. The salespeople don't even know the intensity of their machines. And I mentioned that you need a minimum of 15 gauss.

And if you're going to treat transcranially, you need a minimum of $4,000. So you need to get the right piece of equipment. And then if you do that, then Supercharge Your House has protocols, has general recommendations for how you use the magnetic fields, has some supplement recommendations.

Anybody who works with DrPollack.com we provide free consultations. Okay. We'll tell you what device would be best for you. We'll tell you how to use it.

And then we provide you with ongoing support for you to be able to get the most value out of your equipment. That sounds really quite remarkable. Now, Bill, in addition to MS, because this summit is for people with neuroimmune conditions, I imagine we need people with Sjogrens, with RA, with Bechette's neuro-saccharidosis.

So a wide variety of autoimmune diseases that have attacked either their peripheral nerves or their cranial nerves or their brain. Or their brain directly.

Correct. What do you think? Would those people be helped as well? All of them. All of them. That's what's a common factor. Yes. And then I'm thinking like the diabetic neuropathies.

Piece of cake. Okay. So… Diabetic neuropathy is better actually than idiopathic neuropathy, where you don't know what the cause is. Well, the reason is that you don't know what the cause is.

So if you don't know what the cause is, then you know basically the symptoms. So with diabetic neuropathy, one of the most important things that PMFs do for that is they improve circulation to those nerves.

Yeah. Yeah, absolutely. And in those tissues. So diabetic neuropathy responds really well. I have a picture of a relative, actually, who had Charcot foot from diabetic neuropathy.

He was a type 2 diabetic, had it for a very long time, poor control.

Applications for Neuropathy and Autoimmune Conditions

He started developing a Charcot foot, which means the bones are basically crumbling because the bones don't have adequate vascular supply due to this tiny little blood vessels that feed the bone.

So his bones started sort of falling apart. He was under standardized, standard wound care for about two years. The neuropathy was not getting better.

The wound was bad. It was oozing from the, from the foot to bottom of the foot. He was seeing podiatry, seeing all kinds of wound care people. We got him on portable battery operated magnetic system.

Within one month, his foot went from this to this. Wow. Wow. Now, here's another problem that I see people struggle with, small chronic idiopathic demyelinating CDP, chronic idiopathic demyelinating polyneuropathy.

Have you had any of those folks? Yes, we've had a few of those. I did consultations on a few of them. I don't have a huge series. And they do better too.

The challenge that we have with nerves, again, nerves don't heal well. Yes. They take a long time to heal. And people have to have the patience to continue their magnetic field therapy to let the nerves heal.

But you can improve circulation, you can reduce pain, you can improve sleep. So a lot of functional improvements you can get with these individuals that don't directly cause the nerve to be normal tomorrow.

Correct, correct. If a nerve is regrowing from the brain all the way down to the toe, I believe I recall that something

like seven years to make that path.

I presume that this would facilitate a little faster recovery time. Would that be correct? Yes. Because one of the things that magnetic fields do is they increase BDNF.

Yes. Yes. And other nerve growth factors. And studies have been done in rats where they did sciatic nerve cut through, transected sciatic nerves. and that did magnetic stimulation and it followed those nerves with magnetic field stimulation and found that they started getting sprouted.

OK. Excellent. Excellent. Right. So we know we can't recover. The problem is getting them to reconnect properly. And does this have any assistance there?

Well, it takes too long. So the problem with a lot of this research, the animals don't live long enough and the research doesn't go on long enough. So what happens is that you often see people with numbness and you know if you're numb that the nerves are basically dead or pretty well dead.

When they start having paresthesias, they start having numbness and tingling, they start going from numbness to tingling, that's a good sign, but it's a good sign.

So that means those nerves are recovering. So there's a chance then over a period of months, typically months to even a couple of years with the regeneration processes of the nerves, that you can get some reasonable recovery of the nerves.

A hundred percent. Well, I tell people I'm an MD, not a GOD. And even GOD doesn't give you everything you want. You have a good relationship with GOD.

Yeah. Yeah. It was absolutely helpful. Well, Bill, this has been really very, very informative. I appreciate your taking the time to chat with us. Tell us again how people get to your website.

OK, so it's Dr. Pollock, D-R-P-A-W-L-U-K dot com.

Closing Remarks and Resources

OK, and everyone listening, Dr. Pollock is going to have a gift for you. Be sure and download that. You'll get some great, great info. And Bill? Thank you so much.

I've used PMF for many years and yes, that certainly has been a very helpful tool. Now, much love to you and your family and I look forward to seeing you hopefully at another A4M conference.

I wish you very great success with your summit. Thanks, Bill. Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights, and inspiration to take control of your health.

If you enjoyed this episode, don't forget to subscribe, leave a review, and share it with someone who could benefit from PEMF therapy and holistic healing.

Your body has the power to repair, recover, and thrive. Sometimes it just needs the right charge. Until next time, stay curious, stay proactive, and keep powering up to better health.

you