How PEMFs Can Boost Your Body's Energy Transcript

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Introduction to PEMF and Dr. Pollack

The secret sauce, the magic behind PEMFs. is that because it's 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 has to stay in the trees. It shakes the leaves and the branches. And the stronger the wind, the stronger the action. So we don't design these to break the tree down.

We design these to be able to be supportive of the body. So as that magnetic field is passing through the body, it's increasing energy production in the tissues.

So the body reacts to it. based on a law of physics called Faraday's Law. This is Dr. Talks. 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. I appreciate it. You are looking great as always. And I know that you have some new equipment and you're looking even better still.

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

Okay. Okay. I'll allow that. 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 And later in your career, you really became the authority of PEMF.

So PEMF, not to be confused with 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.

We'll talk about that. I use this. 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 PEMF.

So, you know, supercharge your health with PEMF therapy. So, Bill, let's jump right into this conversation. Let's start out and just unpack why PEMF, why is it important, and let's help everyone understand that it's not the same as EE.

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

That means that they're in the environment. Microwave towers, radar, radio signals, television signals, all of that is EMF.

EMF vs PEMF: How the Fields Differ

So basically they're broadcasting the environment and they have wavelengths. They go on forever, essentially. So that's very different. And the generation of that is for communication purposes, primarily.

It may have other functions as well, but it's primarily for that. And the body doesn't matter. It is created to consider the body. The body's in the way in fact, although the body's not in the way.

In a sense, it is in the way because these are extremely low wavelength magnetic fields. There was a very tiny, tiny, tiny magnetic fields. And a low frequency magnetic field has a very long wavelength.

It goes right through the body. 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. 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 flowing through a wire. So more directed. It's just… More focused. Focused.

That's the word. Yeah. The word I use is basically open loop. So when you're broadcasting the environment, there's an open loop. Theoretically, PEMFs come back to the source.

Right? But they don't. They just go out into the environment. So with PEMFs, it's a current flowing through the wire and my thumb is the flow of the current in the wire.

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

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

It collapses on itself. So it's a closed loop. Okay. And that means it has no pulse. It has no wavelength. It has a pulse rate. And a lot of people confuse that.

And we use the word hertz, which is cycles per second. So it's a cycle, but it's 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. We contain the microwave field so it's not supposed to radiate outside and then we put stuff inside the microwave and we cook it.

Right. 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 ear turns very red.

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

Or in our brain. Well, and so people who have PMFs or say cell phones to their heads all day long, including Bluetooth all day long, are basically cooking your head.

And people who do that all day long have an increased incidence of acoustic neuromas. because of that unilateral production of the magnetic field and the heating effect into the brain.

So it goes through the skull, it goes through the skin, it goes through the scalp, it goes into the brain. So PEMFs are nowhere near like that, nowhere near at all.

And this is why they're extraordinarily safe, goes right through the body. Yeah, and we use them for a variety of healing. Now in my, and 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 my family.

So I got this device from you a couple of 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, they hurt themselves. We bring this to competitions because inevitably somebody's going to fall and 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 anywhere in my body. If I If I've used it, I bring it to hotels to help me sleep. I'll put it right underneath my pillow case and I'll just, my head will be literally right on it with just the pillow case.

There's a frequency that helps me sleep.

How PEMF Supports Energy and Healing

There's a frequency that helps me think better. So if I'm, you know, I have a band that I can put this literally on my head while I'm sitting here working and I can make my brain work better.

So talk to me about this. Why am I doing all these different, how does it help me with all these different. So the secret sauce, the magic. behind PMFs is that because it's 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 the trees. It keeps on going. But as it's moving through the trees, shakes the leaves and the branches.

And the stronger the wind, the stronger the action, right? So we don't design these to break the tree down. We design these to be able to be supportive of the body.

So as that magnetic field is passing through the body, it's increasing energy production in the tissues. So the body reacts to it. based on a law of physics called Faraday's law.

There's an induced charge in the body because of all the ions and the electrical charge activity inside our normal cells. That's normal. And as we are dying, as we are aging, as we are 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 cell. And now the cell does things that it was not able to do before you started the magnetic field therapy.

So basically any condition that causes the body to be, to be placed at, placing a demand on the body that causes the body to work harder or the cells to work harder needs more energy.

Another analogy I use, image I use, you can't build a house without bricks and mortar. You want to build a house, you need the nutrients, you need the bricks and the mortar.

You need a plan and you need DNA, right? You need energy for the work to be done. So you could either use manual energy or you can use electrical energy.

So magnetic field therapy is the power tools. That was the title of my previous book, Power Tools for Health. 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 energy to make these things happen.

So it's funny because I know a lot of people think about, but energy is something that's you think of energy you think of energizing you think of being awake you think of being productive you think of being go go go but you actually need energy to sleep and you need energy to heal you need energy to digest and you need energy for your immune system to fire so this is what is supporting now this brings us right into the mitochondrial production into the mitochondrial discussion so In our body, our mitochondria make 90% of our energy.

So tell us, let's talk a little bit about energy or mitochondria turnover and let's bring PEMF into this discussion about how it supports mitochondria.

So mitochondria have a life cycle. Like every cell has a life cycle. Our bodies have life cycles, right? Humans have life cycles. The planet has life cycles.

Well, mitochondria have their own life cycles 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 the cell.

All of that has to be working together. And so you have to create the membrane of the mitochondria in order to get the mitochondria to do the work of creating energy.

So like the human body, mitochondria have a cycle. They have a cycle of birth. They have a cycle of functioning and they have a cycle of decay and death.

So part of the problem then with the body, like the rest of the cells in the body, we have to clean up the mess. We have to clean out the dead cells. We have to clean out the junk and the litter.

And that's called mitophagy. So the cell itself has its own autophagy, which means the cell is replacing the damaged and dead elements in order not to get clutter.

So the cell can become efficient. So mitophagy 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 cell, that energy transfers into the inside of the cell.

And then that stimulates all those other production processes of the cell. And it stimulates the cleanup processes of the cell. So we don't choke up cells with stuff that's not functioning well.

So 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 don't have control over our genetics. We don't have control over the aging process. We're going to be older every year, but we do have a lot of control over what we're exposed to in our environment and what harms mitochondria.

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

Mitochondria, ATP, and Cellular Repair

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 body 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, mitochondria last for about 34 days, but the half-life of a mitochondria is about 17 days.

So that means, so on days 18 through 34, it's probably not functioning as well as it did days one through 17. That's when it's really doing a good job.

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

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

In other words, to be optimally functioning. If it's optimally functioning, when you hit it with a stressor, it's now more resistant to that stressor.

It's going to be able to deal with that stressor 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.

Now, I want to get into 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 PEMF 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 curtain so we put it right on my feet and that's how we really got to know each other because I was in this on this bed in this thing and that's where we got to really talk and our friendship bloom from there because I was there for you know 30 minutes on this bed of yours and well 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 to a dinner together and doing all kinds of things and there was a lot left to that day and I remember thinking You know, partway through that day, I'm going to make it today.

I'm so tired. And so let's talk about that. There's different types of devices. I'm showing you, you know, this little tiny one that I have that I take with me everywhere, but there's also bigger devices you can have, you know, in your home.

All right. Well, before we get to that, if I may, tell us me for a second. Besides fixing mitochondria and having them live longer and healthier and function better, one of the most important functions of mitochondria 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 could be able to function longer than you would normally.

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

So if you're 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 a back.

And we talk about 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 the belly, right? So you can actually apply it for use with the brain.

So 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.

And usually the smaller applicators are stronger than the whole body pads. So then you could use it, a smaller applicator to your chest, to stimulate your heart and your lungs, breathe better.

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

Essential, 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 a COPD and you get a pulmonary impact, you get bronchitis. That's just one more nail in the coffin. It's just one more 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 slowing aging and recovering faster from problems is anti-inflammatory action.

One of 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 what are the biggest mistakes that people make with magnetic field therapy? Number one is they buy cheap. You buy 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 lot of cheap knockoff, not good things out there. And they're not cheap either, right? I mean, even the knockoffs, you're, you're spending a, you know, you're investing in these.

So you definitely want to buy something that's going to actually work. It's going to work properly. So you can spend $6,000 for a PMF device. That's a whole body machine.

And there's lots of them out there being sold by multi-level marketing companies that are only one cows. So going back to the inflammation argument or discussion, you needed optimally about 15 gauss.

Choosing the Right PEMF Device

So if you don't know what the intensity of your magnetic system is, you don't know what you're doing, what you should be doing to get the most out of it.

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

There's 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 off very rapidly. So if you need to deliver 15 gouts at one spot, then you need to start off with a higher intensity to be able to deliver that 15 at that spot.

So 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 the inflammation reduction.

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

And that book has the tables in it that show you what you 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 goal? What's the condition or what are you trying to solve with it? Then you take a look at the book and then it helps you figure out 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 cost of magnetic field therapy devices increases as the intensity increases.

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

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

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

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

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

The Earth's magnetic field is about… Half a gauss. Half a gauss. So our biology is built on living on a planet that delivers half a gouse 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 a cost, period. Landing on the planet trying to 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 a hundred kilometers into space to have that magnetic field, the planet's magnetic field reduced by a tenth.

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

Hey, got it. So it's huge. 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, always ask whoever you're 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 the maximum intensity of this magnetic field? 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 not all that money goes into the magnetic field. $35,000 and they won't tell you what the maximum magnetic field is. But you will and you are very transparent in your company and you share this information which sets you apart from other companies out there which is one of the reasons I love you so much.

Yeah, you have to know the magnetic field because you can't calculate what you're delivering into the body. Then you don't know what you're doing. You don't know how many hours a day you need to treat, you know, 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 need 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 have to use to be able to get 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 get information from you? On my website, drpauluk.com, The homepage, you can look, 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 they come to the consultation.

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

Half an hour. So you've got to solve a lot of problems in half an hour. Yeah. So let's talk a little bit about, so if this, 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's talk about that drop-off, my gatorculid tension. So if you want to deliver across the brain, you talk 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, that for six inches, you need a 4,000 goes to magnetic field.

So that's going to tickle the edges of the, of the brain. The brain is going to be listening to it, but it's not powerful, not very strong. So if you're listening to rap while you try to sleep, you're going to have to have something much stronger than 200 ghosts to try to offset the effects of rap.

Not to mention the sound, just the other effects of rap as well. Are you talking rap music? Yes. Okay. It's upsetting to the brain, apparently. It can be.

So you have to calculate that. So 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 Gauss at the next level and over 10,000 Gauss at the 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 a time. If you do two applicators at a time, it's much more efficient.

It's more cost effective, but it's more expensive as well. So you have to account for that. You have to adjust for that. Okay. So a lot of decisions, a lot 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 have family members with dementia, there's people watching who are cancer survivors, who have heart disease, who have other autoimmune conditions.

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

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

Correct. Whatever you buy is going to 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 use it to help my laryngitis and I use it to help an ankle sprain. It's all different. Correct.

Safety, Contraindications, and Final Takeaways

And so even though you're buying it for one purpose, like maybe to treat a bronchitis or laryngitis, when you own the machine, it's going to do everything that the machine can do.

So you don't limit yourself to thinking why you bought it. If you use it, then you can use it to treat your back or your hips. 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 the 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 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 be able to have that transplant function.

We want to risk every rejection. That's the only contraindication. That's the only absolute contraindication. 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 implanted defibrillators. Certainly not implanted defibrillators. 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 manufacturer. So what you have to do is you have to find out whether you have no risk with an MRI.

There are some pacemakers that have to be turned off by the technician. Do your MRI and then they have to be reprogrammed after the MRI. So there are pacemakers that are not affected by the MRI, unless the MRI 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 you 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 you 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. It does too many things. I

can't just say it's just for sleep.

I can't just say it's just for fractures or just for wounds or COVID or whatever. It's a physiologic tool. It's not a disease tool. It happens to work for disease, but it's a physiologic tool.

So 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 body. They don't pay any attention to the body whatsoever because it's just going to go right on through the body. But the body pays attention to the field.

The good thing about magnetic field therapy typically is magnetic fields do not cause problems. They reveal problems. If you're using a magnetic field 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 it's like trying to run the marathon. You're going to work and you're going to hurt until you get to the point in your training that you could run the marathon.

Well, magnetic field therapy is basically just like that. It's going to make the body work. That's a good thing. That's what you want. You want it to work to help you to be healthier.

So that's the biggest, 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.

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'm giving her the tools with PEMF and then I get to trust and let my body do what it needs to do.

Absolutely. I had a discussion just the other day with this guy who has neuropathy, really bad neuropathy, going up from his feet up into his thighs. And he was frustrated with a device that he had purchased because it wasn't working.

He had it for 45 days. It's just not working. So a big part of what I had to do with the consultation is to educate him about neuropathy and that nerves don't regenerate overnight.

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

I love that. Even GOD doesn't give you everything you want. And there are some doctors, unfortunately, who consider themselves MDATs. Yeah. So trust the process.

And it's that same concept of, you know, you can't target where you want to lose fat when you exercise. Your body's going to lose it where it's going to lose it first.

And then, you know, the rest catches up. So trust when you're 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 you're 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 $12,000 investment in a piece of equipment, an investment that you've been using for years, if not a lifetime, that 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 love that about you. You have such high integrity, Bill. Thank you. Well, that's the family doctor. The holistic family physician, right? Yes. Got to take care of yourself.

Yes. Yes. 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's an investment in time.

If you don't invest the equipment 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'm 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. And it's just been wonderful to connect with you. Well, we want to work together to help humanity, right? We want to help everybody.

We do. Until next time, everyone, take good care. Bye, Bill. Bye-bye. Have a good day. Thank you for tuning into Dr. Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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