Introduction to PEMF and the Summit Guest

You have to have the nutrients. You can't fix something that needs calcium or that it needs proteins or it need fats. If you don't have those basic substrates in place, then the body or the brain in this case does not have equipment or tools that need to be able to do the fixing.

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 this episode of the Reverse Alzheimer's Summit. I'm your host, Dr. Heather Sandison. I'm really excited to introduce you to my friend, Dr. Bill Pollock.

He's an M. D. and a holistic doctor near Baltimore, Maryland. And his previous academic positions at Johns Hopkins and the University of Maryland included training in acupuncture, nutrition, herbs, energy medicine, homeopathy, hypnosis, bodywork, and lots of other therapies.

But he's landed on PEMF as one of his favorite tools for helping people heal chronic disease. He's also written a great book called Power Tools for Health, and this year, Supercharge Your Health with PemF Therapy.

So I'm excited for him to explain what PmF is to begin with and how it relates to Alzheimer's and the brain. Bill, welcome.

EMF vs PEMF: Key Differences

Thank you very much, Heather. I really appreciate it. Look forward to our chat today and hearing about your adventures. Oh, thank you. So it's how we PMFs get confused with EMF.

so there's pulsed electromagnetic frequency and then there is electromagnetic. Can you help us understand what the difference is and if we should be nervous about either of them?

I would generally say we probably shouldn't be Right? Who needs that state? That's right. Agreed. You don't want to worry about it. But you know, if you do a PMF therapy, then you don t need to worried about.

Nice. Right. Unless you happen to stand right in front of the microwave tower that's transmitting huge wattages, right? You're right there, Right in from of it?

Well, okay, maybe. But the point is that they are different and they're confusing. So EMF stands for Electromagnetic Fields. And a lot of people do what you just did.

It's not frequencies. They just assume it's frequencies because, you know, frequencies, because that's what 5G is, is frequencies so that we can, most people say frequencies but it is electromagnetic fields.

and I don't call them electromagnetic field. I call the environmental magnetic fields in their environment. They're designed for a whole lot of different purposes than pulse magnetic fields.

So EMFs are designed For communication. Right, they're not designed. For therapy. As a result, what happens is we get confused then. Now, PEMF is very different.

EMFS are broadcast into the environment. They are sent out like uh light waves like radar like um uh television signals and radio signals that broadcast 360 all over the place and that means that they are basically what we call an open loop they go out into space they're distributed i'm sorry about this um are you having it Electromagnetic fields coming at you.

These are a way that I don't worry about it. I'm going to put it on airplane mode. So you may have to chop this little section out. Basically, then, EMFs are broadcast.

There's one important characteristic about EMS too. They tend to be high frequency. And I thought I had silenced this. What is going on here? I can't hear them, Bill.

You can hear that? No. But I know it's distracting for you. Well, if you can here them then I hope that nobody else can. Anyway, OK, so. So. EMF stand basically are high frequency.

High frequency is not good. We use high-frequency in medicine. To burn tissue. The coagulate tissue to get rid of warts, to destroy nerves in the back, that's called radio frequency.

And EMFs are basically like radio frequencies, extremely high frequencies. What that means is those wavelengths are extremely short and they're absorbed by the body.

That's the principle behind a microwave oven. We are cooking stuff. So EMS, basically microwaves, cook. When you take a cell phone and you put it to your ear, you're cooking.

And you notice when people take the cell phone away from their ears, their ear are often bright red, especially the longer it's been there. The other ear turns a little more red because of reflex vascular changes in the body, but this one is very red.

And if you do this all day long with a cellphone to your ear that's broadcasting and receiving, then you're essentially cooking that side of your head.

And we now know that there's an increased risk of acoustic neuromas in people who have a cell phone to the side their head for long periods of time, not over a day or a week.

You're talking about months usually. There are people that go around with cell phones attached to their heads all day long. So we should never be doing cellphones to our heads unless they're on those air tubes.

Air buds are better. Wi-Fi or Bluetooth is better, but it's still being broadcast. So what happens then is that that's cooking as well. It's not good for you.

Now, PEMFs are not designed for communication. They're designed to help the body. And the major difference is one is broadcast in the environment, as we call it, open loop.

And the other one is, this is my thumb, is the wire that carries the current that produces a magnetic field. And this called the right-hand rule. So that's the wires.

Every time the the, current goes through that wire and it can pulse, there's a pulse of the magnetic fields.

PEMF for Brain Health and Alzheimer's

That's why it's called pulsed electromagnetic field, every time there is a Pulse, There's an increase in the Magnetic field perpendicular to the flow of current.

What happens to that current? It goes out and comes right back, goes out and it comes back. Yes, it goes into the environment, but it collapses right on itself with every single pulse.

It's not going out into space, right? It is a closed loop. That current and that wire then controls that magnetic field, pulsing. So it's designed then to pulse into that body and then when it pulses into it creates charge in the body.

So the electric or the magnetic field is the principle of physics called Faraday's law and Maxwell's equations. And so there's physics associated with all this.

According to Farada's Law, Farade discovered this himself in the 1800s. When you pass a pulsing magnetic current past a wire, a coil wire with a light bulb attached to it.

You pass the current through it, lightbulb lights up. That's it. You don't need to plug it into the wall. It just magnetic field causes current to flow in that wire, which then causes the light bulb.

So what does that do in the bar in, the body? It's causing charge in. The body. And then that charge and the. Body is used by the, body, that extra energy is now used.

By the Body for all the things it wants to do with it, what it was to. Do with. not what the magnetic field wants to do with it, what it wants do it. So the body's in control.

And we know that magnetic fields, in my books, I talk about the actions of magnetic feels physiologically. Increased circulation, decreased inflammation, stimulating stem cells, basically helping the acupuncture points and meridians in the bodies, balances the points of meridian automatically.

That's why these very low intensity magnetic fuels work is because they're working on the actual puncture system. They're not strong enough to heal deep in the body.

We'll get into the intensities shortly. So as the magnetic field pulses into body, like the wind flowing through the trees, you know the winds there because the leaves are moving.

It could be a weak wind, it could a little breeze, or it can be very powerful wind. And same thing with magnetic fields. They can very be powerful and create a lot of charge in their body Fortunately, magnetic fuels are generally extraordinarily safe.

And so why are they helpful against EMFs? Because they do all this stuff to help the body be healthier and to be able to react to the environment in a very safe way.

So that means that basically magnetic fields are making the bottom resistant to these external magnetic field, environmental magnetic feeling. Again, when you're standing in front of a microwave tower right in from of it, then you better be blasting yourself with PEMF at the same time.

But generally speaking, if we're surrounded by EMFs, but they're relatively weak. So if you're doing magnetic field therapy on a regular basis, we basically just body's brushing it off.

It's just not a big deal at all. 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 Pollock, the leading expert on PMF therapy. policy electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPaul's.com PEMF systems. visit drpawluk.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 drpaluk. com today and let's get started on your healing journey together. So what about when it comes to the brain? You mentioned these benefits of increased circulation, of reduced inflammation.

These are things that come up a lot when we're talking about the causes of Alzheimer's. Is it safe to have a PEMF pointed at your brain. Very good question.

So there are FDA approved machines. I don't know if you care about the FDA or not, but you know, there's a process that you go through to prove that what you're claiming is truly happening.

So in other words, I can't make a claim to the F. D. A. and I have to proof it, that it's actually doing what your saying it is going to do. The FDA has approved magnetic therapy devices to treat the brain.

It's called RTMS or TMS, transcranial magnetic stimulation. And these are high powered machines. And how do they work? You actually put a coil up against the head over the motor cortex, right?

So right here is what we call the Motor Strip. Above the ear. So that motor strip basically is, what controls our hand movements and our body movements.

The brain tells the body move. It tells, the which part of the, body to move and how much to, move, and so on. So what happens is that if you put a coil over that area and you turn up the intensity really high, you can actually cause contractions of the opposite hand.

And they actually do that on purpose. They stimulate the brain and that's called the motor threshold. So the brand gets stimulated now and then the hand moves.

It's okay. That's call the Motor Threshold. But now what we do is move that coil, the front of head to treat for depression. We actually increase the Intensity by another 20%. Wow, so this is significant.

It's huge. And PMFs were developed to basically undo the need for convulsive therapies, ECT, electroconvulsive therapy, right? For treatment resistant depression, for psychosis, or other needs.

So magnetic field therapy undoes that horrific way of treating the people which causes muscle spasms and contractions, it's actually causing a major seizure.

Right? So Magnetic Field Therapy has replaced it. And now you have a tool that you can fine tune a contraction in a part of the body. But you're not going to continue to do that.

You're going keep going back to the motor cortex to that, you go to other parts of that brain that your treating then for specific purposes, like treating depression.

Then you could use it for Alzheimer's, Parkinson's and MS and neurodegenerative disorders, brain injuries, basically anything that's going on in the brain, that is not healthy, but even a healthy brain who wants to be even more healthy even more active, you can use PMF to do that too.

So at a cellular level, what's happening here? Okay, so in the books, both books the Power Tools book and the Supercharger Health book, I outlined the different actions of magnetic fields.

We mentioned some of them. Improved circulation, reduced inflammation, increased oxygenation to the brain, increase oxygen delivery to increased electrical responsiveness of the brain controlling the brand frequencies.

So if all of a sudden the has more juice in it, if you will, right, then the can function better. You can control frequencies, you can stimulate stem cells, so you actually stimulate brand repair.

And then there's this wonderful term called plasticity. Some PEMFs increase brain plasticities. They increase the ability of brain to take in new information process it and then produce a value from it, produce some kind of action that you might want.

Memory for example, or mood changes for, example or focus or concentration or sleep for that matter. So you can do all of these different things just by stimulating the brain in the right way.

So again, 27 actions, there's no point going through all the different actions of them, but circulation is a big one. Inflammation is big. Increased plasticity is the big, gene changes is one, stem cells is another.

All of these are done by the brain and all of the PMFs are doing is stimulating the brains. The brain says, okay, I need more stem cell, or I more circulation, anti-inflammatory action, more calcium movement in the Whatever.

So the brain decides what it's going to do with it. And to help our listeners understand, what's the difference between this and like neurofeedback, for example, and what effect does PEMF have on brain waves?

So I've been trained in neuro-feed back. I have a lot of neuro feedback equipment sitting there gathering dust.. I was intrigued by neuro feed back, I thought, well, with neurofee back I can really make a difference.

But I discovered that neurofeedback typically is relatively passive, and it's very slow. It takes a lot of sessions. Most of the time, it takes lots of session.

And it can take anywhere between 20 to 50 to 70 sessions of neuro feedback. I've had patients have 90 sessions and not have any benefit. Not any benefits.

Because what the neuro-feed back has to do is it has reposition parts of brain and the brain's functions. But then that repositioning of brains functions is in an environment of a brain that's fighting against it.

It's trying to do something else. So what I realized is with the frequency changes of the PMFs, I can fight with EEG, quantitative EEGs.

Brainwaves, Neuroplasticity, and Treatment Intensity

We can do brain mapping, right? We say, well, this part of brain has too much beta, This part the brain as too alpha, and this one has to much delta and so on.

Those parts of our brain have too many or too little We can then tune the brain with PMF therapies into those frequencies that relate to those brainwave patterns.

So you can restore the. Like that, and you may only need five or 10 treatments. Now, if you combine enough therapy with neurofeedback or other neuroplasticity work, it'll work much faster, much better, or much.

Wow. Okay. And I'm sure if. You combine it with enough nutrients and enough sleep and some of those. Well, so you. Can't build a house without bricks and mortar.

You have to have the nutrients. You can't fix something that needs calcium or that it needs proteins or it need fats. If you don't have those basic substrates in place, then the body or the brain in this case doesn't not have equipment or tools that need to be able to do the fixing.

So you have basic function, basic supplies to the brains, and then you the functional parts of the But then you also need to stimulate the brain. You need the activate.

And that's where neuroplasticity comes in. you have to activate the Brain. So if I want to build memory, what do I do? If I just sit there, okay, I'm going to go memory.

Okay, where's the memory coming from? Here is it. I can't see memory where is the Memory? So you Have to do something to produce the memories in the Brains.

If you give the brains the Memories that it needs. But you need the plasticity and you the circulation and the healthier functioning brain to be able to take that memory, consolidate it, put it into place, and then be to allow the brain pull it back out.

So PMS work along that whole spectrum, that process. Magnetic field therapy activates the nutrients. It activates and amplifies the anti-inflammatories.

it improves the neuroplasticity as the brain now wakes up. So, okay, now I have energy. Now I can do my job, I could learn. I'll give you an example of brain stimulation.

We have a machine called the FlexPulse that has a bunch and I just have to design the flex pulse based on my training and their feedback. If I say, Okay, i want alpha, beta, delta, gamma, all these different frequencies, but individually, I don't want them to be jumbled.

Can you describe the brainwaves and what they kind of like beta? I think of beta as being a little bit more excitatory, a bit stressed maybe, and then theta is very creative, very relaxed state.

Could you just kind break them down for us real quick so that people can know what you're talking about there? Sure. I'll take it very important, actually.

And then when it comes to Alzheimer's, again, that's even more important in many ways. So let's start with gamma. Gamma is a more recently discovered brainwave pattern.

So gamma is where the frequencies of the brain are moving from the back to the front. Gammas high frequencies, around 40 hertz per 40 to maybe around 100 hertz, cycles per second.

The brainwaves are in patterns. They are waves, unlike PEMFs. the Brain is in waves. But PMS coming into the Brane at a specific pulse rate begins to move those frequencies in the brane into whatever direction you try to coax it.

You can't control it, but you can coax it. So what happens then is beta, gamma is very high alertness. It's very higher awareness. Its integrative. Taking all these inputs, the sensory inputs typically that we have into the body, whether it's sound, light, color, heat, whatever, any kinds of sensory input.

And it is integrating those sensory and distributing them into different parts of the brain. People who do a lot of meditation, are often in 40 hertz, they're often gamma frequencies.

Professional meditators, people who do a lot of meditation, their brains are cycling at 40. So their brain are like optimized in a sense. The next level down, if you want to call it down.

But the next in frequencies is beta. Beta goes from something like 13 hertz to 23 hertz approximately. Or let's say up to 40, so that's alertness. You're in beta, and hopefully the people in the audience who are listening are in beta.

They're integrating, they're listening, their learning, the processing, understanding, and they are trying to memorize. That's beta, that's alert consciousness.

Doing arithmetic, doing your quick books, Doing your analysis and reading and integrating and writing a paper, That is beta Then we have, essentially we Alpha is basically what I call a neutral state.

When I watch a dog or a cat just sitting there, their eyes are open and they're sitting and looking. And they may be scanning. Their eyes may moving back and forth.

You know they are just taking it in. They are not planning anything. Not hungry, not going somewhere to eat. Just watching. That's the observer state When we are in alpha, we're relaxed.

It's a relaxed state. It is not asleep and it's not alert, it is waiting for input essentially. Then we go from that and down into, so alpha then basically is from about eight hertz up to about 10 or 13 hertz.

Below that is theta. So theta is the primary frequency for us to fall asleep into. And a lot of people who are doing meditation are often in theta, We'll have to talk about doing meditation in gamma.

That's very interesting. I mean, delta. Meditation in delta, that's VERY interesting! So, theta is meditation slight sleep. When your head hits the pillow and lights out, the next thing you know, you're awake to go to the bathroom, but you slept for three hours.

THAT'S theta. Now, below theta, is delta! Theta is from like five hertz to eight hertz. Delta is from one hertz, zero is dead, so it can't be zero. Don't want that.

It's got to be better, it's gotta be more than that, So Delta basically is like one, let's say one Hertz up to about five Hertz, four to five hertz. So those are the different brainwave patterns and different parts of the brain are in different bandwidth patterns.

Our whole brain is not always in beta or isn't always a delta or theta, et cetera. We have different part of brain that are different frequency sets and they're designed to be that way, right?

The brain has been designed do that kind of integration with different frequencies patterns And this is what we would measure on say like an EEG Or a quantitative EE where we do the Brain Mapping Yes, that's what we measure with EEG.

Whether it's 12 lead or 3 lead, or whatever number of leads you have. Correct. Okay. And then in Alzheimer's, what are the typical patterns that show up?

I think it depends on severity. It's like ADD or autism. An agitated Alzheimer patient is going to be in beta. Probably not in gamma because they're agitated.

Agitation sort of undoes a whole lot of other stuff. So if they are agitating, they in beta. If they sitting there just like a dog or a cat looking into the environment, basically bleary-eyed, you know, blurry-eye, well they probably in alpha, low alpha.

Maybe even in high theta. So Alzheimer's, depending on how badly they're affected, they can be across the whole range of frequencies. And they are more likely to have more dominant amounts of frequency for longer periods of time.

Early Alzheimer is not, it's a memory problem mostly, right? But severe Alzheimer or severe dementias, the brain is sort of taken over. When we have somebody with a brain injury or somebody who has encephalitis, and they were basically in coma, there's a good chance that most of the brain function is going to be in Delta.

When you see a normal person when you do the EEG and they're almost all Delta, their brain is essentially shut down. Okay. And what would cause that? Well, again, it could be severe head injuries, infections, toxins or toxicities, where you have so much cellular damage in the brain that the brains is just shutting down its functions.

It's not that common, we don't really see it that commonly, but obviously in hospital settings you're going to see these kinds of people very frequently.

You'll see that kind of level of brain function in Alzheimer's units, dementia units. They're nearing the end. The brain is beginning to just sort of shut itself down.

And so applying PEMF to this sort-of dysregulation, if you will, what can we expect to see? Well, again, there's a spectrum from mild. So you can say mild cognitive impairment is an early component of the progression, potentially, of Alzheimer's.

Now, cognitive, mild-cognitive impairment, is a pretty common stage for 50-year-olds or 60-years-old. You know, you go to a room and you forget why you went there, right?

You're distracted by something and all of a sudden the memory is gone. The memory didn't lock in. So that's at the very earliest stages of it. But if you do PMF therapy with mild cognitive impairment, a certain percentage of those individuals are going to end up having Alzheimer's.

They progress. That's a progressive disorder. And if they have the APOE4 gene, And if you have a bad diet and you a lot of inflammation in your body, if not getting enough rest, not enough activity or exercise, you're not get enough stimulation, all of these things tend to cause depression of memory and contribute to mild cognitive impairment.

So if he's doing brain stimulation with PMF therapy, he can stimulate the brain at specific frequencies. But you can also just produce like an RTMS, you could produce a specific brain stimulation that just wakes the brain up in general.

PMF therapy can make the brains sleepy. A lot of people who do PMT therapy at bedtime just zonk out. When I do whole body PMFT therapy, I get very relaxed.

I can't read, don't want to read. Don't really care. Right? I started producing a lot endorphins and enkephalins, and serotonin and I just don t really So that's a good place to be now and then, right?

When you want to go to sleep. Especially when you wanna go sleep or if you have a nap in the afternoon or you're gonna bed out. You wanna just go into a very relaxed state, just tune out for a little while and recharge and regenerate.

So the earlier stages of dementia, then you start to have more significant memory changes. And you may have behavioral changes as well. Then you start to have problems with anger, problems of reactivity to environmental stimuli, you tend to overreact.

So there's a progression. The sooner you can start with PMF therapy in this process, the more you could slow down that progression, so it not only can help with memory, because the medications for Alzheimer's, these only help you with the memory.

They basically don't help your with repair or to stop the progression right, they just basically, catecholamines just, basically just stop, just help the memory process, temporarily and partially.

And they're toxic. Unfortunately. Right. Yeah. So PMA therapy combined with nutrition, combined, with brain exercises, right? All of these things work together.

Pma therapy enhances everything you do, makes everything, you work better. 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 body 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 and 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.

Device Selection, Anxiety, and Practical Applications

Well, that is exciting and very hopeful. So how do people find out about getting the right PMF device for them? Because there's a spectrum of these devices as well.

There's is a huge spectrum and it's very confusing. If you go to DrPollack.com, to my website, drpawluk. com, you'll find a number of resources about what PMFS can do.

We mentioned the two books. So if you want to geek out a bit, there's 500 references. You can find out the science of it with the Power Tools for Health.

It's got practical information too, but not as practical as the new book, Supercharger Health, which describes the mechanisms of action. But we now get into, in the Supercharger Health book.

I get more into what kind of device should you consider for different kinds of problems? So I should review 80 different health conditions and make a recommendation for the kind advice that's going to work best for that condition.

So you could have local magnetic field therapy that just treats, say, a tennis elbow or carpal tunnel problem, et cetera, or a lower back. And they're very inexpensive, typically much less expensive.

Now, when you want to do a more in-depth treatment, like a brain, now you need higher intensity. So why do you do higher-intensity? Because magnetic field therapy drops off in intensity just like light and cold and heat and sound.

Farther you are away from that stimulus, then the more rapidly it drops up. It drops of extraordinarily fast. So if you want to treat the brain and we want reduce inflammation, so to reduce the inflammation in the brand, which is a common cause of Alzheimer's, right?

If you wanna reduce information, you might treat across the branch. So 4,000 Gauss magnetic field on one side of the brain will drop off to 15 on the other side.

So 15 Gaus is the optimal level of magnetic fuel stimulation to reduce inflammation through the adenosine receptor. And that's covered in the Supercharger Health book.

There's an appendix about that. It's also on the website. If you want to do a search on that, you can do search an adenosine, inflammation, and pain. And it gives you tables on what kind of magnetic device you need for the intensity for where you're trying to treat.

So you have to figure out where are you treating. You have know where your treating, then you pick the right machine that has got the intensities that you to start with.

Again, if you are treating an elbow, for a tennis elbow all you will need is about 15 gauss. You may get a buy with 40 gauss or 50 gaus, but you may need something stronger.

So if you are concerned about Alzheimer's disease, then you need a more high-powered machine. You can do something to stimulate the frequencies that we talked about.

One of the stories I'm going to tell you is I had a machine that was only about 200 gauses, and I have to pick up my daughter at the airport at two o'clock in the morning.

She was supposed to come in at 830. but her flight's got delayed because of weather, and so I have to pick her up at two o'clock in the morning, And I need to do my job in that next morning.

And so at 2 o clock in morning do I drink coffee? Or do i get road drowsiness and I start to nod off? Because I had to drive 50 miles each way. So I said, okay, well, I'll have the right tool.

PMF therapy. The FlexPulse has a 23 Hertz frequency, has 23 hertz program. So I put one coil on the flexbox at the back of my neck, behind what we call the reticular activating system, which is one of the alertness control systems in the brain.

And it was like, okay, I'm awake. I wasn't buzzed. It wasn' jazzed up like you would with coffee. As soon as you stop it, the brains reverse back to where it wants to go.

So, i was alert the whole time I went to get my daughter. Drove back, no problems, and no nodding off. Had a stimulating conversation with my and then as soon as I got home I took it off and within 10 minutes I was in bed.

Wow, and did you feel okay the next day? Oh great. The magic, it sounds like complete magic to be able to, be awake when you want to and the jet lag, I want take it with me on my trip.

Well yes, for jetlag I have a frequency I call flying delta, so especially if I'm flying across the country. And you especially, you're flying back east You're going to go the wrong way through the time zone.

But yes, the flex pulse allows you to pick the frequency that you want to do what you walk with the brain. So if you wanna be asleep, you should be using Delta.

If you're gonna be alert, You should using Beta. You wanna just be relaxed and tuned out, then use Alpha. All right, if your very anxious person, I had a patient who saw me who was very, very actions.

And she had a one-hour visit scheduled. She walked in, she sat down and literally within two or three minutes she started pacing. Got up and started pacing.

Poor thing. Really, She was extraordinarily anxious. So I said, okay, I'm going to treat her with magnetic. I pulled out my flex pulse, put it on the back of her neck like I did for waking.

And in this case I put her on theta. i wanted to decompress her, i want to crash her quickly, right? So she put it on the back of her neck, continued pacing, and literally within two or three minutes, sat down on a chair.

I could see the elevator going down. Wow. And she didn't have to swallow a pill, take a drug, anything with side effects. Exactly. So I asked her at the end, what was your stress level when you first sat out of 10, she said seven.

If somebody had asked me, I would have said 13. About her. Her, exactly. So at the end of the visit, they said, well, what are you now? And she said three.

She was delirious. It was really happy. And so she bought a machine so you could deal with her anxiety, you know, so that's how quickly it can change the status of their brain in terms of brain waves.

Very safe. Wow, how incredible and we know anxiety has a lot to do with Alzheimer's as well. That really sets us up if we're in a high stress state all the time, our brain doesn't get a chance to recuperate, recover, get get all of the benefits of a more relaxed, rest, digest, and heal state.

You're overstimulated by adrenaline, you're not producing enough parasympathetic balancing to your brain, the adrenaline then over time, because it's a major stressor, it causes increases in cortisol, changes basically the brain frequencies and patterns, it tires out the brand, essentially.

Yeah. And there's direct implications for the hippocampus structurally, as well as the amygdala and the limbic

system. So when you're stressed, you don't remember.

Right. I mean, we've all had that experience. Stage fright is that classic example, but there is a lot of others. Many of us can recall that time that we felt stressed and couldn't recall our words, couldn' recall somebody's name.

And that over time. Entering into memory impairment. If you're entering into Alzheimer's, early Alzheimer or mild cognitive impairment, then reducing stress is a major, major tool, right, to help you maintain memory.

Wonderful. Well, that is so hopeful and so exciting. So drpawluk.com is where people can find out more. And then your two books. Will you share the names of those again?

So the one I would recommend the most is Supercharge Your Health with PMF Therapy. Fantastic that's got the tables and the protocols and it's not a lot more practical information has no science if you're if, you want to be geeky.

If you really read the science and I would suggest you get the other book, which is power tools for health. The combination is very helpful because you don't have the protocol is in the power to us for help book.

Okay, great. So get them both and geek out with Dr. Pollack and get your brain healing with PEMF. I love it. Thank you so much, Dr Pollock. It's just a pleasure to connect with you every time.

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 PemF 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