How PEMFs Can Boost Your Body's Energy Transcript

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Introduction to PEMF and the Guest Interview

Yeah, supercharger. Then you'll have a much better understanding of what your options are and what it's likely to do to help you. If you do that, then then if you're going to make a four thousand dollar or seven thousand dollars or twelve thousand investment in a piece of equipment, an investment that you've been using for years, not a lifetime, that will be informed about your investment.

Absolutely. And that's what I love about you is that your you are literally telling people, do your homework first, learn about this. Don't show up and try to give me a credit card for, you know, this unless you know, unless, you've done some pre-work first.

I love that about you. You're so, You have such high integrity, Bill. Thank you! Well, that's the family doctor, the holistic family physician, right?

Yes. Take, gotta take care of yourself. Yes, yes. Well I want people to be successful with what they are using magnetic field therapy for. It's an investment.

it's not an, investment in the equipment, it is an Investment in time. If you don't invest the Equipment and the time, then you're not going to get results.

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.

Welcome to The Conversation. today I am speaking with not just one of the world's authorities on pulsed electromagnetic field therapy, but also my dear friend, Dr.

Bill Pollack. Welcome. I'm so excited to bring you back for this mitochondria discussion that we're having today. i get the distinct pleasure of seeing you a couple of times a year because we hang out at medical conferences together.

That's actually where we first met. So welcome back. You're very welcome. Thank you. Appreciate it. you're looking great as always. And I know that you have some new equipment and you are looking even better still.

Thank you, yes. By new equipment, Bill means my fancy camera. Yes, thank you. You're outshining me now. Thank You. Well, yeah, the girl is supposed to outshine the guy.

Okay. Okay, good. Well, Bill, for the people who don't know you, I mean, you have quite a distinguished past. You had university appointments at Johns Hopkins and University of Maryland.

Much like me, You spent decades, decades in the Western medicine world working as a physician. And later in your career, you really became the authority of PEMF.

PEMF, not to be confused with EMF.

How PEMF Differs from EMF

We're going to jump into that as well and explain why PemF is so good for you. I actually have one of your devices here. Will talk about that. It's an incredible product.

And I also have your book here, which is, you know, the primer. it is the thing that people should be reading if they want to know about PMS. So, supercharge your health with PMF therapy.

Bill, let's jump right into this conversation. Let's start out and just unpack why PEMF, why is it important? And let us help everyone understand that it's not the same as EMF.

Well, I'll start with that first. So EM is I call EM environmental magnetic fields. It stands for electromagnetic fields, but let s call it environmental, magnetic field.

That means that they're in the environment. microwave towers, radar, radio signals, television signals. All of that is EMF. So basically they're broadcasting the environment and they have wavelengths.

They go on forever, essentially. And that's very different. The generation of, that, is for communication purposes primarily. It may have other functions as well, but it's primarily for that.

As a body doesn't matter. That it didn't create it to consider the body. although the body's not in the way. In a sense, it is in a way because these are extremely low wavelength magnetic fields.

They're very tiny, tiny magnetic field. And a low frequency magnetic has a very long wavelength. It goes right through the bodies. So if you can design EMFs to be long wavelengths, they'll go right through the body and not bother us.

Okay. So this, so this little gadget I have is a long wavelength that goes right to me. Oh, it's not. Let me clarify that because that's a distinction.

One is how is it generated? EMFS are generated by broadcast antennas or by transmitters that broadcast directly into the environment. A PEMF is generated by a current flowing through a wire, not broadcast.

It's a correct flow through wire. So more directed. That's more focused. Focused, that's the word. Yeah, focused The word I use is basically open loop.

When you're broadcasting the environment, there's an open-loop. Theoretically, PMS come back to the source, but they don't. They just go out into the So with PEMFs, it's a current flowing through the wire and my thumb is the flow of the current in the, in a wire.

Let's say, let's pretend that's, that it is a, wire, the magnetic, current flows through wire but it pulsing. It's got a pulse rate or jumping through, if you will.

Every time it jumps, pulses, you produce a magnetic field. And my figures represent the magnetic field. So as the current pulses, it goes out. Magnetic field goes up and comes back down.

It collapses on itself. so it's a closed loop. Okay. That means it has no pulse. it. Has no wavelength.. It has a pulse rate and a lot of people confuse that Hertz.

And we use the word Hertz, which is cycles per second cycle, but it is not a wavelength, okay. Right? Major, major distinction. So the reason the EMFs bother us is because they're extremely short wavelengths, which means they get absorbed by the body.

Same principle as a microwave oven. Right, we contain the microwave field so it's not supposed to radiate outside, and then we put stuff inside the microwaves and we cook it.

Right? We heat it. That's the principle behind microwaves, is they heat things. Now we put a cell phone to your ear, you'll see your ears turn very red.

It does, it gets hot. You look at the other ear and it's nowhere near as red So what we're doing with a cell phone to our ears is we are cooking our ear.

Real-World Uses and Cellular Energy Support

And our brain. So people who have PMS or cell phones to their heads all day long, including Bluetooth all-day long are basically cooking your head. People who do that all they long have an increased incidence of acoustic neuromus.

because of that unilateral production of the magnetic field and the heating, in fact, into the brain. Okay. So it goes through the skull, it go through to the skin, goes to scalp, and goes into brain, so PEMFs are nowhere near like that.

Nowhere near at all. And this is why they're extraordinarily safe. That goes right through the body. Yeah, and we use them for a variety of healing. Now in my, we're going to tie mitochondria right into this, but I want to share some stories real quick about what we've used PEMF for in in, my family.

So I got this device from you a couple years ago, over a year ago. And my daughter is in competitive cheer, which is very athletic and high level of stunting.

And the girls fall, they twist their ankles, and they hurt themselves. We bring this to competitions because inevitably somebody's going to fall. that can take them out of the competition.

So we've literally had girls who twisted their ankle, put this on the next day, they're up and competing again. We were just talking before we started this that I had laryngitis and completely lost my voice and I put the paddles.

So there's these little paddles here and I put them right on my neck to support me. If I pull a muscle, I'm using this, you know, anywhere in my body.

I bring it to hotels to help me sleep. i'll put it right underneath my pillow case and my head will be literally right with just the pillowcase. There's a frequency that helps me There's a frequency that helps me think better.

I have a band that I can put this literally on my head while I'm sitting here working, and I could make my brain work better, so talk to me about this.

How does it help me with all these different things? The secret sauce, the magic behind PEMFs is that because it's in a magnetic field, It completely ignores the body.

Think of a magnetic field passing into your body like the wind in the trees. The wind doesn't stay in trees, it keeps on going. But as it's moving through the tree, It shakes the leaves and the branches.

And the stronger the winds, the strong the action, right? So we don't use to break the three down, we design these to be able to support the bodies. So as that magnetic fields is passing through body, its increasing energy production in tissues.

So the body reacts to it based on a law of physics called Faraday's law. There's an induced charge in the in body because of all the ions and the electrical charge activity inside our normal cells.

That's normal. And as we are dying, as are aging, As we're stressing and using up our energy capacity, our cells are not producing as much energy. So when you subject the cell to a magnetic field, all of a sudden you increase the production of energy in the self.

And now the sell does things that it was not able to do before he started the magnetic therapy. So basically any condition that causes the body to be, uh, to the place that placing a demand on the.

That causes a body work harder or the cells to work. Needs more energy. Another analogy I use, a image I used, you can't build a house without bricks and mortar.

So you want to build a house, you need the nutrients, the bricks and the mortar. You need a plan, DNA, right? You'll need energy for the work to be done.

So, or you could either use manual energy. or you can use electrical energy. So, Magnetic Field Therapy is the power tools. That's the title of my previous book, Power Tools for Health.

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.

Paul's Electromagnetic Field Therapy is a science-back, 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 DrPaul's.com PEMF systems. visit drpawlk.com, that's D-R-P-A-W-L-U-K dot com, to register and claim your savings.

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

Visit drpalak. com today and let's get started on your healing journey together. Okay, so we're establishing here that you need more energy for every process.

So all those examples I just gave you when my daughter twists her ankle or one of her teammates or when I'm trying to get to sleep in a foreign environment like a hotel, my body is actually needing more to make these things happen.

It's funny because I know a lot of people think about, but energy is something that's You think of energy, you think about energizing, think being awake, being productive, go go, but you actually need energy to sleep, and you need to heal, to digest, for your immune system to fire.

So this is what is supporting. Now this brings us right into the mitochondrial discussions. In our body, our mitochondria make 90% of our energy. So tell us, let's talk a little bit about energy, or mitochondrial turnover, and let bring PEMF into this discussion about how it supports mitochondrion.

Mitochondria, ATP, and Healing Mechanisms

Mitochondria have a life cycle. Like every cell has a lifecycle. Our bodies have life cycles, right? Humans have lifecycle, the planet has lifecycle Well, mitochondri have their own lifecycles as well.

They are generated by proteins. So they have a mitochondria have, a membrane and inside the membrane, they, have what we call organelles or other, other structures inside of the cell.

All of that has to be working together. And so you have to create, is a component of autophagy, which then creates cycle recycling basically of, the cells.

so PEMFs by virtue of increasing the energy available to the self, that energy transfers into the inside, of a cell, And then that stimulates all those other production processes of the cell.

And it stimulants the cleanup processes in the cells. So we don't choke up cells with stuff that's not functioning well. It's really important for the whole life cycle process.

But what causes mitochondria to be damaged? Yeah, what does cause it? Life. Yeah, living. I mean, there's a few things we don't have control over, right?

Like, we have no control of our genetics, over the aging process. We're going to be older every year, but we do have a lot of control what we're exposed to in our environment and what harms mitochondria.

Whatever harms the mitochondrion. So what happens is if you're stimulating mitochondrial, let's say you are depleted, why do we get a cold? Why do you get laryngitis?

We got run down. We might do a lot of good things to keep ourselves healthy, but the stress that we laid on top of our body was more than our bodies could cope with at the time, and therefore it got sick.

Now, if you're constantly stimulating the cells of the tissues, so mitochondria have a 17-day half-life cycle. In other words, mitochondrial lasts for about 34 days, but the half life of a mitochondrion is about 17 days.

On days 18 through 34, it's probably not functioning as well as it did days 1 through 17. That's when it is really doing a good job, and then it starts to slow down.

starts to slip. And then, so if you then throw stress on it, whether it's infection or radiation or poor nutrition, lack of sleep, proper exercise, all the things that we do to maintain health.

If it has, it is already pre-stressed, then that life cycle is going to be shortened. Even if it optimized, its still going be short. But magnetic field therapy, what you're doing is you are constantly stimulating those processes in the cell to be balanced, that is to say, optimally functioning.

If it's optimaly functioning, when you hit it with a stressor, it is now more resistant to that stressors. It's going to deal with that stresses better and live longer and last longer.

Okay, so what I'm hearing is that PEMF would be a very important part of somebody's healing journey. Now, our audience here is, you know, they are really advanced in their quest for answers to their symptoms and they're wanting to prevent chronic health conditions.

the different type of PEMF. When I very first met you, we had a lot of fun. It was actually at a conference and I laid on one of your big PemF, full body PmF devices.

And if you recall, I was wearing some really cute high heels that day and we were walking around the conference floor and my feet, you know, by the end of the day were kind of curtains, so we put it right on my feet.

And that's how we really got to know each other, because I was on this bed, in this thing, and that is where we got really to talk and our friendship bloomed from there.

Because I've been there for 30 minutes on the bed of yours. And once we finished that treatment, I had such good energy and my feet didn't hurt anymore.

And, you know, we still had a busy evening ahead of us. We were going to be going a dinner together and doing all kinds of things. There was a lot left to that day.

I remember thinking, you know, partway through that day, I'm going to make it today. I am so tired. And so let's talk about that. There's different types of devices.

You know this little tiny one that I have that take with me everywhere, but there's also bigger devices you can have in your home. All right. Well, before we get to that, if I may, tell me for a second, besides fixing mitochondria and having them live longer and healthier and function better, one of the most important functions of mitochondrion is to produce ATP.

So PMFs actually help the mitochondria to create even more ATP so you could have a longer day at a conference. So you can be able to function longer than you would normally.

And magnetic field therapy increases ATP production by upwards of 400%, between 100 to 400%. Right? Just by signaling that tissue, but it does it very locally because magnetic fields therapy works essentially locally.

So using a whole body magnetic system, then you're stimulating a much bigger part of the body and therefore a lot more cells get exposed and stimulated to be able to function.

So yes, so there's a range of devices in the Supercharger Health book that you have there. I talk about local treatment versus regional treatment, like say a chest or a belly or back.

And we talk whole-body. We also talk about local, so that machine that you have, the little one there is more of a local machine because it's a small circle, small coil or applicator.

So that's very useful for small areas. The brain is relatively small compared to the chest or the lung or belly, right? So you can actually apply it for use with the brain.

You have to get the right magnetic field device for what you're trying to accomplish. Most whole body magnetic systems actually have smaller applicators as well.

Choosing the Right PEMF Device and Intensity

And usually the smaller applications are stronger than the whole-body pads. So then you can use a smaller application to your chest to stimulate your heart and your lungs to breathe better.

Add COVID or long hauler syndrome, magnetic therapy to the chest is amazing. There's a huge increase in oxygen production. But I'm assuming for people with COPD or other lung diseases, this would be a great thing to have.

Essential. Because it not only helps you to breathe better, but also strengthens the tissues to be more resistant to the inflammation and infections that many of these people get.

And so we have COPD and you get a pulmonary infection, you got bronchitis. That's just one more nail in the coffin. Just one loss of function that you're going to experience.

So you need the right piece of equipment. One of the key aspects of magnetic field therapy for increasing longevity and slowly aging and recovering faster from problems is anti-inflammatory action.

The key actions of Magnetic Field Therapy is to reduce inflammation, whether it's local, again, regional or systemic. And you need a specific magnetic field intensity for that.

So one of the biggest mistakes that people make with magnetic therapy, number one, is they buy cheap. You buy it cheap, you get cheap Oh, that's, yeah.

That's the case with a lot of things in the functional and integrative medicine space. There's a lots of cheap knockoff, not good things out there. And they're not cheap either, right?

I mean, even the knockoffs you're spending, you know, your investing in these. So you definitely want to buy something that is going to actually work.

It's going work properly. You can spend $6,000 for a PMF device that has a whole body machine and there's lots out of them out being sold by multi-level marketing companies that are only one cost.

So going back to the inflammation argument or discussion, you needed optimally about 15 Gauss. So if you don't know what the intensity of your magnetic system is, that you know, what you're doing, What you should be doing to

get the most out of it.

Having the right intensity is probably the more critical factor at all, of all with magnetic field therapy. Minimum 15 gauss, so for decreasing inflammation you need 15 guss but there's a trick here, there is a problem.

You know that light drops off very rapidly as you move away from it. Correct. Well, magnetic field therapy is like light, like cold, heat, sound, et cetera.

It drops up very rapid. So if you need to deliver 15 gals at one spot, then you to start off with a higher intensity to be able to delivery that 15 at that spot.

You have to calculate for that. In the Supercharger Health book, there are tables in there about the molecule called adenosine, which is responsible for helping with inflammation reduction.

And so you need 15 Gauss at the adenosine receptor, but adenosine receptors are all over the body. So if you're need to do 15 gauss across your skull, across you brain, then you have to calculate the magnetic field you'll need, to deliver that across the brain.

And that book has the tables in it that show you what you will need. Okay, and then once you figure out what your goal is, so why are you wanting to own a machine?

So that's the first question is what's your, what is your goals? What's condition or what are trying to solve with it? Then you take a look at the book and it helps you to figure what direction to go.

what size device to get, and there's some cost comparisons, et cetera. So, I mean, again, if you buy cheap, you get cheap. What happens is that, unfortunately, the costs of magnetic field therapy devices increases as the intensity increases.

If you want more intensity, If want to treat across the brain to improve the mitochondrial function of your brain, that he had a stroke, You're in huge need of repair of the micro function in the area of stroke.

Yes. Right? If you're trying to build a fracture, if you have a fractured, the body all of a sudden needs a huge amount of energy to repair that fracture.

So you need the right amount energy, to be able to help that fracture build. And it does act for mitochondrial stimulation. Let's talk about this little guy.

How many gauss is this? All right. That guy, that's called a flex pulse. The flex box has a maximum intensity of 200 gaus. Wow. And you're buying these, somebody's buying a $6,000 thing for, that's giving them one gauss.

One gaus or less. and this has 200 gaues and is nowhere near $ 6, 000. That's amazing. Nowhere near. that is why it works so well. This produces, by the way, the cell phone produces 10 max.

The gross magnetic field is about 0.5 gauses. Half a gause. And so our biology is built on living on a planet that delivers half a gauss continuously.

And we've become conditioned to that. — And that's where we talk about wanting to go outside barefoot on the earth, get into the Earth's magnetic field and ground.

That's one of the things we're talking about there. Sitting in your office doing nothing, you're getting half of gaus, period. Landing on that planet, trying to dig, go down into a mine, the planet is not going to produce a hell of a lot more.

In fact, actually, the planet's magnetic field, you have to go about a thousand, no, about 100 kilometers into space to have that magnetic fuel. The planet is magnetic filled, reduced by a 10th.

So you to get up beyond the space station, almost to the edge of the magnetosphere, as we call it, of a planet to to less than the magnetic fields, then basically zero.

I got it. So you need a lot more energy than we typically get. So, you have to know what device you're getting. You always, always always ask whoever you are buying it from, what is the maximum intensity of this magnetic field?

If they can't tell you that, don't buy. Everybody write this down. What is maximum the intensity the of the magnetic fields? So that's a writer downer.

That's a huge takeaway from this talk today is you must know that. Now there are very high intensity devices that are sold to doctors for $35,000. They're praxis.

And what you're doing essentially is buying furniture and paying a commission. So it's, you know, not all that money goes into the magnetic field. $3,500 and they won't tell you what the maximum magnetic fuel is.

But you will. And you are very transparent in your company. Um, and you share this information, which sets you apart from other companies out there, was one of the reasons I love you so much.

Yeah, you have to know the magnetic field because you can't, it can calculate what you're delivering into the body. Then you don't know what your doing.

You don' know how many hours a day you need to treat, whether it's five minutes or 10 minutes, or two hours or three hours. So every given condition sort of has a different timeline for treatment.

In the Supercharger book, I give you the advice on what magnetic fields you're new for that condition and then how to use it to get the maximum benefit from it because that's key too.

So once you have it, great. What is it? How does it work? And how much do you use to be able to the results that you need? And every condition kind of has its own sort of timelines for treatment as well.

And I'm pretty sure, you know, if people are serious about getting one of these devices, your company actually helps people figure this out. You guys get on the phone with people and talk about what's the condition, what is it you want to solve for, and you help people get into the right device, right?

So how would people gets information from you? On my website, drpawlik.com, d-r-p-a-w-l-u-k dot com. On the home page, you can ask for a consultation.

But I'm going to have to warn you. If you want to buy cheap, forget about it. You're going to get a recommendation that you need for yourself. And I usually recommend that people go to the website or buy the book and get educated before they want a consultation, because I don't want to waste my time educating people to do something they should have done before the come to consultation.

You have to have some really decent sense about where you are going and why. Do your homework before you get in front of Dr. Pollack or one of his team so that can make the most out of that discussion.

Half an hour. So you got to solve a lot of problems in half an hour. Yeah. Um, so let's talk a little bit about, um, So if this, if, this little flex pulse is 200 gauss, what would somebody expect from one of the ones say that I, that you used on me when we were on the showroom floor of, you know, a big medical conference.

Okay. Well, let, talk about that drop off, my got a good attention. So, do you want to deliver across the brain?

Safety, Contraindications, and Practical Guidance

You talked about six inches, typically. diameter around that. And if you want to deliver 15 from one side of the brain to the other side, to be most efficient with your treatment, then for six inches, you need a 4,000 Goss magnetic

field.

So that's going to tickle the edges of, of brain. The brain's gonna be listening to it, but it's not powerful, not very strong. If you're listening, rap while you try to sleep.

You're going to have to something much stronger than 200 Gauss to try to offset the effects of rap. Not to mention the sound is just the other effects rap as well.

Are you talking rap music? Yes. Okay. Upsetting to the brain, apparently. It can be. So you have to calculate that. The equipment, different devices, for example, we have devices called the flash machines.

They range in intensity from about 4,000 gauss at the lowest level up to 7, 000 gaus at next level and over 10, 00 gaust at highest level. And the equipment you can decide to use, get equipment that only does one applicator at a time or equipment, that does two applicators at the time.

If you do two applications at at time, it's much more efficient. It's more cost effective, but it is more expensive as well. So you have to account for that.

You have adjust for the variation. 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, and 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.

Okay, so a lot of decisions, a lots of research that I would encourage our audience to really look into this and make sure that they're finding something that fits right for them.

Now, people with chronic health conditions, there'll be people are watching this right now who have multiple sclerosis, who family members with dementia, There's people watching who are cancer survivors, have heart disease, other autoimmune conditions.

There is also a whole group of people here who're interested in prevention. And they don't have any of these things and they want to get on top of this before any these happen in their health.

So what I'm hearing is that there's a different type of device and a difference level of, you know, gouse and strength that is going to support each of those people.

Correct. Whatever you buy is gonna have more benefits to you than just what you bought it for. Like I started off and say, we use this little machine for a myriad of things.

I use it to help me fall asleep in a hotel, I used it help my laryngitis, and I'll use to an ankle sprain. It's all different. Correct. And so even though you're buying it for one purpose, like maybe the treat of bronchitis or laryngeitis.

When you own the machine, it's going to do everything that the machines can do. So you don't limit yourself to thinking why you bought it. If you use, then you can use is to treat your back or your hip.

But if you get a whole body system, now you're using it for prevention to treat the whole-body, all the cells in the body, re-energizing yourself every single day.

And that doesn't allow you to age as much. That's what I experienced when I laid on that and we did a full- body treatment. So in last couple minutes that we have here, I want to make sure we address, you know, any thing, is there any risk to PEMF?

Is there anything that anybody needs to be concerned about? There's fundamentally, one absolute contraindication to PEMFs is transplants, even a corneal transplant.

If you're on immune suppression with a transplanted organ or tissue, then magnetic field therapy stimulates the immune system. And we can't predict what the effects are going to be relative to the immunosuppression that you need to have that transplant function.

We don't want to risk having rejection. That's the only contraindication. That is the absolute contra-indications. Okay. The other one that's relative is if you have implanted electronics.

And the general rule of thumb is you shouldn't do it with pacemakers or implanting defibrillators. Certainly not implante defibrelators, but today a lot of these devices are now what are called MR condition.

In other words, you can have an MRI with them. But it varies with the device and the manufacturing. So what you have to do is you've to find out whether you had no risk with an MRI and there are some pacemakers that have be turned off by the technician.

Do your MRI, and then they have the reprogrammed after the MRI. There are pacemaker that are not affected by MR unless the MR is like more than about one and a half Tesla, so about 15,000 Gauss.

It's more than $15,000 that you have an increased risk of damaging the or turning it off. So if you don't want to have it turned off, not if your need it.

Okay, great. Thank you for sharing that. I think it's really important that we cover that aspect as well. And then what would be your final thoughts on this?

If there's a few takeaways that really want people to hear about PEMF, go for it, let us know your pearls of wisdom. Well, again, PEMF is a Swiss army knife tool.

It does so many things. And that's one of the problems that a lot of people have with it. Is that it does too many. I can't just say it's just for sleep.

Just for fractures or just four wounds or COVID or whatever. it It's a physiologic tool, it happens to work for disease, but it has over 27 different actions in the body.

The good thing is that the body basically takes from it whatever it needs. The body decides what it's going to do. Magnetic fields ignore the bottom. They don't pay any attention to the bottle whatsoever because it just going go right on through the bottles.

But the bodies pays attention the field.

Final Takeaways on Trusting the Process

A good think about magnetic field therapy typically is magnetic fields do not cause problems. they reveal problems if you're using a magnetic and you have a reaction to it.

It's telling you that there's a problem in that body. Because the magnetic field is making the body work. And so I'm trying to run the marathon. You're going to work and you're gonna hurt until you get to the point in your training, you

could run them marathon or magnetic therapy is basically just like that.

It is going make the work, that's the good thing. That's what you want. you wanted to help you to be healthier. So that is one of the biggest risks is people do too much too fast.

so you may have to go low and slow. gently nudge the body in the direction that you're trying to get it to go and magnetic fields will work for you if you respect the process.

Respect to the process. I love that. So the big mic drop thing that I just heard you say is it's a physiologic tool, not a disease tool. And your body decides, this is so huge.

As a, you know, I'm a controller type personality type, no surprise. and so to actually surrender and allow my body to just do what she needs to do. so I am giving her the tools with PEMF and then I get to trust and let my buddy do it, what it needs Absolutely.

I had a discussion just the other day with this guy who has neuropathy, really bad neuopathy. Uh, going up from his feet up to his, uh, his up into his thighs.

And he was frustrated with a device that he had purchased because it wasn't working. He had for 45 days. It's just not working so a big part of what I have to do with the consultation is to educate him about neuapathy and that nerves don't regenerate overnight.

You have to be respectful to the body. I have understand how the, body functions. This is not a miracle. So I also say to people that I'm an MD, not at GeoD.

Even Geod doesn't give you everything you want. And there are some doctors, unfortunately, who consider themselves MDs. Yeah. So trust the process. It's that same concept of you can't target where you want to lose fat when you exercise.

Your body's going to where it's gonna lose it first, and then the rest catches up. So, trust when your doing this type of therapy that your body is utilizing this in the way that it needs first and over time.

I think if you arm yourself, if your interested in magnetic field therapy, $29 is a small investment to get the supercharger health book. Then you'll have a much better understanding of what your options are and what it's likely to do to help you.

If you do that, then you're going to make a $4,000 or $7, 000 or a 12, 00 investment in a piece of equipment, an investment that you've been using for years, if not a lifetime.

You'll be informed about your investment. Absolutely. And that's what I love about you is that you're literally telling people, do your homework first, learn about this.

Don't show up and try to give me a credit card for this unless you've done some pre-work first. I loved that about. You have such high integrity, Bill.

Thank you. Well, that the family doctor, the holistic family physician, right? Yes. Got to take care of yourself. Yes, yes. Well, I want people to be successful with what they are using magnetic field therapy for.

It's an investment. And the equipment is an invest in time. If you don't invest the equipments and the time, then you're not going to get results. So, you know, sorry.

Bill, this has been so enlightening as always. You're an absolute pleasure to speak with and to learn from. And I'm so grateful to know you personally as well.

I am one of the few people on earth that actually has your personal phone number and can reach out to you

whenever I want. So thank you for that. It's just been wonderful to connect with you.

Well, we want to work together to help humanity, right? We want help everybody. We do. Until next time, everyone, take good care. Bye, Bill. Bye bye. 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