Introduction to PMF Therapy

Hi, I'm doctor Roger Murphree, and I'm your host of the Freedom from Fibromyalgia summit. And I have Doctor William Pollack here. Doctor Pollack is a 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 bestselling book is, Supercharge Your Health with PMF therapy. And Doctor Pollack is a board certified physician. He's, M. D., and we have a master's in science as well.

I think I remember that right at two. And, he was, affiliated both with, John Hopkins and, and, University of Maryland and an academic, positions 30 years.

He was 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, in increasing your, your overall health and in many layers.

And we're going to talk about that. So, Hey. Hey, Bill. Thank you. So much for being my part of this. Thank you. Thank you for having me on your summit.

Hey, you know, you know, pulse, electromagnetic field therapy or or MTF Simplot. This is something that's been around. I mean, you've been doing the research on it for over 30 years.

What? You know, first thing, what is it? You know, tell us what it is, is something that I think is a game changer for so many people. But but most people never heard of it.

Well, let's talk about the elephant in the room first. Yeah. We'll talk about what's the difference between PMF therapy and EMF. Yeah. Okay. Yeah. It's always ask me, why isn't this emfs?

Is this dangerous? So what is a very different way of producing these magnetic fields? Both are magnetic fields. Emfs. Or what I call, open ended magnetic fields.

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 broadcasted to the environment.

So they're open source magnetic field therapy. And also they're designed for communication. They're not designed for therapy. Unfortunately, the bot the body gets in the way.

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

And as a result, what happens with waves depending on the length of the wave, they can get absorbed. Yeah.

PMF vs EMF and Safety

So if a wave is long enough, usually over 100MHz, if you're using it in terms of frequencies, it's over 100MHz, then it's going to be long enough to go through the body completely.

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

Yeah. And that's that's why a microwave oven works. Those waves are absorbed by whatever's in that microwave oven. And it causes the heating, and the heating them destroys tissue or causes damage.

Oh, so that's emfs. I don't call them electromagnetic fields. I call them environmental magnetic fields. And then the environmental magnetic fields 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 a lineman working around that kind of stuff, why are you getting blasted?

For most people, the the, the rate of exposure is relatively small. If you happen to have a smart phone or, I am, a that's the way for the electric companies.

A smart meter on the side of your house or on the side of your apartment building, or you're getting blasted by emfs on a regular basis, and that's not good for you if you if your microwave tower is ten miles away.

5G tower is 100ft away. That's different, but a 5G tower is two miles away. That's different. So the dosing then becomes important. Yeah, I really don't care about those.

And there's lots of books and lots of people talking about the risks and the dangers of MPs. I want to talk about the benefits. So p EMF pulsed electromagnetic fields are designed in a very different way.

They're designed by a control unit. So they have a control unit that pushes current into a wire. And that current then goes into the wire and then goes into a coil.

And they're different sizes or applicator applicators, different sizes of those. So it could be a whole body. It could be tiny little applicators. Or they could be, you know, like cover larger areas, like a whole chest or whole belly.

So pulsed 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 we call the right hand rule.

So my thumb is the current flow through the 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 current allows it to go. And so obviously if it's a very weak magnetic, weak current that's could produce a very weak magnetic field, very small magnetic field, it's a strong signal going into that wire.

It could produce a magnetic field. It can go out for 3 or 4ft. In fact. Okay. So pmfs are designed for therapeutic use, right. So they're designed to be able to go into the body and back out again.

They don't stay in the body. They're the wavelengths are not long enough to get absorbed cause heating. Although there are systems that are designed for that purpose too.

So if you are to burn a wart or you want to burn, something on the skin, a lesion on the skin, you can use radiofrequency, extremely short wavelength EMF to burn the tissue.

So that's done on purpose. What we want to avoid is obviously the inadvertent exposure, but with Pmfs you don't have to worry about that. For the most part, you don't have to worry about 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're designed to help with the body's own healing process.

So again, it's produced by a current flowing through a wire. It's perpendicular to the flow of the current. And it comes in and out of the wire. And then once the magnetic field goes into the body, once it comes out of the wire, it goes into the body.

So in other words, if I did try to cook something with a pulse magnetic field system, it's not going to happen, right? In fact, you might not notice anything, although you could potentially see some differences in the water, so the water may actually taste a little better.

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

So it's 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 Emfs go into the body.

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

It's not going to use it up. It's not going to change it or alter it. Although if you had metal in your body, it may change the angularity of the, the, magnetic field going through it.

Obviously, if you have pacemakers or you have other electronics in your body, it may make a difference. If you have a prosthetic, knee or hip, then it can make a difference, but not usually a whole lot.

And most of the time people can use magnetic fields. In fact, they probably should be using magnetic fields if they have metal in their bodies. Yeah, this technology was really started out, I guess, made more popular, I guess, should say by veterinarian medicine.

So, you know, that started using this AI, isn't that right? They were using it for horses. That was the some of the beginning technology with this. Now it's obviously it's evolved, you know, over the years.

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

Yeah, I worked, collaborated with an M. D., PhD from the Czech Republic. He translated a lot of that Russian and Eastern European literature. And the book was published in 1980.

Ish 90 early 90s. Yeah. And that was already 30 years later.

How Pulsed Magnetic Fields Work

And I was that was, 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 it was a lot of the original research was done in animals, and it was done in mice or rats or petri dishes, etc..

Yeah, but yes, because of that literature, because of the origins of it, veterinarians were aware of the studies because veterinarians were involved in producing those studies.

But the veterinary community was probably the first community. Community really to get aware, to develop awareness of it. Yeah. And then so the other thing that the FDA has approved is for depression.

So mood disorders and then fractures that won't heal. So, you know, if you have a broken bone, there'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 to then, to to decide that, yeah, this is the best therapy for you for chronic pain, something like fibromyalgia.

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 and with low moods or, you know, for a fracture.

There's there's this technology is. And the research that's supporting it is quite impressive. Well, and I published a you mentioned one book, Supercharge Your Health.

Yeah. I 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 in that book that I quoted, and described all the different actions of magnetic field therapies, which you don't really won't find anywhere else, because it's 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 as a, as what you're saying that magnetic field therapy has a lot 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 and find that research yourself. Unfortunately. Yeah. So how does it work in the body?

Someone's got, a maybe just chronic pain. You know, give us some some examples of some different conditions and what's happening in the body with this technology.

All right. So magnetic field therapy works primarily. There's probably other effects going on too. But those are such subtle that there's a lot less research about this.

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

So if you apply a Tens machine or apply current directly to the tissue, you could burn the tissue with that current in a sense that electrocution. But PMF therapy doesn't do that.

PMF therapy is shielded. It doesn't actually, contact the skin with an electrical charge. What it does, though, is it induces the charge in the body. Now, there's a chart.

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

So Faraday's law of charge induction. So Faraday discovered this a long time ago, the 1800s, that if you pass a magnetic field through a coil in which in a 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. That was you'll initiate current and the current turns out turns on the light bulb.

So essentially that's what we're doing in the body. The magnetic field is it passes through the body, interacts with all the ionic charges in the body at any charges, any polarities of charge that are on tissues of any kind, whether it's proteins or fats or again, nerves, or ions 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. What am I going to do with all this energy? It does whatever it wants. So we know again, in the Supercharge Your Health book and the power Tools wrap up, there are at least 27 different actions of magnetic fields in the body.

So what's that feel 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. No. With no side effects and with no side, typically with no side effects. Yeah. I increase the circulation, decreases inflammation, stimulates stem cells, stimulates ATP, stimulates nitric oxide.

There's a whole lot and, augments 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. And then it goes. 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 is you just mentioned the increase in ATP because we know what fibromyalgia, they tend to have less mitochondria, the the power plants of the cells.

So the cells are not really working like they should not communicate with one another like they could. And they have a lot of problems with decoupling where the mitochondria are just even though they have them, they're dysfunctional.

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

But this is another way to do it. And also the, you know, the big the big, benefit is the blocking the pain. So, you know, you were talking briefly as we before we started recording with fibromyalgia.

They have this low pain threshold, this Aldana, 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 this, hands on chiropractic hadn't done that.

How long time. But, when I found when I started working with chiropractic patients is you could not adjust them. You could not manipulate them. You could not them model, you know, use a modality and get them to to be able to overcome their fibromyalgia.

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

So and I, you know, when I've had it, when I've had it done, oftentimes you're just there, you got the machine on and you don't feel anything. And now when you get off the table, if you're using a table or using a device, then you might realize, wow, where's that?

Where's that neck pain gone, you know? But for the most part, you really don't feel this 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 who are promoting them and so on, is the range.

And I go through all some of this in the, Supercharge Your Health book. The very low intensity magnetic systems, medium intensity, high intensity and very high intensity.

And then you decide whether you want to just treat locally or you want to treat a whole area, or you decide you want to treat the whole body. Yeah. And I would recommend fibromyalgia.

You have to treat the whole body. Yeah. Because if you're not treating the whole body, you're just not getting adequate, treatment because we don't know.

We used to say, well, fibromyalgia is mostly a centralization problem, but now, as you just said, it's a mitochondria problem and all the tissues and the and the and we also talked about this before the, we have started recording is that it's related to the passive ity.

Fibromyalgia, Pain, and Whole-Body Treatment

There are a limited number of C fibers and they become hypersensitive to pain, to, painful stimuli, to temperature, to heat. To cold, to pressure. So all of these fibers now are hyper turned on.

And when they're hyper turned on, that signals go into the brain. 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.

So you can't get by just getting a little magnet put on your elbow and take care of your problem, or get a little magnet, put it on the side of your head to take care of the problem, you have to do it properly so the people who are out there selling very low intensity magnetic field systems, mostly they're 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 have to get the right intensity of magnetic field to do the job.

I have a blog on my website. I, doctor Polycom, about adenosine. So adenosine is 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 rub. 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 optimal. A lot of these whole body magnetic systems and I'll name names Beamer I am rescuers, that is they're all of these very low intense.

Oh am I, all of these are very low 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.

So if you want to do treatment deeper into the body, that you have to account for the fact that magnetic fields drop off very rapidly. So a 4000 gauss magnetic field will be down to 15 gauss in six inches. Wow.

Okay. So and you want to have 15 because that's what the research shows. You need to have to decrease inflammation. So then you have to kind of calculate.

And there's a table in the adenosine blog on Doctor Qualcomm. And there's an appendix in the supercharge a book that shows you the intensities you need and how far you try to treat.

So if you try to treat across the brain or centralization from typically across the brain is about six inches in a 4000 gauss magnetic field, to be able to deliver 15 goes 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 other side to get the best results for yourself. So that means you have to have the right intensity of magnetic field.

So if you have a magnetic system and 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 low intensity magnetic systems actually work on acupuncture points. That's how like I started with magnetic field therapy is to replace acupuncture.

I started using magnets on acupuncture points. I was trained in acupuncture. I started using magnets and acupuncture points because people wouldn't do needles.

In 1990, acupuncture wasn't well known. In 1990. 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 how to use magnetic field therapy in their practices.

Because acupuncture doesn't heal, acupuncture helps the body to rebalance and to to deal with sensation and symptoms. But it doesn't do a really good job of healing.

So magnetic therapy does acupuncture, but at the same time, it's doing all the other things that it's 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'm going to ask this question, what's the difference between, pulsed magnetic field therapy and a tinge unit or a micro stem? Some of these other these are, you know, people kind of lump these these together and they're they're not the same.

So let me answer that question. First of all, let's clarify what PMF stands for past electromagnetic field. Maybe we'll call it pulsed 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 after I got this practice. What is the difference? How is this difference between the two ends?

You know what people are very familiar with. All right. And some people are familiar with Microcurrent as well, which is microcurrent. All right. So I was trained in Microcurrent as well, and I stopped using it because it's microcurrent what happens with current in the body?

It's absorbed. Yeah. It doesn't penetrate very deep. So I called tens 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's kind of how I would explain it. When I had my physical clinic, you know, I had a clinic and I would tell people, oh, and they ask, well, what is this doing?

And I said, oh, this is you know, it's like when you bump your elbow and you rub it out, that's what this is doing. And it's overwhelmed, overwhelming.

These receptors, these nerve receptors. And now you what's going to the brain gets blocked essentially, or by something else. Something else is stronger than what you had.

Yeah. So the brain's forgets what the previous problem was. Right. So compared to other therapies, whether it's laser or microcurrent or tans machines, PMA therapy, the biggest benefit and difference between these PMF therapies and other therapies is they're deep.

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

You just have to have a strong enough magnetic field. It's going to go all the way through. And as I mentioned already, you want to deliver at least 15 gauss all the way through because then you're doing the most work.

And besides that, I think if you buy, people make this mistake very, very commonly they think of the problem they have. And I want to treat this problem.

That's my goal. I want to treat this problem, unfortunately. Well, fortunately, actually, you have a tool with magnetic field therapy. It does a lot more than that.

So while it may help you with that problem, you know, I hear this all the time. People have 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 pain got better. Actually, it got better before their feet got better. So all sorts of all sorts of problems in other parts of the body begin to go away.

And then you're left with the problem that you're trying to treat, because that problem is not getting better faster,

because it needs more work, right, needs a longer period of treatment time to be able to get better.

Because every tissue in the body has its own cycle of ability to repair. So cordial cells repair 24 hours, skin takes 2 to 3 weeks. How how fast does it take for an Achilles tendon rupture to heal?

Oh, months. Never. Nothing. Yeah. Yeah, I should say never. Yeah. Right. Yeah. So it back if you use wire to to hook it back up again. So a lot of a lot of tissues of the body just never heal.

And you have to. So you have to keep treating because they just don't heal. Or if they do like bones bones will heal. How fast does it take for a ball to heal?

Now you years. Oh, years. Wow. Well, I'll explain why. So if you break a bone, not only do you break the bone, but you also tear all kinds of tissues around that area as well, right?

But when you break the bone, you take the cast off at 12 weeks. And the reason you can take the cast off is now. Now you're not going to disturb the fracture site, right?

But you take X-rays two years later, you can still see the fracture site. Oh, yeah. Yeah, right. It's better, but you can still see it. And x rays are not that sensitive.

If you did a more sensitive task, like an MRI or a CT scan, you can see the fracture site 3 or 4 years later still. So how long does it take to heal a bone?

Well, the answer is when it's healed. Yeah. You can have a functional extremity earlier than that. And magnetic field therapy accelerates the healing process.

So we know that we can heal in half the time. I'll give you another example. Research has shown and this is FDA approved. You're talking about this for healing fractures that won't heal called nonunion devices that were approved by the government for healing.

Nonunion is a relatively low intensity. Only about 18 or 20 gauss. So what they found is that you needed probably at least 9 to 12 hours a day of treatment with the magnetic field to heal that nonunion.

And they did a study with people who had these fractures and have this equipment, and they ask them how many hours a day they were doing treatment. They were recommended to do nine hours a day, 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 that did three hours or less a day, took double the time to heal.

Six months, and maybe even more so. The treatment time is very important based on the intensity, the magnetic field that you're using. So that's why we go back to the 15 gauss with adenosine.

If 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. All right. Does that mean you only need to eat for eight minutes a day? Yeah I can't I can't I if there would be a hard sell for me to hear, all you need is eight minutes a day without.

I mean, that would be hard. Doesn't make sense. Yeah, yeah, it's a marketing gimmick. Yeah, that's all it is. It's a marketing gimmick. You have to pray eight minutes a day.

You might be able to zoom up your acupuncture system, but you're not going to do much healing work. If you take that fracture example that I just gave you, you're going to need to do a lot more time, maybe than than you think you should.

Or somebody says that you should, because ultimately I can't determine how much time you need. Who determines how much time you need your body. Yeah. So once you understand your technology, once you understand what it's capable of doing then you have some sense of understand, you know, the pathology, then you have some sense of knowing how long this is going to take to heal and how much time you're going to need to use to get there.

Yeah. So one of the things that happens with fibromyalgia, with this over ramped up sympathetic nervous system is just on hyper alert. And you mentioned that that stimulation can be accelerate.

I mean, can be accentuated to wear little things like a, a handshake or a hug or talking mouse can set them off. And the other part of that is oftentimes because their nervous system is so revved up, their sympathetic nervous system, they're anxious, they have a lot of anxiety.

They're wired and tired. They feel like exhaustion. They have this nervous energy. And this technology, though, not only helps with pain, but it can help to tone down that whole process right?

Absolutely. So if you don't 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.

Yeah. And the vagus nerve tones you down as parasympathetic. So if you did a magnetic field towards the back of the neck, you can tone down the whole body.

You could actually do the same thing and have a magnetic field that's strong enough. Treat your belly. Because where are the most vagal 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 the brain.

Treatment Intensity, Timing, and Healing

So in terms of toning down the brain, treating the brain or the nervous system or just the body in general helps to quiet down. The nervous system. And then on top of that, with anxiety itself, by treating the brain, you're tuning the brain, or you're toning the brain, 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 in the brain. So you're quieting down the brain.

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

So you've got all these different actions going on at the same time. So that's the good thing about magnetic therapy. Turn it on and lay back and relax.

It'll it'll do its job. It's like flying right. 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, with a mat rather than just a localized machine?

I mean, it's different products. And, you know, they need to go to your website. Doctor Polycom. Right. Doctor pot.com. And you have you have it all laid out for them.

But from my patients in the past that I've recommended, as I've always suggested that they do, a mat or some type of, way that they're, they're exposing the entire body to benefit the best from this.

So based on what we know and what we just talked about is that you have both a peripheral problem and a central problem, you know, 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, small area applicator and a whole body applicator.

So when you buy the whole body you're getting that benefit. But then you may need to treat separately. So most magnetic systems don't allow you to do both at the same time.

So then you have to 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's 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 it needs to focus the most energy. So training the brain and the body I think is very important.

And then having the right magnetic field intensity is critical to others. Yeah. Well, I've said with fibromyalgia, really, you know, it's a name given to describe this group of symptoms that people have.

And but the name doesn't cause the illness. I mean, it doesn't cause the pain, the fatigue and these things. And ideally, I mean, 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 doctor Pollack is, you know, agreeing with me. I mean, this is this is the principles of holistic medicine, and functional medicine is, you know, you want to find the underlying causes and fix those.

This is a tool that I believe, is a good fit for fibromyalgia because you I believe you've got to fix the biochemistry. The hypothalamus, the pituitary, the 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's really helps to make them work like like they should be working optimized.

They've become optimized. Essentially, the acupuncture system is optimized. The metabolic functions of the cells of the body become optimized. The ATP production, as you mentioned.

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

You can't repair and hold the repair in a body without proper rest. Yeah, right. So you have to combine these things to make a complete house. Magnetic field therapy accelerates everything.

Yeah, everything works better, faster. But you can't do without. And if you're if you're trying to build bones, you have to have your calcium. You have to have your boron and silica and, strontium and all.

You have to have all the nutrients 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 things often works better.

So, for example, we know that ozone combined with magnetic field therapy works better than either one alone. And this is true about most other modalities too.

So it's very safe to combine with almost anything. And what I found, though, is that as people start doing magnetic

therapy, they often drop off other therapies as they're getting better.

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

Never give up on your sleep. You know, never give up on, 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, whoa, what did it even say. These see fibers and you know, so it can be a bit overwhelming. You and I, we talk this talk you more than I do.

I mean, this is your this is your thing. You know, you're the expert. Is the where we want them to go to your website and learn more other what what resources on your website would you encourage them to check out?

You mentioned a blog, I think an article. What are some of the things you think, doctor, that would be, a way for them to, to be able to to break this down in a way, you know, to 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 section goes into some of the basic concepts of magnetic therapies.

What are the key, blogs? Doctor Polycom is the adenosine blog talked about advancing inflammation and pain. So because adenosine is critical to dealing with inflammation, and it's critical then to dealing with all the secondary problems associated with that.

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

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

Yeah. Because if you're not committed, I'm not committed. Right. All right. As we talked about at the beginning, I'm not your doctor. You're your doctor. I'm your consultant.

Resources, Devices, and Closing Remarks

So you got to take care of yourself. But that means you may have to make an investment in something that you're going to be using, probably for the rest of your life.

Even though you this need has gone away, it's still going to help your body in many other ways. I jokingly tell people that, the biggest risk with magnetic field therapy is the urge to put on a cape.

And if you could even put on as many capes as you want, just don't try to jump over anything tall. So magnetic field area can we just generally make you feel so much, so much better and in so many different ways?

Yeah. So for for the audience, I want to, encourage you to go to Doctor Pollock's website, dot com, and learn more about this technology. I think it's a perfect fit.

I really, when I found out about his work, I was adamant about getting him on this, this, summit. Because I think people need to know about this technology.

It's a tool that combined with the right diet and the right, nutritional supplements, things that we need to do to rebuild the body. It's a perfect fit for fibromyalgia.

And, I want to 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 Supercharge Your Health. Yes. The website is not as clear about what device to use for your problem.

So unfortunately, the Supercharge Your Health book. We wrote that book with that idea in mind. Okay, I have this problem. What device should I get? What magnetic therapy system do I need, how strong does it need to be, etc.

so the book then gives you some guidance on what the best equipment is going to be for you. And then on top of that, I have, recommendations for 80 different health conditions.

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

Most people can't jump off the edge of a, 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 is a stressor to the body.

It's a it's going to tell your body to work. It's requiring your body to work and to heal yourself you have to work. The problem is that you don't want you can't get off the couch and run a marathon tomorrow.

You have to train a magnetic field therapy. In a sense, it's training. So it's a gradual process of being able to go to the maximum intensity at the maximum time, because that's when the repair and and the healing happens the fastest.

But you have to get there gradually because he could overwhelm your your body and fibromyalgia and particularly and if you have, chronic fatigue syndrome and you have mix or mix, then you have a whole lot of other things going on from an inflammation perspective, and you have to sort of crawl before you run, or you and your wife and the supercharge, your book has some of that information in it.

And 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 a $5,000, $4,000, $5,000 for a good magnetic therapy system. Now you can buy a $5,000 magnetic system. That's not good.

And there are plenty of them out there because they're not strong enough. Right? All right. So if you're going to spend that kind of money, educate yourself on what the systems are that can do that kind of work for you, that you're going to benefit from.

And so in closing, I just yeah, again, still want to encourage people to check out. So obviously want to check out your book. And I want to thank you for sharing this.

You know, this 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 you so much for being part of this summit. Thank you very much for having me here and sharing with your followers and listening to your viewers, your tribe.

So thanks for joining us on the summit today. And look forward to, sharing some more interviews with you. Coming up soon.