Introduction to the PEMF Effect

That was diabetes. Actually, the way diabetes was diagnosed in the past is that doctors would taste the urine and if it's sweet, you're diabetic. So that means that the urine is spilling into the kidneys out through the kidneys out into the urine and then you can taste it.

So you're diabetic. Well, we got more sophisticated since then. Thank goodness. Right. So now we say, okay, while we're doing a blood test, if you go by the blood test, the blood test, blood sugar is too high.

And if it's say over two hours after a meal, if it's over 120, then it's too high. And over time, we developed another test that we call the hemoglobin A1C.

It shows you the average blood sugar levels over three months. So that's too high. Well, today, we are discovering that somebody who's pre-diabetic, talk about a range or a spectrum, 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.

Hello, everyone. Welcome to the Reversing Type 2 Diabetes Summit. I'm your host, Dr. Beverly Yates, ND.

Dr. Pollacku2019s Background and Magnetic Therapy Journey

In today's session, we're going to learn some fantastic information about PEMF, pulsed electromagnetic fields from our expert, Dr. William Pollock. He has lots of experience with successful use of this therapy.

And I have a particular regard for it because I know how powerful it can be. And we're gonna explain some really important distinctions so that when you leave this session, you're gonna be really clear on the value that it can bring, the benefits that you might experience.

All right, Dr. Pollock, would you please introduce yourself to our audience? Hi, I'm Dr. William Pollock or Dr. Pollock or Bill, depending on who I'm talking to.

And I have people call me, patients call me Bill regularly as well. I worked at a place called McMaster University and one time everybody there was on a first name basis, including the Dean.

It was amazing. And then I left McMaster and then everybody went back to formal Dr. Pollock all the time, right? So that's unusual. Well, I'm a former family physician, holistic physician, primary care physician.

I did holistic medicine for about 15 years. I've been practicing medicine for, I hate to admit this, about 50 years. And during that journey, I got frustrated, I think as good doctors do, doctors who are constantly asking themselves, can they do better or not?

And I used to call myself an unhappy doctor. I wasn't happy that I could solve your problem. So instead of making referrals off to other people, you say, I can do better because I need to make sure that you get the right kinds of treatment rather than just getting a pill, an automatic pill, because that's the way things are done.

So along the way, I was working with a group of other doctors and we had two patients almost die in a very short period of time from gastric bleeding.

And the cause, the common cause for those people was ibuprofen. So ibuprofen causes gastric irritation. If you take enough of it and you take it over a long enough period of time, then you run into the risk of gastric bleeding and they almost died.

So that kind of really struck me. I said, okay, I've had this, this is enough. I've done this too many times. I've seen too many risks and problems. So let's figure out a different way to treat pain than using medication, including opioids or surgery or whatever.

And I studied acupuncture. But that was 1990 when acupuncture was largely unheard of in the US. Madonna had not had her movie yet with all those needles in her back.

So that kind of opened the gates to acupuncture with Madonna having needles on her back. But 1990, they didn't know what acupuncture was, and so people would not do acupuncture.

Even though I know what it could do to help them, they wouldn't do it. So I said, well, how else could I do this other than using acupuncture? And what I found out is you could use magnets.

I started working with the magnets, it certainly stimulated acupuncture points in meridians, but I discovered they were doing a lot of other things. They were doing a lot of healing work in tissue.

Acupuncture doesn't do that. If it does, it does it minimally. It's just not that strong for doing that. So that's not the purpose of acupuncture. It's to rebalance the body and the system, the yin and the yang, if you will.

So then I started working with magnets and it just sort of grew from there exponentially. Eventually I published a book called Magnetic Therapy in Eastern Europe, a review of 30 years of research.

So I met an MD PhD from the Czech Republic, got his PhD in magnetic therapy. So he had translated for his thesis and also for other government work, he translated a lot of that Eastern European science on magnetic field therapy.

So it was not available in the West because it was written in a foreign alphabet, right? And it was in obscure journals, Eastern European journals, you can't see them in the West.

So he had translated a lot of this and we put that into the book. So that's the first book that blew my mind, but all the things magnetic therapy could do.

And at that point, it was 30 years later, So now it's like 50 years later. So magnetic field therapy continues to be done in Europe. And now the literature of magnetic field therapy has grown exponentially, grown dramatically.

And so as a result of that, I collected a lot of this science on magnetic field therapy and produced another book that was more of a lay book and it was more universal.

It wasn't just restricted to Eastern Europe. And that book was called Power Tools for Health. And in that book, I have about 500 references on all the different things that magnetic fields or magnetic therapy can do.

What PEMF Is and How It Differs from Harmful EMFs

And I reviewed about 70 different health conditions with the science, with the studies that were done to support those conditions. So that's kind of where we are today and I produced a website called drpawlik.com and that has a ton of content on it but websites have their limitations, books have their limitations, all media have their limitations, people kind of weaving all these together you get a really good sense of all the amazing things magnetic therapy can do.

Absolutely. It really is amazing. It's such a potent therapy, a real tool. And it just makes sense because on one level, we humans, we are electromagnetic beings, right?

Our spirit, our psyche, our mind, our physiologic interactions, our pathological interactions, all of it is based on that health or not healthy magnetic field.

And being able to influence it makes total sense that this would be a healing therapy. So with that in mind and knowing that we have an audience that's both colleagues of ours, health professionals, medical professionals, experts, as well as the general public, and who might not know about these things, what exactly is PEMF therapy?

All right. Critical question, and related to that is a question that a lot of people will have. So let's dispense with the elephant in the room right away.

EMFs. Yes. EMFs are bad for you. Well, PEMFs, how can that be good for you if EMFs are bad for you? But there's a huge difference between the two. First of all, EMFs are broadcasted to the environment.

So whether it's radio waves or FM waves or radar or microwaves, they're just broadcast. So a cell phone or microwave tower broadcasted the environment.

A cell phone tower broadcasted the environment. And those waves go on. They truly are waves. They go on forever, essentially. PEMF is created. Magnetic fields that we use for therapy are created by current flowing through a wire.

And I use my thumb as an example. So let's imagine my thumb is the wire with the current flowing through it. So as the current pulses through there, every time it pulses, a magnetic field is created that's perpendicular to the flow of the electrons in the wire.

That's the magnetic field. It's perpendicular. It's laws of physics. It happens all the time. That's called a closed loop. The current is closing and comes back on itself.

Microwaves are open loop. They just keep going into the environment. The difference between microwaves and the PEMF is microwaves are extremely low frequency.

That's what the purpose of a microwave oven is. And extremely low frequency means it's heating. Aim it at a tissue, it's going to heat the tissue, it's going to heat whatever it is.

It can be plants, never mind tissue, it can heat water. So it's going to heat something, whatever it hits, it's going to be absorbed by it and heat. PMS don't heat.

This has been a big problem in physics because the physicists have had years and years of argument about this. If there's no thermal effect, then there's no effect.

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.

policy 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 DrPolick.com PEMF systems. visit drpaulett.com, that's D-R-P-A-W-L-U-K.com to register and claim your savings.

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me is loving this conversation. Please continue.

OK, so basically, simply put, magnetic field therapy clearly works. And so as I mentioned, there's lots of research now, tons of research about the fact that PEMFs, A, are safe and B, are effective.

Now, they're effective for what? We have to figure that out. And you may have to design the magnetic field and so on for the purpose that you're using it for.

Fortunately, magnetic field therapy, just because of the very nature of how it works, works on so many things. In the Power Tools for Health book, I outline 25 different physiologic actions of magnetic fields.

And that's just scratching the surface. And some of those actions include things like improving circulation, important for diabetes, Decreasing inflammation, important in diabetes.

Tissue regeneration and healing, important in diabetes. Helping the pancreas to function better, important in diabetes. Helping the tissues and cells of the body be able to process sugar better and having insulin be able to do its job in the tissues better, right?

So all of these different actions, and I'm not going to go through all 25 of them. If you want to read about them, again, I would recommend you get the Power Tools for Health book.

How PEMFs Work Through Faradayu2019s Law and Dose

A lot of that is on drpaulic.com website, but it's harder reading, and they're blogs. So that means a lot more information in the blog than you want. If you want a one paragraph explanation, the blogs are going to give you a lot more than that.

Exactly. Exactly. So can you help us uncover this a little bit more and have more clarity around specifically why PEMFs heal and the EMFs harm? You've already told us that the EMFs harm because of the heating and the damage and the fact that it's just not the appropriate use of that kind of energy.

For the PEMFs, You're actually correct. It was not designed for that. It was designed for communication. Yep. It's a side effect that harms tissue and biology.

That's a great way to say that. I think the public gets lost on this point. Please say that part again. It's an unintended consequence. It's for communication.

It's not designed for therapy. But actually, there are high intensity, high frequency magnetic fields that are designed for therapy, but they're usually designed to destroy.

So if you've got a wart, you burn a wart off. You got a lesion of some kind, you burn it off. You have a nerve that's being trapped by a disc or arthritis in the spine and you can't fix it.

So what do you do? You burn the nerve so you don't feel the pain. So it's destructive. PEMFs are for the most part, the way we're talking about PEMFs, they're not used in that destructive fashion.

They're used in a constructive fashion. So they're enabling the body to be able to heal and to restore normal function. Is that what you're saying here?

Yes. So how does that happen? The way it happens is based on Faraday's law. So Faraday's law says that a pulsing magnetic field induces charge when it meets other charge carriers.

So Faraday in the 1800s basically discovered that when you pulse a magnet across a wire, you'll initiate current in the wire. So if you actually attach a light bulb in that circuit and you stimulate it with a magnetic field, not with juice coming from the wall, just with a magnetic field, if you stimulate with a magnetic field, the light goes on.

Yeah. Right. So that's Faraday's law. Well, the same thing happens in the body. In a sense, the light goes on because we know that magnetic fields, the basic, one of the basic aspects of electromagnetism is photons at PMF stimulate the production of photons.

So, but that's neither here nor there. One of the things that magnetic fields do is that as they're passing through the tissues, it's like the wind in the trees.

You don't know the wind is there until you see the leaves moving. The air is around us all the time, but air in motion causes actions and reactions. So as the magnetic field passes into the tissues, it's interacting Faraday's law.

It's interacting with all the charge carriers in the body. And what's not a charge carrier in the body? Certainly all the electrolytes in the body, the solutions, the basic water solution of the body.

Actually, the water solution in the body is not water. It's a battery of all kinds of electrolytes. It's a soup of electrolytes. And because it's a soup of electrolytes magnetic fields passing through that electrolyte soup, all of a sudden start to produce charge.

And when they produce charge, what does the body do with that charge? I need it. I'm going to take it. I'm going to use it. Now I can heal this. Now I can improve circulation.

Now I can get my nerves to work better. I can get the brain to work better. And again, that long list of things that magnetic fields do. It's all because of the charge production of the body.

That gets us into an argument. And the argument is frequency versus intensity. Oh, yeah. That's a great distinction. All right. Let's dig in here. Faraday didn't care about frequency.

It was all about the charge and that is all about intensity. So if you vary the intensity, if you pulse the magnetic field and you have a very weak pulse, it's going to produce a very small amount of charge.

If you want to reach deep into the body, you have to take account of another law. And there are many laws surrounding this. But basically, the other law is that the magnetic fields drop off very rapidly in intensity as you move away from the source.

It's logarithmic. So the law that I use is called the inverse square law. And in medicine, we use that law to calculate the radiation dose. If you're going to deliver radiation into the body, heaven forbid.

But if you have to, you have to calculate the dose because you know that from here to here, the dose drops dramatically. Same drop in dose as happens with the magnetic field.

So that means if I'm going to treat across a brain, I'm going to aim a beam on this side of the brain, I have to calculate the dose that I need on the other side of the brain.

Same thing applies to a muscle or a lung or a heart or a liver or whatever. You have to understand the dose that you're delivering into the body. And you have to make an appropriate adjustment in your intensity to deliver that dose.

And a good example of that is inflammation. Research has shown that magnetic fields stimulate adenosine receptors. So their adenosine is a molecule in the body that makes ATP, adenosine triphosphate.

But it's not just for making ATP. The adenosine receptors sit on cells for other reasons, a lot of other reasons. And the adenosine receptor on the white blood cell helps the body to fight inflammation.

Optimal magnetic field intensity at the adenosine receptor to improve inflammation is 15 gauss. G-A-U-S-S, that's the measure of a magnetic field intensity.

It's also measured by something called Tesla or milli Tesla, but we use Gauss most of the time. So you need 15 Gauss at the target tissue to decrease inflammation.

So again, if I'm trying to aiming the magnetic field at one side of the head, on the other side, it's got to be, you got to calculate the dose to deliver it on the other side, six inches away.

which is typically going to be about 4,000 gouts. So you need 4,000 gouts on one side of the brain to deliver 15 gouts to the other side. And you can do the same calculation across the shoulder or into the belly to heal a kidney problem or a liver problem.

So if you're diabetic with kidney disease and you start magnetic field therapy, you'll start to heal that kidney because you're going to improve the circulation and the blood vessel and nerves and everything that are happening in that kidney, reducing the inflammation.

So you have to have the right dose. So that's a great description. Thank you for being so clear about it. The whole idea of a right dose and being targeted and specific in the effect you're trying to have, I think, really makes that ever more tangible because sometimes people don't understand all these nuances and they kind of get lost.

They either have a preconceived notion that there's nothing about electromagnetic fields that could ever be helpful. Or they think any kind of field could be helpful, and neither is true, right?

You have to know what the significance is here. You mentioned, just for a second, if we could go back, adenosine and adenosine receptors. And I was thinking about the role of inflammation for people who have sleep problems.

There's a lot of diabetics that struggle with their sleep. And I'm wondering about the pressure that builds up through the day in a healthy person with adenosine, meaning that it makes it much easier at night typically for them to go to sleep.

When people have sleep disruptions, they've got inflammation and they've got adenosine. Since you brought it up, would you share your thoughts about that?

And then we'll continue on back to PEMFs. Well, obviously there are a lot of different causes of sleep problems, right? And it could be hypoglycemia. And if you're hypoglycemic, what are you doing?

You're producing a lot of adrenaline to try to get your sugar back up. That is too low. You're hypoglycemic. So you want to raise it. So you produce adrenaline.

What does adrenaline do to sleep?

Diabetes as a Spectrum and the Risks of Prediabetes

What happens if you run a mile and you come back home and you want to go to sleep? Well, you can't go to sleep because you're revved up. Exactly. That's adrenaline.

So that's one aspect of it. Obviously, circulation issues become a problem with diabetics. And the brain is very much affected in diabetes by circulation problems, same as circulation problems elsewhere in the body.

So magnetic field therapy, by decreasing inflammation, makes the brain quieter. The brain is irritable. The nerves in the brain are irritable when they're inflamed.

That's why if you have a burn and if you touch the burn with your finger, just touch it. It'll hurt. because it's inflamed, right? Well, that's the nerves in the skin that are telling you this is an inflamed area and they're hyper excited.

Well, again, think of it at a tissue level inside the body. Same things happen inside the body too. It makes total sense, right? So people can think about, you know, what pertains to them if they are the person who has diabetes

or prediabetes.

Maybe they've seen this in family and friends. And if you are a clinician, you know, you're working in a clinical practice setting, you can better maybe understand what's going on for the people that you serve, right?

So then now when we're thinking about PEMFs, how do they help prevent and treat diabetes? Because I think, really, for people to be clear about the vascular changes, the changes in blood flow and perfusion, glycation, all that stuff, how specifically do PEMFs help to prevent and treat diabetes?

Diabetes, for those who are in the know, obviously, and everybody's going to be listening to this summit, is going to become in the know. So diabetes is a spectrum.

So we used to call diabetes a hemoglobin A1c above 8, right? Or 8.5 or 9 or 10. That was diabetes. Actually, the way diabetes was diagnosed in the past is that doctors would taste the urine, and if it's sweet, you're diabetic.

So that means that the urine is spilling into the kidneys, through the kidneys out into the urine, and then you can taste it, so you're diabetic. Well, we got more sophisticated since then.

Thank goodness. Right. So now we say, okay, while we're doing a blood test, if you go by the blood test, blood test, blood sugar is too high. And if it's say over two hours after a meal, if it's over 120, then it's too high.

And over time, we developed another test that we call the hemoglobin A1C. It shows you the average blood sugar levels over three months. So that's too high.

Well, today we are discovering that somebody who's pre-diabetic talks about a range or a spectrum. So if you have a hemoglobin A1C now, which is considered diabetic or threshold in medicine is seven, that's insanity.

But that's what doctors, because remember they came from eight, 10 or 12, and now seven seems really low for many diabetics because they're running nines and tens and twelves, protein bases.

Well, seven, that is hooray, hallelujah. But what we're discovering is that people who are not at seven, were still developing neuropathies. Yeah. And they had been so-called pre-diabetic for years.

And pre-diabetes led to neuropathy. And that's why the new term now has become coined pre-diabetes. So it's pre and he even called it A1C of seven and all the natural consequences of the risk of ketoacidosis and so on.

But turns out actually that, and I think pre-diabetes is a misnomer. I think it's a fallacy. I think it's wrong to call it prediabetes. It's not prediabetes.

It's diabetes. It's actually mild diabetes. 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.

PEMF 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.

I think that pre-lulls people often into a sense of, oh, I'm OK. And it's like watching a train wreck in slow motion. I think it is irresponsible. I agree.

I think these things keep happening. Or you can see the wreck happening or coming. You can see it coming. So prediabetes, as you can see it coming. So actually, I treat prediabetes as diabetes.

Fair enough. I think that's a really protective, great way to go about it, because who wants to have all the nasty consequences that go of uncorrected blood sugar issues, right?

That glycemic control really matters. So it seems to me that these PEMFs are really great to help prevent and also treat issues of diabetes and including people along the spectrum, whether they've been told it's pre-diabetes now, which is 5.7 to 6.4 for an A1C, or type 2 diabetes formerly diagnosed by most labs at like 6.5 or higher for that A1C.

But I agree with you about your thoughts that it is absolutely a spectrum response, and some of the biggest damage is done on that pre-diabetes end. For a longer period of time.

That's right. Because it's silent, it's happening for a long period of time. And over time, those effects accumulate, even though, again, they are pre-diabetic.

I've seen this also lead to dementia in Alzheimer's. People will say, oh, well, that person was pre-diabetic. They didn't have type 2 diabetes, as if somehow that was protective.

I realize people do not understand the real threat of all this. OK, don't. And I think if pre-diabetes can cause neuropathy, what can it do to the brain?

Exactly. What can it do to the heart? What can it do to a wound or a scratch? What does it do to the immune system? So all of these problems are still there.

They're just much milder. And because they're milder, we don't really realize why. I'm actually surprised today at how few doctors, medical doctors, routinely do A1Cs.

They're not routine in medical practice. Cholesterol is. Is cholesterol a bigger problem than prediabetes? Not in my opinion. Not in my opinion. Not in my opinion.

I think it's a lot more damage being caused by prediabetes. Go back to your question, how do PMFs help? So PMFs help across the entire spectrum of diabetes.

And if you are using magnetic field therapy on a regular basis, it's helping your liver to function better. It's helping your pancreas to function better.

It's helping your tissues to be, the immune system of the tissues to be healthier. If you're improving circulation in the tissues at the deepest levels of the body, you're avoiding some of the consequences of glycation damage to those tissues.

How PEMFs Support Diabetes Prevention and Healing

So if you have end glycation products, so a glycation product is an end result of glucose metabolism. It's what's left over. And those glycation are what we call AGI's or advanced glycation products or indexes.

But anyway, if those advanced glycation products are depositing in the tissues, they lock on. They don't let go. And they're an irritant. And as a result, they cause inflammation.

So then they inflame the nerves, they inflame the blood vessels, they inflame the connective tissue. So the muscles, everything basically, and then the brain as well.

So PMS then helped to delink the inflammation caused by the AGEs, advanced glycation and products. You don't get rid of the AGEs. I have not seen any science that says magnetic field therapy washes those out of the body.

I wish we could show that. Maybe that will become evident. And then maybe that as you decrease the inflammation, the AGEs let go of the tissue. So you can help the tissue then to decrease inflammation.

So the sooner you start, if you're trying to prevent diabetes, if you're trying to control your blood sugar, you got an A1C of 5.7. That's not adequate.

What's a good A1C? I'd say at least 5.4 or lower. Yeah, 5.2? Yeah, definitely. I normally would aim for like a 5.25 is okay, but at 5 you start to run into the risk of being hypoglycemic.

Yeah, it's a fine balance, isn't it? It really is. Yeah. So a 5.2, I'm good with that. It's very uncommon in my practice for people to have a 5.2. It's gotten a lot harder over the years.

I'm 30 years into practice and I tell you, it's such a challenge now compared to when I started. I'm worried for human health. It's not good right now.

It's not good. So again, if we use magnetic therapy along the entire spectrum, we're basically helping the body to resolve the damage that's being caused by the chronic inflammation.

So that's the key. reducing chronic inflammation. So you could repair nerves that are damaged. If you catch them early enough, I tell people that magnetic field therapy does not raise the dead.

Magnetic field therapy can help the living dead, but not the dead dead. So let me give you a little story about the living dead. I had a colleague or somebody that I knew owned apartment buildings.

He had an office manager or an apartment building manager who smoked, drank, he was overweight, and he brought his employee to see me. He brought him to see me.

He says, you've got to help this guy. OK, what's the problem? Pulled up his pad legs. His legs were black. Yeah. Purple black. From the knees down. Gangrene.

From the knees down. No circulation. The reason he brought up to see me was the surgeon. You've always seen a surgeon. A surgeon says, off with your legs.

We're going to do bilateral below knee amputations on this guy's legs. I said, and I touched his legs. I tried looking for capillary fill. see if there was circulation.

I couldn't see the circulation. Yeah, no, it's done. And I will say, I said, I don't want to touch this. He's going to get septic. There's infection in those legs.

And the infection goes systemic. He's going to knock out his kidneys. He's going to die. And he's going to die on my watch while I'm trying to do something that is impossible to do.

Well, I said, okay. So got up to change his diet. Got up to stop drinking. Got up to stop smoking. Well, I asked him to, I told him, this is what you got to do.

You want to lose your legs? Fine. Go ahead. Now you had his attention, right? I said, this is urgent. I mean, I, I don't want to take you on as a patient because you're going to die on my watch.

I don't want that to happen. Anyway, they insisted. So I said, okay, fine. I'm going to see you in a week. We started him on magnetic therapy right away.

Magnetic field therapy and the dietary and nutrition changes. And he did it. God bless it, he did it. That's great. He

came back in a week, touched the skin, a little bit of pink is coming in.

A little capillary fill, right? Right, beginning to get some capillary fill. So I kept following him weekly and it's a very slow process. And he persisted over that whole period of time with the magnetic field therapy and the nutrition.

Literally, three months later, he went back to the vascular surgeon and he says, oh, I guess we don't have to amputate, right? But he didn't ask what he was doing.

You know, isn't that crazy? I hear this all the time from people. I'm like, why wouldn't you ask what worked? Because it's not what they do. Exactly. You know, a surgeon's cut.

That's what they do. All right. So medical doctors and people like ourselves who work with functional medicine, we know what we can accomplish with functional medicine if we have enough time.

If you're on the edge of a cliff and a gale, you don't have to worry about why you got on the cliff in the first place. Just get off the edge. Exactly.

The wind blows you right over. Yeah. I got him off the edge, but we still have to work with him for the rest of his life to get everything restored back to normal health.

He didn't need surgery anymore. He was no longer gangrenous, at least at a point of urgency. So Bill, I want you to repeat that part again. He has to do, he has to take care of himself for how long now?

The next week, month? Or did you say the rest of his life? Did I say the rest of his life? You did. And we could even probably talk about his next life too.

People get this magical thinking when they get out of an incredible jam like that. This man's about to lose both legs below the knee and you're able to help him reverse this, get into remission, get to a much healthier place, right?

Sometimes in that situation, people will think, oh, I'm fine. And then they will go back to everything that was going on before. And then when the problem comes back, They're like, oh, well, it failed when actually they never took charge of it for the rest of their life.

I just want to make sure everybody listens, understands no magical thinking people. What Dr. Pollock's talking about, anybody of our experts, you got to get on that healthy track and stay there.

Not just diabetes you're dealing with, you're dealing with aging, you're dealing with general health. AGEs cause arthritis. They cause soft tissue problems.

They lead to autoimmune issues. So all of these, there's lots of consequences to all this. Let me give you another story about medicine. We do bypass grafts, right?

Your blood vessels, your heart are blocked. You have chronic angina and you're about to have a heart attack. You're going to lose muscle mass. You're going to lose your heart muscle.

So what do we do? We do a bypass graft. Research has shown that the people who have bypass grafting die sicker. Why? Why would they die sicker? Well, you just cause this benefit to their hearts.

They didn't change what they did to get there in the first place, right? So you got a graft, it's getting you off the edge of the cliff. It's not getting you off the cliff, right?

So what they do is they continue their behavior and those blood vessels re-block and now their kidneys re-block or block and their legs block.

Choosing the Right PEMF Device and Intensity

And so basically they die sicker because the whole process is continuing and cascading and building even more rapidly. So again, this is a lifetime commitment.

It's a lifetime for health, not disease management. It's not for removing disease. It's for getting well and staying well. Exactly. It's health care, caring for health, not disease management.

I love it. That's a great summary. OK, so what PEMF devices are optimal for the changes that people want to see in the body related to diabetes? OK, we mentioned already 15 gouts.

So if you're doing 15 gouts to the skin, that's great. If you're doing 15 gouts to the brain, duh, it's gotta be 15 gouts across the whole brain, right?

Or the whole heart or the whole lung or the whole legs, the whole vascular system. So you need a strong enough magnetic field. What are the biggest mistakes that people make with PMF therapy?

Number one is they get wrapped up by a salesperson who's giving them all these stories about how great people feel. They don't tell them what the intensity of the magnetic field is.

and the people don't know to ask. That's why we're going to teach you. You've got to ask, what is the intensity of this magnetic field? And the distributors who sell these things, usually through multi-level marketing companies, they don't know either because they have not been told because they don't want people to talk about that.

So what happens is they start talking about frequencies. So go back to frequencies versus intensity. They start talking about frequency because they can't talk about intensity because there's no intensity there.

All right, so they're confusing the situation by talking about frequencies. So frequency can make a difference, but if you need intensity, there are very few machines that can have a variation in frequencies while maintaining intensity.

From an engineering perspective, it's very hard to do and very expensive to be able to adjust the intensity for the frequency. So the higher the frequency, the faster the machine has to pulse, and that means it has the time to recharge it with every pulse.

It's like the old fashioned flash cameras. You flash, and then you hear this whining, and then the battery recharges. You flash again. Well, same thing with magnetic field therapy.

They have to recharge between flashes, between pulses. And again, to be able to create a rapid pulse rate of 100 pulses per second or 100 hertz, you have to have a machine that's able to produce the power that you need at that frequency.

So Faraday basically discovered that it's about intensity, not frequency. And the people who sell you machines that don't talk about intensity can't produce the intensities.

So they can't talk about it. So the therapeutic benefit, then, is not going to be there, because it's not designed to deliver that. It's not designed to deliver that.

And so what I found that they do, because I used to work with these low intensity machines in the past. I'd worked for years, because that was what was available.

But what I discovered is that people don't get better. So most of the time, what they're doing is they're treating the body very superficially, because they're only one Gauss or less.

If you need 15 at the skin, it's not even going to help you that much. So most of the benefits that people feel from them, well, first of all, the benefit comes from having spent $6,000. If you spend $6,000, you're going to believe that it's working.

So there's a certain amount of belief involved in this as well. And you ignore the science. You just basically just put that aside. But what you're doing is just stimulated the acupuncture points in meridians, which is OK.

For wellness purposes, that's fine. But I would argue that even for wellness, one gouse is not fine. You just made an investment of $5,000 or $6,000 for one gouse.

So you always have to ask for the intensity. I don't care about the frequencies. The only time I care about the frequencies is when I'm treating the brain, primarily for things like waking the brain up or putting the brain to sleep or making you more relaxed.

So when I'm doing brain stimulation, frequency then becomes important because the brain has frequencies in it. But the rest of the time for the rest of the body, most of the time, it's the intensity that matters.

These are really important distinctions. Thank you for walking us through it and being really clear about what matters and what people need to watch out for so that if they were going to make use of this therapy or if they're going to provide it to someone that they know what they're doing and why.

I just think it's really important. Thank you. One of the biggest mistakes people make is they buy based on price. So the purpose of our discussion today and this presentation is to teach people about the right, getting the right equipment.

You can't think about cost. If you're about to lose your legs, you better not think that all I want to spend is $100. You're not going to get much for $100. In the doctor's offices, I can tell you right now, the machines that are used often in doctor's offices are $35,000. Now, you don't have to spend that much to have a really good magnetic system, but you may have to spend more than $5,000 to get a good magnetic system.

And we offer consultations on DrPollack.com for people who are willing to make the changes they need to make, not only in their health, but also in the equipment to get the right equipment for them.

All of this makes sense and along with the idea that they really have to be on board for caring for themselves for the rest of their lives. Whatever will be helpful and will produce healing for that individual, it's a lifetime commitment.

It's not like an oil change. You don't just roll up, get your oil changed and then roll back out. This is a lifetime commitment. Okay, cool. It's building a house and maintaining a house over the rest of its life.

Closing Thoughts on Lifelong Health and Early Action

Absolutely. I love that. Okay, great. What a wonderful time talking with you here. I so appreciate the work that you do and your point of view and your clinical experience.

You've obviously honed in on something that's super effective and also asking yourself, you know, that wonderful question of how can I do my job even better?

Starting in your own roots of family practice, seeing people come in with any variety of maladies and looking over time saying, What can I as the health professional do better, and then measuring results and then continuing to ask the questions and be open and curious and have that, you know, put the customer put the patient first mindset so I appreciate you in your career I just wanted to be able to you know record the saying thank you for that because I know that sometimes when people are outside of the domain of their original training they're taking a risk to do it.

But when you get such great results, you know, this is when it can all come together. So friends, anyone watching these sessions, please, if you see or hear information that you know is of value to others in your lives, kindly share this summit while it is still up and available, because we're really trying to make sure people are well informed.

and know that there are resources available to them. This diabetes problem has become such a worldwide issue. It's its own pandemic. We really want to make a difference and help as many people as we possibly can.

All right, Dr. Pollack, any closing thoughts as we wrap up here? Yes, I think we can talk about a spectrum. Now, if you have the wherewithal and the resources and you understand the problem, you need to get magnetic field therapy going for your whole body as early as possible.

Never mind whether you have diabetes or not, all of us can use magnetic field therapy because it amplifies anything you're doing. But if you're a diabetic, you already have some kidney issues, you already have some heart issues, vascular issues, you already have some brain issues, you better get yourself on the right magnetic system early.

You don't want to be like that gentleman with the legs. getting to a point where you're now having to have amputations. You don't want to be the living dead.

You want to be pre-living dead, preferably healthy and wanting to stay healthier. So getting the right equipment as soon as possible is important. Yeah, it makes sense.

We want to be fully alive. healthy and thriving and maintain our independence for as long as possible. And we just need to do the pieces along the way that make the difference and get those results as quick as possible and then sustain this amazing human frame.

All right. Thank you so much for your time and energy here today. 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