Introduction to PEMF Therapy

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Welcome to the PEMF Effect, where breakthrough science helps take control of your health. I'm Dr. William Pollack, and I am here to guide you in tapping into the power of PMS 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.

Hi, I'm Dr. Roger Murphy, and I am your host of the Freedom from Fibromyalgia Summit. And I have Dr William Pollock here. Dr Pollack is magnetic field expert.

In fact, he's considered the foremost expert in North America. He's been involved in this technology when research and clinical applications for over 30 years.

His best-selling book is Supercharge Your Health with PMF Therapy, and Dr. Pollack is a board-certified physician. he's an MD and leading a master's in science as well, if I think I remember that right.

Got two. And he was affiliated both with John Hopkins and University of Maryland in an academic positions.

EMFs vs Therapeutic PEMF

30 years he in practice as a holistic physician and now his attention really has turned full time to really helping those understand what magnetic field therapy is and the role it can play in increasing your overall health in many layers.

We're going to talk about that. So, hey, Bill, thank you so much. for being part of this summit. Thank you for having me on your summit Hey, you know, Pulse Electromagnetic Field Therapy or MTF, it's a synth thought.

This is something that's been around. I mean, You've been doing the research on it for over 30 years. What, first thing, what is it? Tell us what it is.

Is it something I think is a game changer for so many people, but most people never heard of it. Well, let's talk about the elephant in the room first.

We'll talk, well, What's the difference between PEMF therapy and EMFs. Yeah, okay. You've always asked me, well, isn't this EMS, is this dangerous? So well there's a very different way of producing these magnetic fields.

Both are magnetic fuels. EMX are what I call open-ended magnetic field. They're open source or open focus. What they do is they basically get like cell towers or cell phones radio, radar, television, all of these waves basically, what they are is broadcast waves, get broadcast into the environment.

So they're open source. Magnetic field therapy, and also they design for communication. They're not designed for therapy. Unfortunately, the body gets in the way.

It has to be in in a way of the wave, if you will. And get caught up in So they are risky because they do have waves, which means they have true frequencies.

And as a result, what happens with waves depending on the length of the wave, they can get absorbed. So if a wave is long enough, usually over 100 MHz, if you're using it in terms of frequencies, it's over a 100MHz then it could be long to go through the body completely.

But if it's shorter than that, and gigahertz is what most cell phones are, high megahertz are gigawatts. And as a result, the wavelengths are so short, they get absorbed by the body.

Yeah. That's why a microwave oven works. Those waves are absorbed, by whatever's in that microwave, oven, that causes heating. The heating then destroys tissue or causes damage.

So that's EMFs. I don't call them electromagnetic fields, I call the environmental magnetic fields. And then the environment magnetic fuels are dangerous based on the dose.

If you're sitting next to a microwave tower, well, then you get kind of getting blasted. Yeah, if you happen to be work alignment working around that kind stuff while you getting blasting.

For most people, the degree of exposure is relatively small. if he happened to have a smart phone or let's say for the electric companies, a smart meter on the side of your house or on your apartment building, or you're getting blasted by EMFs on a regular basis and that's not good for you.

If your microwave tower is 10 miles away, 5G tower 100 feet away that is different, but a 5g tower 2 miles that different so the dosing then becomes important.

We don't care about those. And there's lots of books and lots people talking about the risks and the dangers of EMFs. I want to talk about benefits. So PEMF's pulsed electromagnetic fields are designed in a very different way.

They're designed by a control unit, so they have a controlled unit that pushes current into a wire. And that current then goes into the wire and then it goes to a coil.

And there are different sizes or applicator, what we call applicators, different size of those. It could be a whole body, it could tiny little applicates, or they could cover larger areas like a chest or a belly.

So pulse magnetic fields are made by current from a control unit pushed through a wire, and as the current is flowing through the wire it's what they call the right hand rule.

By thumb is the flow through wire. The magnetic field is perpendicular to that current. So every time that current pulses in that wire, you get a magnetic field, but it collapses.

So it's a closed circuit. It doesn't go out into space. it only goes out to the extent that that currents allows it to go. And so obviously, if it is a very weak magnetic current, this can produce a weak, magnetic, very small magnetic fields.

If it has a strong signal going into that wires, it can produces a magnetical field that can go up for three or four feet, in fact. Okay, so PEMFs are designed for therapeutic use, right?

And so they're designed to be able to go into the body and back out again. They don't stay in the buddy. The wavelengths are not long enough to get absorbed and cause heat.

Although there are PMF systems that are design for that purpose too.

How PEMF Works in the Body

So if you want to burn a wart or you wanna burn something on the skin, a lesion on skin you can use radio frequency, extremely short wavelength PemF to burned the tissue.

That's done on purpose. What we want to avoid is obviously the inadvertent exposure. But with PMS, you don't have to worry about that. For the most part, the ones that burn the tissue, You're not going to buy them because they're $30,000, $40, 000 typically.

So most of the magnetic fields I work with then are the safe ones and they are designed to help with the body's own healing process. So again, it's produced by a current flowing through a wire, is perpendicular to the flow of the current, and it sort of comes in and out of wire.

And then once the magnetic field goes into the body, once it comes out, the wire goes in to body. So in other words, if I did try to cook something with a pulse magnetic fuel system, It's not going to happen.

In fact, you might not even notice anything, although you could potentially see some differences in the water. The water may actually taste a little better.

You may help your plants grow better, may make your food taste little bit better if you use magnetically treated water. But again, it's completely safe.

So it is a very different concept in the way it works. And as a result, what we found is that those magnetic fields that are produced by PEMFs go into the body.

The body is like air to a magnetic field. It does not exist to the magnetic feel. Magnetic field doesn't care about the Nothing in the body is going to stop the magnetic field.

It's not going use it up. Is not gonna change it or alter it. Although, if you had metal in your body, it may change the angularity of the of magnetic fuel going through it, obviously, you can have pacemakers or you have other electronics in.

Your body may make a difference. If you ever prosthetic knee or hip, then it can make. A difference, but not usually a whole lot. And most of time people can use magnetic fields.

In fact, they probably should be using magnetic if they have metal and their bodies. Yeah, this technology was really started or I guess. made more popular, I guess I should say, by veterinarian medicine.

So that started using this. Isn't that right? They were using it for horses. That was some of the beginning technology with this now. Obviously, it's evolved over the years.

I mean, this is 30, like you said, 30 years ago, but that was the some beginning of this 20 years or so. And I wrote a book about magnetic therapy in Eastern Europe.

I collaborated with an MD PhD from the Czech Republic. He translated a lot of that Russian and Eastern European literature. And the book was published in 1980-ish, early 90s.

Yeah. That was already 30 years later. A review of the literature in Eastern Europe from 30-years earlier. Yeah, yes magnetic therapy has been around for a very long time and a lot of it was actually if you want to call a veterinarian but a Lot of the original research was done in animals, but it wasn't in mice or rats or petri dishes, etc.

Yeah. But yes because of that literature because the origins of veterinarians were aware of studies because veterinaria were involved in producing those studies.

The veterinary community was probably the first community really to develop awareness of 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 DrPolick.com PEMF Systems. Visit Drpolick dot com. That's D-R-P-A-W-L-U-K dot come 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' just manage pain.

Transform your health. Visit DrPauloth.com today and let's get started on your healing journey together. And so the other thing that the FDA has approved is for depression.

So mood disorders and then fractures that won't heal. If you have a broken bone, that's something that we've seen the research that shows that it will help that fracture to heal up.

We're getting more and more researchers getting not only published, but now actually being used to then to decide that, yeah, this is the best therapy for you for chronic pain, something like fiber manager, we're starting to see the results that are pretty, pretty clear that this technology is something that is much more than using it on a horse or someone with depression or low moods or, you know, for a fracture.

This technology and the research that's supporting it is quite impressive. Well, and I published, you mentioned one book, Supercharge Your Health. I've published another book called Power Tools for Health, that was my first book after the European book.

And there I reviewed 30, over 500 studies were in that book that I quoted and described all the different actions of magnetic field therapies, which you really won't find anywhere else.

Because it takes a lot of work to pull together all that data to put it into a concise look, you know, specific location. What that shows is what you're saying that magnetic field therapy has a lots of value and it's hard to figure out what that value is.

And so you have to kind of go out and find it, find that research yourself. Unfortunately. So how does it work in the body? Someone's got a, maybe just chronic pain.

You know, give us some examples of some different conditions and what's happening in body with this technology. All right. So magnetic field therapy works primarily, there's probably other effects going on too, but those are so subtle and there is a lot less research about them.

I'm not going to talk about those. Most of the benefits of PMF therapy have to do with charge induction in a body. So we call it the scientific term for it is inductively coupled electrical stimulation.

So if you apply a TENS machine or you applied current directly to the tissue, you can burn the issue with that current. In a sense, that's electrocution.

But PMF therapy doesn't do that. PMT therapy is shielded. It doesn' actually contact the skin with an electrical charge. What it does, though, is it induces the charge in the body.

magnetic field causes the body to produce the charge. That's called inductively coupled electrical stimulation. And that's based on a law of physics called Faraday's law.

So Faradae's Law of Charge Induction. Farade discovered this a long time ago, the 1800s, that if you pass a magnetic feel through a coil in the circuit of that coil, you have a light bulb.

And if you close that circuit and you pass a magnetic field through that wire, you'll initiate charge. In other words, it will initiate current. And that current turns on the light bulb.

So essentially, that's what we're doing in the body. The magnetic fields as it passes through the bodies interacts with all the ionic charges in body and any charges, any polarities of charge that are on tissues of any kind.

Whether it's proteins or fats or again, nerves or ion solutions, electrolyte solutions. All of that is all of a sudden activated by the magnetic field.

And when that happens, then the body says, oh, I got more energy.

Fibromyalgia, Pain, and Whole-Body Treatment

What am I going to do with all this energy? It does whatever it wants. So we know, again in the Supercharger Health Book and the Power Tools for Health book, there are at least 27 different actions of magnetic fields in a body.

So, once that field is going into the body, you produce charge, the, body reacts and now the. Body improves circulation, it decreases pain. So magnetic field therapy is like, in a sense, like Tylenol or even Cody.

that it causes pain reduction, naturally, without doing anything else. Yeah, with no side effects. And with side, typically with those side effect. But it increases circulation, decreases inflammation, stimulates stem cells, simulates ATP, assimilates nitric oxide.

There's a whole lot of arguments. The immune system balances the immune response. So there's about 25 different actions. and the body decides what it's going to do with that extra charge that you just produced.

Yeah. So one of the things that I hear from my patients that are using this therapy is that they do have more energy. And I think part of that, as you just mentioned, the increase in ATP, because we know with fibromyalgia, they tend to have less mitochondria, that the power plants of this cell, so the cells are not really working like they should, not communicate with one another like, and they have a lot of problems with decoupling with a mitochondrial or just even though they haven't, their dysfunctional.

And this is a tool and I always biochemically, I'm trying to get my patients to eat correctly, just to give their mitochondria up, to take supplements, do that.

But this another way to do it and also the big benefit is blocking the pain. So as you were talking briefly before we started recording, with fibromyalgia, they have this low pain threshold, this aledonia.

and they have a central sensitization pain syndrome where pain is magnified. And as I was sharing with you, you know, one time I used to do just hands-on chiropractic, hadn't done that in a long time.

But what I found when I started working with chriopractic patients is you could not adjust them, You could manipulate them. You couldn't PT them using modality and get them to be able to overcome their fibromyalgia.

It just didn't work. And a lot of times they couldn't handle the actual modality. One of the things I love about this therapy is oftentimes you can't even feel it.

So when I've had it done, oftentimes, you're just there, You got the machine on and you don't feel anything. Now, when you get off the table, if you are using a table or using device, then you might realize, wow, Where's that neck pain gone?

But for the most part, you really don't feel this technology. Well, it depends on the magnetic field. Yeah. And so this is where we have a little problem in the community of magnetic-field therapy, if you will, the people who are selling these devices, people are promoting them and so on, is the range.

I go through some of this in The Supercharger Health book. the very low intensity of magnetic systems, medium intensity, high intensity and very high-intensity.

And then you decide whether you want to just treat locally or you wanna treat a whole area or decide you are treating the whole body. Yeah. In fibromyalgia, you have to treat the body, yeah.

If you're not treating a body you just not getting adequate treatment because we now know, we used to say, well, fibro-mialgia is mostly a centralization problem.

But now, as you just said, it's a mitochondrial problem in all the tissues. And we also talked about this before we started recording, is that it is related to the paucity, a limited number of C fibers.

They become hypersensitive to pain, to painful stimuli, the temperature, heat, cold, pressure. So all these fibers now are hyper turned on. And when they're hyper turned on, even more signals go to the brain, and that increases the centralization problem.

So you've got a compounding problem going on both peripherally and centrally. You can't get by just getting a little magnet to put on your elbow and take care of your problem, or get a magnet and put it on the side of you head to take of the problem You have to do a property.

The people who are out there selling very low intensity magnetic field systems, mostly they are not doing much for you. Yeah, mostly they're not. And when you stop the treatment, the pain comes back because they haven't cured you.

Right. So what you have to do is you to get the right intensity of magnetic field to the job. I have a blog on my website, DrPollack.com about adenosine.

Adenosines not only makes ATP, but adenosine receptors on neutrophils are also responsible for decreasing inflammation. So you can decrease chronic inflammation by using magnetic field therapy on those adenosine receptors.

But there's a roadmap. You have to have the right intensity. So research has shown us that the ideal or optimal magnetic-field intensity at the adenosine receptor, because it's sitting on white cells, means anywhere in the body.

That means you need 15 Gauss optimally. A lot of these whole-body magnetic systems All right, I'll name names, Beamer, IMRS, QRS, Metathera, all of these very low intensity, OMI.

All of this are very lower intensity. So if you don't know the intensity of your device, right? You're not doing yourself justice and you're probably not getting the benefit that you need.

If you want to do treatment deeper into the body, then you have to account for the fact that magnetic fields drop off very rapidly. A 4,000 Gauss magnetic field will be down to 15 Gaus in six inches.

Wow. And you want to have 15, because that's what the research shows you need to decrease inflammation. So then you have to kind of calculate, and there's a table in the Adenosine blog on DrPaul.com, there is an appendix in The Supercharger book that shows the intensities you'll need and how far you try to treat.

You try and treat across the brain for centralization. Typically, across-the-brain is about six inches. You need a 4,000 gauss magnetic field to be able to deliver 15 gaus to the other side of the brain.

You'll deliver more on as you go through, but you want to have a minimum of 15 at the side to get the best results for yourself. So that means you have to, have the right intensity of magnetic fields.

If you don't know the intensity, go find out. And if they won't tell you the, intensity I'm sorry for you. You spend a lot of money getting something you probably don't even know, you know how much is going to help you.

So these lower-intensity magnetic systems actually work on acupuncture points. That's how I got started with magnetic field therapy, is to replace acupunture.

I started using magnets on Acupuncture points, I was trained in Acupuncture. Started using Magnets on Acupuntures points because people wouldn't do needles in 1990. Accupunctur wasn't well known in 1999. So, what we found is that magnetic field therapy stimulates the acupuncture points.

I actually do a workshop, a six-hour workshop for acupuncturists on how to use magnetic-field therapy in their practices. Because acu-puncture doesn't heal.

Acupuncture helps the body to rebalance and to deal with sensation and symptoms, but doesn t do really good job of healing. So magnetic field therapy does acupuncture, but at the same time it's doing all the other things that it is doing to heal.

And that's the goal is to eventually heal the tissue so that the problem doesn't come back. Yeah. What I've got to ask this question, what's, the difference between a pulse magnetic, field, therapy, and a tinge unit or a micro stem, some of these other, these are, you know, people kind of lump these, together and they're, they are not the So let me answer that question.

First of all, let's clarify what PMF stands for. Pulse electromagnetic field. Many people call it pulse electromagnetic frequencies. It's not frequencies, frequencies are the power lines or the waves that go out into space.

These are pulse rates. We often call them frequencies but they're not their pulse rate. So the question again, has to do with, repeat the question. I'm sorry, I got distracted.

What is the difference? How are there this difference between a TENS unit, what people are very familiar with and some people, are familiar, with microcurrent as well, which is micro current.

All right. So I was trained in micro-current, as, well and I stopped using it because it's micro currently. what happens with current in the body? It's absorbed.

Yeah. It doesn't penetrate very deep. so I call TEN's machines, basically stomping on your toe when you have a headache. Right? You're distracting the nervous system.

Yeah, there's a lot of truth to that. I mean, that's really that kind of how I would explain it when I had my physical clinic. You know, I have a clinic and would tell people, oh, and they ask, well, what is this doing?

I said, Oh, this is, you know. It's like when you bump your elbow and you'll rub it out. That's what this was doing. And it's overwhelmed, overwhelming these receptors, these nerve receptors.

essentially, or hold something else. Something else is stronger than what you had. Yeah, so the brain forgets what the previous problem was. So compared to other therapies, whether it's laser or microcurrent or tans machines, PMF therapies the biggest benefit and difference between these PMM therapies and other therapists is they're deep.

If you buy a very weak magnetic system, it's going to be very shallow. So it is not going produce much benefit going deep. But a PMF goes all the way through the body.

You just have to have a strong enough magnetic field that is going go all of the through. And as I mentioned already, you want to deliver at least 15 gauss all all through, because then you are doing the most work.

Besides that, I think people make this mistake very, very commonly. They think of a problem they have.

Treatment Intensity, Timing, and Device Differences

I want treat this problem. That is my goal. Unfortunately, well, fortunately, actually, you have a tool with magnetic field therapy that does a lot more than that.

And while it may help you with that problem, I hear this all the time, people had back pain that they didn't, weren't paying attention to because their neuropathy in their feet was worse.

Right? Then all of a sudden, their back thing got better. Actually, it got bad before their feed got there. So all sorts of problems in other parts of the body begin to go away.

And then you're left with the problem that you trying to treat because that problem is not getting better faster because it needs more work, right? It needs a longer period of treatment time to be able to get better because every tissue in the has its own cycle of ability to repair.

So corneal cells repair in 24 hours. Skin takes two to three weeks. How fast does it take for an Achilles tendon rupture to heal? Oh, months. Never. Yeah, yeah, should say never.

You have to sew it back if you use wire to hook it up again. So a lot of tissues in the body just never heal. And so you have keep treating because they just don't heal or if they do like bones, bones will heal, how fast does it take for a bone to heal?

No. Years. Oh, years. Wow. Well, I'll explain why. So if you break a bone, not only do you, you'll break the bone but you also tear all kinds of tissues around that area as well.

Right. But when you're break, the bones you take the cast off in 12 weeks. And the reason you could take, cast-off is now, now you not going to disturb the fracture site.

All right. You take x-rays two years later, You can still see the fractures site? Oh yeah. Yeah. It's better, but he can, still, see it. And x-rays are not that sensitive.

If you did a more sensitive test like an MRI or a CT scan, you could see the fracture site three or four years later, still. So how long does it take to heal a bone?

The answer is when it's healed. You can have a functional extremity earlier than that, and magnetic field therapy accelerates the healing process. We know that we can heal in half the time.

I'll give you another example. Research has shown, this is FDA approved, for healing fractures that won't heal. called non-unions. The devices that were approved by the government for heal non unions are relatively low intensity, only about 18 or 20 gauss.

So what they found is that you needed probably at least nine to 12 hours a day of treatment with the magnetic field to heal that non union. And they did a study with people who have these fractures and have this equipment and they asked them how many hours of day they were doing treatment.

They were recommended to do nine hours And they looked at how long it took them to heal. And what they discovered was that those that did the right amount of time, nine hours a day or more, those who did three hours or less a date took double the time to heel, six months, and maybe even more.

So the treatment time is very important based on the intensity of the magnetic field that you're using. That's why we go back to the 15 gals with adenosine.

You do that calculation properly, you get the right magnetic field. You may be able to get away with doing a lot less treatment time. There is one PMF system that's selling out there.

They say all you need is eight minutes a day. Right? Does that mean you only need to eat for eight Yeah, I can't. That would be a hard sell for me to hear.

All you need is eight minutes a day with Armory. I mean, that would make sense. Yeah. It's a marketing gimmick. Yes, it's all it is. Is the marketing given?

Yes. For eight Minutes a Day, you might be able to zoom up your acupuncture system, but you're not going to do much healing work. And if you take that fracture example that I just gave you, You're going need to Do a lot more time maybe then then you think you should or somebody says that you shouldn't because ultimately, I can't determine how much time you need.

Who determines how many times you take? Your body. So once you understand your technology, once understand what it's capable of doing, then you have some sense of understanding and you know the pathology.

Then you'll have a sense how long this is going to take to heal. and how much time you're going to need to use to get there. 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 bodies 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, helped thousands of people reduce pain, regain energy, 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.

One of the things that happens with fibromyalgia with this over-ramped-up sympathetic nervous system is just on hyperlore. And you mentioned that stimulation can be accentuated to where little things like a handshake or a hug or tight blouse can set them off.

And the other part of that is, oftentimes, because their nervous system is so revved up, their sympathetic nervous systems, they're anxious. They have a lot of anxiety.

Their wired and tired. they feel exhausted. And they have this nervous energy. This technology, though, not only helps with pain, but it can help to tone down that whole process, right?

Absolutely. So if you treat the back of the neck, where the pons or medulla is, the bottom of the brain. That's the area that controls the vagal nerve, for example.

And the Vagal Nerve tones you down, it's parasympathetic. So if you did a magnetic field towards the back of your neck, you could tone down the whole body.

You could actually do the same thing and have a Magnetic Field that's strong enough to treat your belly. Because where are the most vagus nerves in the body?

In the belly! The belly is considered the second brain, Yeah. There are more neurons in the belly than there are in brain. So in terms of toning down the brain, treating the nervous system or just the body in general helps to quiet down, the, uh, nervous.

Um, and then on top of that, with anxiety itself, by treating. You're tuning the brand or you're tonning the. Just like you do with music, for example, Mozart versus heavy metal.

If you present the brain with more Mozart, your brain is going to quiet down. So PMF therapy quiets down the

brains. You're quieting down on the nervous system, you're healing the inflammation in the tissues, healing in cause, helping the nerves to relax in general that are part of the inflammatory process with fibromyalgia.

All these different actions going on at the same time. That's the good thing about magnetic therapy. Turn it on and lay back and relax. It will do its job.

It's like flying, right? You get on the plane and the pilot has to do the job. So someone with fibromyalgia that has this central sensitivity pain syndrome, where it's all over, they have a low pain threshold.

Is that somebody that's going to benefit the most with with a mat rather than just a localized machine? I mean, it needs different products. And, you know, I need to go to your website, Dr.

Pollock dot com. Right. Dr Pollack dot Com. Yeah. You have you have it all laid out for him. But From my patients in the past that I've recommended this, I have always suggested that they do a mat or some type of way that their exposing the entire body to benefit the best from this.

So based on what we know and what you just talked about is that you have both a peripheral problem and a central problem. Yeah. and you have to treat both.

You can only do that with a whole body system. Yeah. And most whole-body systems have a small applicator, a smaller area applicators and a Whole-Body applicater.

So when you buy the Whole Body, you're getting that benefit, but then you may need to treats separately. Most magnetic systems don't allow you to do both at the same time.

Then you'll have treat the whole Body for all the benefits of the WHOLE BODY. Never mind your inflammation for your fibromyalgia. If you got any other problems going on in that body, even though it's not causing you pain, it is another demand on the body.

From an energy perspective, from an inflammation perspective from, an immune system perspective. from a circulation perspective so all of those other demands distract the, body from being able to focus where needs to, focus the most energy.

So treating the brain and the. body I think is very important and then having the right magnetic field intensity is critical to all this. Well, so with fibromyalgia, really, you know, it's a name given to describe these group of symptoms that people have and but the name doesn't cause the illness.

I mean, doesn t cause pain, the fatigue and these things. And ideally, I really not even ideally but really the only way to overcome these symptoms is to get healthy.

And I know that sounds so simplistic to you, the audience. Dr. Pollack is agreeing with me. I mean, this is the principles of holistic medicine and functional medicine is, you want to find the underlying causes and fix those.

Resources, Safety, and Closing Advice

This is a tool that I believe is good fit for fibromyalgia because I think you've got to fix the biochemistry, hypothalamus, pituitary, adrenals, these things that have gone haywire become dysfunctional.

But at the same time, you can use a modality that will greatly speed up your progress, because as you've already articulated, it's more than just pain control.

It's really resetting your body's own healing systems to work like they're supposed to. it really helps to make them work, like, they should be working.

Optimized. They become optimized, essentially. The acupuncture system is optimized. the metabolic functions of

the cells of a body become optimised, the ATP production, as you mentioned.

So all of these are important. But there is a caveat. You can't build a house without bricks and mortar. you can repair the body without proper nutrients and nutrition.

So you have to combine these things to make a complete house. Magnetic field therapy accelerates everything, makes everything work better, faster, but you can't do without.

And if you're trying to build bones, you to have your calcium, your boron and silica and strontium and all have all the nutrients that you need to Make bone.

The magnetic field, therapy takes all of that stuff and makes it faster. Makes it stronger. In other words, it makes it healthier. So combining these things become important.

And then combining it with other therapies like hyperbaric or even acupuncture, for that matter, combining, these thing often works better. For example, we know that ozone combined with magnetic field therapy works, better than either one alone.

This is true about most other modalities too. It's very safe to combine with almost anything. What I found, though, is that as people start doing magnetic therapy, they often drop off on the therapies.

as they're getting better. So what happens is, as you start to feel better, you say, well, do I need to do this? Do I do the following? Well, never give up on your nutrition.

Never give out on you sleep. You know, and never gave up a reasonable level of activity. And then if you combine magnetic field therapy, everything tends to work faster.

Yeah. So we've covered a lot. And some people are going well what did he even say these sea fibers and, you know, so it can be a bit overwhelming you and I we talked this talk you more than I do I mean this is your, this I want them to go to your website and learn more.

What resources on your web site would you encourage them, to check out? You mentioned a blog, I think, an article. what are some of the things you think Dr.

Pollack, that would be a way for them. To be able to break this down in a, way, you know, make it easier for. Them to understand what we're talking about.

Well, for those who are interested and have specific needs, there are lots of blogs. There's an education section, and the education session goes into some of the basic concepts of magnetic field therapies.

One of key blogs on DrPollack.com is the Adenosine blog. It talks about adenosine inflammation and pain. Because adenosin is critical to dealing with inflammation, then it's critical then to deal with all the secondary problems associated with that.

There is also a product comparison chart. on the home page. And what you could do then is you look at all the different devices that I've worked with and I used and recommend, and then people can get a consultation as well.

So there's a section on there about getting a consultations. I don't want somebody who wants to only spend $10 on a machine to spend a half an hour of my time.

Because if you're not committed, I'm not commited. As we talked about at the beginning, I'm not your doctor, you're your Dr. I am your consultant. So you got to take care of yourself.

And that means you may have to make an investment in something that you are going to be using probably for the rest of your life, even though this need has gone away, it's still going help your body in many other ways.

The biggest risk with magnetic field therapy is the urge to put on a cape. You can even put as many capes as you want. Just don't try to jump over anything tall.

So magnetic field area can just generally make you feel so much better in so many different ways. So for the audience, I want to encourage you to go to Dr.

Pollock's website, drpollock.com and learn more about this technology. I think it's a perfect fit. Really, when I found out about his work, was adamant about getting him on this summit.

It was, people need to know about the technology, it is a tool that combined with the right diet and the nutritional supplements, things we need do to rebuild the body.

for fibromyalgia and I wanna just make sure that no one misses out on the opportunity to learn more. And then if it resonates with them to be able to benefit from this technology.

Now, just to add to what you just said, in addition to the website, you mentioned the book, Supercharger Health. Yes. The website is not as clear about what device to use for your problem.

So unfortunately, the Supercharger Health book we wrote that book with that idea in mind. Okay, I have this problem, what do I should I get? What magnetic therapy system do I need?

How strong does it need to be? Et cetera. So that book then gives you some guidance on what the best equipment is going to for you. And then on top of that, I have recommendations for 80 different health conditions.

That becomes in a sense a resource, a manual for, you and it has an appendix in the book about the identity and blog. It also has something that's very, very important.

Most people can't jump into a pool on the deep end unless they know how to swim. I wouldn't recommend it. So magnetic field therapy is a stressor to the body.

It's going to tell your body to work. Its requiring your to body work and to heal yourself you have to. The problem is that you can get off the couch and run a marathon tomorrow.

You have And magnetic field therapy, in a sense, is training. It's a gradual process of being able to go to the maximum intensity and the minimum time, because that's when the repair and healing happens the fastest.

But you have to get there gradually because you could overwhelm your body. And fibromyalgia, particularly, and if you had a chronic fatigue syndrome and you MCS or MCAS, then you'd have a whole lot of other things going on from an inflammation perspective.

You have sort of crawl before you run. or you walk. And the Supercharger book has some of that information in it. Again, it gives you some advice about what would be best.

For those who are serious and are willing to spend the money that they should be spending for their health, and we're typically talking about $5,000, $4,00, or $5000 for a good magnetic therapy system.

Now, you can buy a $ 5000 magnetic system, that's not good. There are plenty of them out there, because they're not strong enough. All right? So if you're going to spend that kind of money, educate yourself on what the systems are that can do that work for you that you are going benefit from.

And so in closing, I just, yeah, again, still want to encourage people to check. It's obviously going check out your book and I want thank you for sharing this information.

I really think it could be a game changer for so many people out there that are looking for answers and just can't find them. So thank so much for being part of this summit.

Thank you very much for having me here and sharing with your followers. Your listeners, your viewers, you tribe. So thanks for joining us on the summit today and look forward to sharing some more interviews with you coming up soon.

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 PMF 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, be proactive and keep powering up to better health!

you