Introductions and PMF Background

Through. Hey. Good morning. Good morning, Doctor Fraser. Summoning. You and I are doing, interview of each other, which I think is such a novel idea. So, so tell us a little bit about yourself.

Well, we, of course, work together, with Doctor Paula to promote PMF therapy and educate people. But in addition to that, I have my own wellness center where we specialize in acupuncture as well as PMF therapy.

And so, you know, before ever learning about the PMS world, I was, you know, running my clinic and trying to help people with all the different problems that they, come in with.

And so, you know, that was my starting point. And along that journey of being in health care and of helping people, I discovered this marvelous PMS therapy.

And, ever since then, it's been history. You know, I've been using it extensively and I've been teaching patients about it, using it with them. And it really has enabled me to do a lot more for people than I was able to do with acupuncture alone.

So, you know, I think, like Doctor Pollack always says, you know, we're problem solvers and we want to do what we can solve the problem. And, that's how I came into this PMF world is, is that it's one way to help with a lot of those problems.

That is awesome. So how did you meet Doctor Pollack? Well, that happened. You know, there was a sort of some interesting circumstances, a little bit of luck.

You know, when I started researching the PMF therapy, you know, I knew that I wanted to bring this into my clinic, but, you know, it's not easy to just do overnight.

You have to make sure you have the right equipment. And so. So I did extensive research, and Doctor Pollock's name came up time and time again. But he's the guy.

He is the expert. He's the global dude. Everybody that talks about PMS uses his work. You know, and I just happened to find out that he is located in Maryland, which is where you and I are also located.

And, a light bulb went off in my head. I said, I have to connect with this guy because, you know, he is, of course, hopefully he's going to be around for a very long time, but he's not really at the beginning of his career.

And so I saw this great opportunity to be mentored, hopefully, by somebody who's an expert whose work I could take and carry on into the future. So I sought him out.

I met with him several times and, and then we, ultimately became close and, became a part of his team. And I'm also very curious about how you, got to meet him.

Okay. So I knew nothing about PMF. So. So my practice is, chiropractic. I've been in practice almost 20 years now. In addition to, having my own practice, I also have two nonprofits that I founded.

One is animal rescue and the other one is Human Services. So, the human services work, we do a lot of work with homeless people. Also, disadvantaged children and disadvantaged community.

But, a mutual friend of mine said, she came in and she's like, you know, she said, you're a gadget girl. So all the patients say, I'm a gadget girl because, you know, I'm always researching and trying to find next thing because

nothing is a one size fits all.

Everybody's different. And even in your practice, I'm sure that one thing that would work for somebody with the same condition, all of a sudden don't work for somebody else.

So, when Carol came and she's like a big gadget thrower, she goes, do you know anything about this? PMF? I'm like, no. And she's like, you need to meet my friend.

And they've been friends for like 30 something years, and in fact, they've been friends since, Doctor Pollack was in his early years, of acupuncture. And so she's like my friend Bill, you need to meet Bill.

So that's. That was like fall of 2019. And, right at that time, I had started this, program at University of Maryland School of Pharmacy, a master's degree program in science research and therapeutics, and medical cannabis.

So now that's a full time thing.

How They Met Doctor Pollack

And then I met Doctor Pollack, and I'm like, man, had I known about this, I'd have to think I said, that is kind of like, so interesting. I would have completely done that.

So now I have this two things going at the same time. I met him and, and, I was so intrigued and he's, like, so knowledgeable. And even my research online, everything was staring back to him and, and, and I said, what an opportunity, just like you to be able to be mentored by the best of the best.

So that's kind of how I met him. But I think you you had said you had met him earlier. You met him like the year before I did. So yeah. Yeah. Because like, I, you know, I was introduced to PMF therapy very randomly.

And so there was, I was at a health fair, when I was approached by a nurse who was a, a salesperson for one of the PMF manufacturers. And, I always listen to nurses.

And so, you know, I said, she offered if I'd like to try out, sample treatment. And I said, sure, you come to my clinic. And she did. And nothing really happened in that first treatment there.

But I was given some literature, and the key word that stood out to me was circulation, because in the world of acupuncture, you know, we often talk about energy and qi and some of these things that are mysterious and mystical and, you know, sometimes people even kind of wonder, does this stuff really work because of that? Right?

But it's actually all about circulation, and it's all about the flow of gases in the body, like nitric oxide and oxygen. So I saw that word circulation.

I said, oh, there's something that can support that. I want to know about it. And so then this was like that 2017 2018 period. And so when I learned that Doctor Pollock was not too far away over, you know, down the road, I, made it a point to go stop by over there.

So that was about 2018, and we kind of had like a, you know, more of an informal relationship at that time. So, yeah, now it's, you know, going back four years and, I think, you know, we're both so fortunate to have his guidance.

And also, one of the other things about this PMF stuff is that there's, you know, much more growing interest, but there's not enough people doing it, not enough people using it, not because it's not effective, but because they just don't know about, you know, they're learning about it, online or after they've tried all these other things.

And the lovely thing is, when they get around to doing the PMF therapy, if it's done right with the right device, with the right treatment plan, it makes a huge difference for them.

Absolutely. But there's just not enough folks doing it. So that's it's a big role for us as people that educate and share to really spread this message to the world, because we've seen firsthand how much this can do for people and in your case, in animals as well.

Right, right. And and the stuff that people learn online and even the articles that they're reading, it doesn't it's not the same thing as on Doctor Polycom has.

It's like such deep research that goes into it, when when we do the consults, we're treating doctors that that are actually doing the concepts because, you know, we don't have a device that is a one size fits all.

It really is conditioned on it's based on the person. So, these calls are so important. And even just, talking to the people, a doctor Pollock's office is it's just is absolutely, important because, like you said, if they use if they don't use this properly, then they don't get the results, and then they're like, this thing doesn't work.

So it's great that you and I are so fortunate to be able to be trained, to, to to really know this stuff inside out and even with, with the years that we've been training with Doctor Pollock, there's so much more that we don't know.

So it's it's it's really important that people, people come to his website and actually have time to consult. Yeah. The information there is the unbiased information.

Yeah. You know, it's delves into the science. It leverages all the studies that have been done. I mean, the doctor Pollock amazes me with his ability to review the research and stay current with it and just the volume that comes through, but he finds a way to read it all.

It's it's tough what he does, because when I was doing my, master's degree, a part of it, we had to do extensive research. So we actually had to, to write, a research paper.

So we had to go and find the information on PubMed and all these different sites and cited properly. And, and they showed us how to find, good information versus, biased ones and just kind of, wean all of this stuff out.

Why PMF Matters in Practice

And he is incredible the way he can go and decipher from all of these articles and come up with the ones that is completely, legit and to put them all together into the format that, that, that he does, I, I, half the times I said, you know what?

Like some, some of the semesters I had, I would just send him a screenshot and say, you know what? I completely hate you because somewhere in the universe you have kind of this osmosis and all of a sudden I am stuck having to do this kind of research.

So, so I know how difficult it must be. And then to still be, the educator. So in addition to just being the person who writes these great, articles, he's also the educator, because all of the people when I, when I was in my training with him and sitting on the calls, there were people from all over the world that would call with such complex cases.

I would just sit there, just be dumbfounded. And the way that he was able to just kind of break each piece down and take, and take this whole case history, you and I do it in our practice, but when you're on a phone call and you have, like, a half an hour to kind of come up with for the whole, the primary diagnosis, the whole triage, and then to say, okay, this device is what you need.

And I was I was there like researching after the fact, writing stuff down and then then researching to try to figure out how he even came up with this.

After a while, it became so simple. PMS. That's it. That's the key. PMF is is what you need. It has multifaceted. I mean, you do have the contraindications, but it always comes back to that.

And the circulation and the inflammation. Yeah, yeah. And you know, it's it's not just this all, you know, expertise and knowing about all this stuff he really has the heart there that he just wants to help people.

And that's what kind of I think draws everybody in. Like, you know, we just happened to know about this wonderful tool that can do so much for people.

You know, it's it's super exciting, but it's all heart centered. You know, it's a place where we just want to make the world a better place. Yeah. And, and what a great role model.

So. Yeah. So, you know, I mean, we have things to help circulation, reducing inflammation, even helping your bones to be functioning better and stronger than they could be otherwise.

So I'm curious about, you know, like, in your clinic, what are some of the devices that you like to use or, like, what do you lean on most for people when they come in with different challenges?

And so, so, so I have a full body, system in my office, and I also have a full body system. At the house. And, I bundle it in with the chiropractic because sometimes I, I feel that a person is so inflamed and they're so guarded that there is there is no way that, they would relax enough for me if they even do any alignment.

So in addition to electric stem and dry needling and, traction and heat, the nice, I mean, there's all the stuff and it's and still I have come over the years realize that that still is not enough.

There are still people that come now. And I know you know what? Why don't we just skip to the heat? And why don't we skip the ice? And why do we skip this?

Just put them on for 15 minutes on this PMS, device on the body is just it's just it's loose enough that I'm able to do what I want to do. I have people who come in and they've had surgeries on their back, so now I'm limited in what I can do because now you can't do an alignment.

If these people have got like a rod in the back or all these, all these bones are fuzed. So generally those people, all I have the access to, to what I do is dry needling.

But now I'm able to do PMF and really with just the PMF alone, I have seen huge, huge, huge difference and I wasn't able to do a lot for a person's knee.

Sometimes they have shoulder problems. I wasn't really able to do a lot. I was able to do the dry needling and probably some ice and the heat, but now I put them on for a half an hour with, with, an applicator on their shoulder or underneath.

So these extremities now I have a lot of people who just come in and they're like, I heard you have this, this, this machine that, that, that, that zaps you and, and, you know, it does this and that's that.

So I have now people sending their friends on, on I have a huge population that I have or actually, you know, retired people, senior citizens, and then they're just the one who sought chiropractic.

They had they have already decided that they're starting holistic health. So when they come in, it's easier now for me to talk to them because their mind is already open, that they want something that is not just, conventional traditional medicine.

They want to look for something different. So in the practice, it's been a great integration. What what what about your situation? Yeah. Same here. So, you know, you bring up the needling and then that's as an acupuncturist, that's like the main thing that you do is needles.

Right. And, dry needling is like a technique of acupuncture, but more specific for the muscles and trigger points. Yeah. And so we do that too. And, definitely it's it's helpful in many cases, but it's a, you know, it's sort of a

different, application.

Right? Yeah. A needle is going to be very specific and go to a precise place. And, you know, do a very particular action in a muscle or nerve. But when you bring in the PMF therapy, now you've broadened the entire area that you can work on your, your support, all the tissues.

Yeah. And, I also I tell patients, you know, everybody comes in looking for acupuncture because that's what is in the name of our clinic. And that's what people know about. Right.

Integrating PMF with Chiropractic and Acupuncture

But they always almost, almost entirely on the first visit, they'll be educated about PMF or they'll learn about it because it's wrong of me to not tell them about it.

Right. Because what happens is, when we're doing the acupuncture, you're working in a certain context. You are attempting to remove energetic blockages or create some harmony or smoothness in the way things flow in the acupuncture channels.

But we are not just acupuncture channels, you know, we are all these different tissues, and we're made up of all these different structures that work together.

And all of those tissues are made up of cells. And the therapy was working at that cellular level. So I often tell people, I said, you know, you're the if we're just kind of, sticking with the acupuncture, we're working on one level.

But it's more superficial. You know, we are working on sort of that energetic blockages or in the case of dry needling, we're doing muscular trigger points, powerful stuff, but it's not working at the cellular level.

And you still need a needle. And not everybody loves that. And, you know, I mean, some people do. Don't people actually they they ask for it. They say, hey, I like when you do that needle there, but it's not the majority of folks.

And, you know, it's a it's a little more elegant to be able to have something that's working deeper in the body without having to poke and prod. And, you know, this is coming from the acupuncturist who uses needles all day long.

Right? But increasingly, I'm not, needing to use it as much because we're able to, you know, enhance the treatment by bringing in that cellular aspect.

So it's very exciting, you know, and there's not a ton of acupuncture is doing this right now. So it's a way to offer more that other practitioners and, you know, we don't exactly bundle it in the way that you do.

What we do is, the first two times that somebody does the therapy, we don't charge for it because we want them to experience. We want them to see what it's like, feel what it's like, give them time to read up on it.

And then after those two visits, if they want to continue with the PMF therapy along with the acupuncture, then we have a small fee that we charge for that.

So it makes it accessible, but it gives people the choice of do they want to do one? Do they want to do both? With the opportunity to try the PMF at no risk and a lot of people will continue working with it because they understand that it's doing that deeper, broader work.

And it's more than just stimulating the acupuncture system. Right. So, and especially in today's world with, you know, the pandemic and the fear and the stress, those there's physiological effects to that.

And, you know, I can use a needle to shift the nervous system, but I can use the therapy to literally shake off the stress from the cells and get somebody really nice and relaxed.

And we see it happen all the time. Right, right. And then, even the lower level, PMF, if you turn the, the device down really low, it stimulates all of the acupuncture points.

Right? So, so then people feel like they have this really amazing acupuncture treatment, but it's actually doing more than just stimulating the meridians.

They actually now getting all of this, cells getting excited and ATP production. And then people just feel absolutely incredible. Oh yeah. So, and in the animal world.

So through my animal rescue, I have dogs and cats at the house and, occasionally when we do a rescue, we like last year, around this time, I had this kitten that somebody actually brought in, in a paper towel.

It was we had so much snow, and I think we had, like, two feet of snow. And this guy said that he was going to he was putting on his trash, and he was hearing this thing, and he looked and he saw this, this, this kitten.

And the umbilical cord was still attached. So it had to be probably 2 or 3 days old. I brought this to my office in this, paper towel. This thing was barely alive, and, most people would tell you that.

That a kitten with an umbilical cord and you don't have an incubator, and you don't have all this stuff that the chances of survival is really slim to none.

I said, okay, this is this cat. This cat's not going to die on my watch. And I took this cat home. I got the formula. I it was stealing cat with a syringe.

I had a flex pulse, but the flex box in the box. What? I was keeping a cat in. There was several times that this cat really literally stopped breathing, so I no pet CPR, so the pet CPR, but I have a high intensity full body system at the house.

So I would take this cat and I would just get on this, this, this, this system, just put this cat underneath the pad with me on my stomach. Just just put it on and on.

I said, you know what I said? I, I know the benefits of PMF. I know what it does. And I said, you know what? Let's just try this. Well, the cat survived.

I actually wrote I documented daily on the differences with this, with this cat. This cat climbed out of the box by three weeks. It was it. The eyes weren't even open yet.

This cat climbed out of the box. This cat was walking like in more advance. Was using the litter box more advanced than other kittens? And I've done animal rescue and I bottle said other other kittens.

Not one that was this this really, critical. The cat is a year old now. The cat is huge in terms of of growth because I think the PMF stimulated, the, growth hormones.

Right. And the cat is so brave. The cat, in fact, is the cat's name is Molly. Molly the dog. So we go to visit the cat, pretty often. This cat would, would, would take socks and a laundry hamper.

This cat would, would, would eat an entire sub sandwich, but refused to eat. It's cat food. The cat is a riot. And they would throw stuff at a cat like a dog.

And a cat runs and brings us when to stop back. So, so in the animal world, it's it's it's safe. It's safe. I have two dogs at the house. And when I do my treatment, they come in and they sit right next to where I'm getting the food.

So they end up getting getting their treatment. And when I do, dry needling on my dog when her hip is really bad, well, now I actually just just come and I just take the applicator and I put it, you know, a first the, the joke because it almost feels like static shock.

PMF for Animals and Plants

Yeah, they, they get used to it. So even for animals, this is this is safe. This is great. Yeah. You know, so I don't have a ton of experience with that, but I have a handful of cases where people have come in, you know, we used to have an animal acupuncturist at our clinic, but in Maryland, you have to have a special certification to do that.

So I don't have that. But we used to have somebody in the clinic that did, and she would see animals regularly for acupuncture. But after she retired, you know, once in a while, I'd get calls from people with pets and, you know, hey, I used to come there.

Can you help? And so I've had, you know, a handful of situations where I told them, listen, I can't do acupuncture, but I've got the EMF equipment and we know it's safe.

You can bring your animal in and we can do a treatments on them and see. So in one case, it was actually just sad story where there was a dog that was at the end of his life, you know, he was in the final stages, but he was able to benefit from a few EMF treatments that helped him relax and regain a little bit of function towards the end.

There's other instances where I, you know, there was a very old dog that was limping badly, and we did some treatment on the hip and low back, and he was walking better by the end of that session.

You know, so there's and I also actually have heard from a lot of, patients who, you know, they've experienced PMF therapy with us. And of course, we tell them, you don't have to just be limited to coming here.

You can get your own system and you should, you know, but you have to learn about it, of course. And once they do, oftentimes people will get it. And they've come back and told me that, you know, every time I get on it, my pet is there with me and wants to just come right on the pad, doesn't want to leave.

So anecdotally, I've heard a lot of interesting stories. And we know from Doctor Pollock's research that the, not only does the Pmfs have benefit to humans and animals, but also plants.

It's this is a huge thing for people to know, because if they have a home system, which again, they should. Yes. It's something everybody should have.

They just don't know it. But even their pet is going to be able to get use out of it, not just their family members. So it just brings tremendous value.

You know, you have something there that can help every member of the family, including the animals. We can say that for medications or for many other treatments.

Right? Absolutely, absolutely. Even in my my office, my back treatment room, I have plants in there and people come in and they're like, this plant has vine all the way through through to two treatment rooms.

I tell them the same thing they say. I say it's the PMF. I said, so you need to get get one. I said, I said, if you don't get it for yourself, get it for your plants.

Right? Jokingly, of course. But, everybody does need to have one. It's nice to go to the acupuncturist or the chiropractor's office and to try three times a week.

But that that doesn't give you the value. That doesn't do what your body needs. It needs it every day. We have oxidation of cells happening every day, every hour, every minute, every second.

And so to be able to kind of, overcome that to, to get these cells to be viable again, you really need to be doing this treatment twice a day. I do half an hour in the morning after that, in the evening.

And I just, my friend Debbie decided that we should sign up for this boot camp at this gym is six weeks challenge.

Well, my body is really challenging.

So now I'm actually doing full body treatment half an hour in the morning, but an hour in the evening because because I could I have more inflammation going on.

So this has helped me to be able to tell the patients that those days when you actually feel that you, you're actually, having a much more difficult time, you know, now the weather has gotten better, a lot better, and people are gardening, like the days that you're going to be out there gardening, then just increase your time.

Increase the time. It's not going to hurt you. Increase the time because you have more inflammation. So now your body actually needs it to be able to to do the recovery. So.

Right, right. And you know, it's it's safe. Like we know that it's very hard to do too much PMF therapy. Right. Because it doesn't stay in your body. It goes right through you like a needle is going into your body, a medication is going into your body, and it remains there for a period of time.

But a magnetic field, a low frequency, high intensity or low intensity magnetic field will just travel right through the body like it's not even there.

But, this is what kind of makes it so cool, is that we're working at that invisible level where, you know, you can see an acupuncture needle going into a point.

You can see the spine and the adjustments that you do to it, but the cells are invisible. So, right, right. It's working on those quantum energy fields.

Right? Right. Absolutely. It goes in and like you said, you know, the way the way I kind of think about it, I think about it like, I you're I think you're probably too young.

Pac-Man. You know how to Pac-Man. Remember? Pac-Man? Yeah. We're just we're just just going in and just just just eat up stuff. So the PMF is going in and is finding all of these these cells that are damaged, and it's like touching it and just giving giving it some energy and making it whole again.

So in my head when I'm doing my treatment, I'm like, okay, well we did abs today, so I am sure that there's all these, these, this inflammation that kept up the muscle itself, needs some healing.

Daily Use, Cell Phones, and the Fountain of Youth

And I'm thinking this p m F is going in there and it's going to target that area. And that is true because one day my hip was just so bad. My hip just felt so inflamed.

I was doing this full body treatment all day long. So for two years, for that one day, guess what? Same I same intensity. That's the area. All of a sudden that area is the only thing that was hurting.

That's the only thing I just kind of felt like like like all of this, intensity, all of the, the PMF of current is going right there. That one spot on that right hip.

Because that's that's where the most inflammation was. It needed it. So I've had something along those lines happened. This was in the beginning when I was using the full body PMS, I usually would not feel any sensation in the lower part of my body.

Everything was kind of like from the waist up. That's what I got used to. And then after doing this for several months, I started to feel some sensation in my thigh and it stood out to me because this has never happened before.

So I'm wondering like, why all of a sudden am I feeling it there? And then it happened a few more times in the

coming days and I realized exactly what was happening.

I keep something in my right pocket pretty much all day, and a lot of people do, which is my cell phone. And we know that that thing is not helping our body when it's close to our body.

Women that keep their cell phones in their bras have a higher incidence of breast cancer. And similarly, you know, putting this phone on my thigh is not helping my leg.

Well, just that exact spot where the phone sits would start to light up and feel a little ripply. And so it's very interesting. And when I realized what's happening, I was like, oh, this is just going to that inflammation that's in my leg from just having the phone next to it all the time, all day.

So you're right, it hones in on those problem areas that we don't even think about or know about. And, and interesting. You talk about cell phone. So I had a patient who started working from home but was doing just a lot of phone calls.

The person would come in and the left occiput was always up the left side. And this was a pattern that was that was not there. This is somebody I've been seeing for years.

I'm like, what is different? This person was using the cell phone on the left side like this. So I said, what do you use your cell phone? I said, so you always putting it like this?

No, because I'm thinking alchemy has to do with the neck. It wasn't that they were just holding it there and the phone would get hot. And then so it's pulling dogs put out.

So I started to use PMF. I said my alignment is not going to hold. I said, you have all this inflammation that's built up in there from this cell phone using this, the radiation from the serum, from the cell phone.

I said, you need PMF. So that person comes in and they know that immediately they have to do PMF treatment first before. And I was seeing them three times a week for two weeks before, if not holding their alignment.

Now I'm seeing them once a month, once a month, holding the alignment. But if the cell phone use is excessive, they call me and they say, you know what, I need to come in and I need I need to do a treatment.

And I said, you know, no, you need to get your own system. You need to get your own system at your house. I said, do what do you want? Go fund me. Go do a go fund me, I said, and get this and just, just, just get one for your house.

Yeah, I've had patients who have done that and, you know, after they've been able to benefit from it. You know, I think that in closing, one of the interesting things that, stands out to me as you spoke, that it just reminded me that one of the things that's so great about this is it's not just working on the problems that we want to focus it on, but it's actually creating a better internal terrain.

You know, it's it's making a better internal environment in the body so that everything can flourish. You know, so I've had, many times where for instance, I'm trying to help somebody with a hip problem or a low back problem.

And just because of where we do the PMS therapy, they start to urinate less at night. And, you know, they're not waking up as much because the areas that do that are responsible for that are in proximity to the hip and the low back and other things just get better.

And that's just one small example. The the entire terrain of the body will benefit from this kind of stimulation. So then it sets the stage for healing and for other things to improves.

So, you know, a lot of times we're just sort of targeting and focused on certain areas. So that's really what attracts me towards using this is I know that I'm actually just about always doing more for the patient than what they came

in for.

It's it's it's about cellular health. It's about keeping the cells young and keeping the cells healthy. So I tell the patients, I say we have found the fountain of youth.

I said, we have found it because if you go in and you can fix a cell that is damaged, and you keep it fresh and young and vibrant, it makes sense. And even for even for myself.

So I used to loop over my head for 12 minutes. Of course it, doc, I noticed that my neck. I used to have that, I don't know what chicken neck or whatever they called it, but my neck has that.

That skin is different. I look at pitches from two years ago until now, and I'm 65 years old, and this looks better than it did when I was 53. When I was when I was 52.

And I would attribute this to be, a so, so woman. I love it because I think this is the fountain of youth. Yeah, totally makes sense that that's what it did.

That's what we would expect. Yes. So thank you so much. Thank you so much, doctor. Is. This was amazing. Perfect, perfect. So, we will chat later. And it was, It was, it was, it was so great to have this.

Yes. Yeah. I appreciate your time, too. And, looking forward to keep up, doing the great work with folks. Great work, team doctor Pollock. So everybody.