Introduction to Dr. Pollack and PMF

My next guest and I were just having a stimulating conversation and the information was so good. I said, hold on a second. We got to start hitting record because I want all of you to learn from him.

His name is Doctor William Pollack. He's a medical doctor, an MD, but he's much more than that. Several years ago in his practice, he was saying that as hard as he worked, and as much as he followed what he had learned in medical school, some things still weren't working for patients.

And I read, Bill, I read in on your website about three patients that I think it was 1983, got admitted to the hospital with bleeding from the stomach, and they were being treated for pain with this standard treatment, giving them ibuprofen, aspirin.

And it was masking the pain a little bit. But the side effects were disastrous. And so you really launched into looking at alternatives to helping people.

And I'm so thankful you did because your history is amazing. And some of the things that you launched into. And I'm just going to look at a list here, but, acupuncture.

Let me just see where some of these were. What were what were some of the other techniques? So hypnosis, body work, energy medicine, homeopathy, like you looked at everything, which very few doctors ever do.

They go down such a rigid path. And so your traditional training with all these additional things that you've learned have made you a master of healing.

And the thing that we're going to talk about today is p e mf and I'll let you explain what that is in just a little bit. But you are the authority on PMF and you have found amazing results in pain.

And I think like 50 other different types of, of diseases or conditions people have. So this is going to be very valuable for everybody watching this.

So welcome to our summit. We're really excited to have you on board. Thank you. I'm excited to be here as well. And one of my passions, of course is energy healing.

So, magnetic therapy is like classic enemy, energy healing. Yeah. And so, yeah, it's enemy healing. Healing.

History of Energy Healing and Acupuncture

Talk about, the history of energy healing because I know, you know, you've got you've gone into so many different modalities studying energy healing, spiritual, healing.

But acupuncture, which is a form of energy healing. So give us the history of energy healing and also how it's becoming maybe hopefully more mainstream or starting to become a little bit more mainstream here in the Western world.

Well, I think traditionally over millennia, obviously people are trying to solve problems, health problems. It used to be said that acupuncturists would only get paid when people were, well. Well, the reason for that is that when they weren't well, they went to the hospital or they died. Right?

So if they died or went to the hospital, the acupuncturist no longer got paid. So it was they had an incentive to keep you healthy because otherwise they'd lose the patient, if you will.

But people knew that energy transfer is something that's been known through in humanity all along shaman, shamans, or however you want to say that. But basically shaman medicine is shamanic medicine is ancient and that involves energy healing.

But shamans also do hypnosis. Shaman also do imagery. They do all sorts of things to help to heal people. And that was at a time that they did that, because that's the tool they had.

Now, at some point, the technology advanced to the point where people would have a needle, it would make a needle. So it was like having a nail, you know, how much effort does it take to make a nail?

It takes a lot of work to make a needle and make a nail. And so eventually they discovered that they could do needles into points on the body that they saw as energetic points.

And they were less confused than we are today because we're surrounded by we're drowning in information, information. We're drowning in noise, we're drowning in stimulation.

So we're no longer sort of attached to the subtleties of nature. Yeah. And as a result, you know, they developed this acupuncture system, but the best acupuncturists were also energy healers.

They could sense the acupuncture points and the meridians, and they knew which ones were out of balance, and they would put a needle in that point rather than guessing.

They would sense it, and then they could see the effects of the energy flows in the body, which they called chee. Now she is who knows what she really is, right?

It's a lot of things, I think. But what we've discovered now, modern science has now proven that the acupuncture points and meridians are at the very least, it could be more, but at the very least, our electrical, at an acupuncture point is like a well, it's like a vortex where you have a decreased resistance to the electrical charge and the skin conducts charge all the time.

It's constantly conducting charge. And these little wells or vortexes then became energy conduits. And if you put a needle in that vortex, then what you're doing is you're increasing the, energy, the electrical charge in that vortex.

And it's like a capacitor on a DC current line. It's an electrical current system that's been established. There's no doubt about it anymore. And as a result, and I teach a course for acupuncturists on the use of emfs with acupuncture, because pmfs have this law of nature called, Maxwell's laws, where and also, Faraday's laws, where magnetic fields and electrical fields interact and current flowing in electrical fields produces a magnetic field.

And that's how pumps work. Their electrical fields generated by current flowing through wires. And so. Well, before you also just tell them what PMF stands for, because I don't think I got into that yet.

Yeah. So there are two types of magnetic fields. There are static magnetic fields and there are what are call time varying magnetic fields. So there are magnetic fields that are in motion.

Static magnetic fields are like a fridge magnet. Once you make a magnet, it's it's there. It's made forever. It's actually right. But as a dynamic magnetic field, a time varying magnetic field is basically pulsing.

Now, WiFi is a magnetic field. Light is a magnetic field sound, and it's always a magnetic field. So they're all a part of the electromagnetic spectrum.

How Pulsed Electromagnetic Fields Work

But the kinds of magnetic fields that we're producing for healing purposes are called pulsed electromagnetic fields or EMF. So that means that there's a current flowing through a wire.

It's pulsing through the one. Every time it pulses through that wire it produces a magnetic field. So basically a current flowing through a wire is like my thumb is flowing down that wire. Right.

And there's a perpendicular magnetic field that's made because of the current a law of physics that happens every time. You can't stop it from happening.

All right. So then what happens is the magnetic field goes like this. The current time, the current pulses, the magnetic field goes like this goes up, collapses, goes up and collapses, goes up and collapses.

And the magnetic field is, the body's, like air to a magnetic field. A magnetic field goes through the body completely without being stopped. User absorbed.

Wow. Right. And so that's called a PMF. So it's producing basically that kind of action in the body. Wow. Okay. It looks like a little bit of, so it it's, it's, almost like massaging the cells or manipulating the cells as it goes.

In a sense, in this sense is a little bit of a, like a pressure effect from that as well. But it's mostly an electrical phenomenon. Yeah. And so how how can that impact healing that pulsed electric electromagnetic magnetic field.

How does that impact the body's ability to heal? So the body, a magnetic field ignores the body. Okay. A magnetic field is like the wind in the trees.

It doesn't stay in the trees. It moves on through. And as it's moving through, it's jiggling the leaves, moving the branches and swaying and so on. So that's what a magnetic field is doing going into the body.

But what it's doing that is it's because of Maxwell's laws and Faraday's law. The magnetic field is interacting with all the charge in the tissues. Our bodies are basically electrolytes.

Super like a battery, right? There's over 2000 chemical processes per second in every cell in the body. Wow. So we have 100 trillion cells, approximately, right?

Yeah. It's a 2000 chemical process. So there's all this motion going on in the body. And all that motion is driven by electromagnetic forces. And so magnetic fields interact with those forces in a body, the natural forces within the body to then create energy.

And that energy then is used by the body to finish work it wasn't able to do. Or as we get older, our energy levels generally deplete, called entropy.

Right? And what the magnetic field is doing is waking everything up. So a magnetic field is actually creating charge in the body, millivolts of charge in the body.

Wow. Even sometimes higher than that. Yeah. And that what does that do then the body. Then that translates into about 25 different actions in the body.

At least 2527 different actions, including increasing ATP, including circulation improvements, including reduction in inflammation and including growth factors.

All the healing processes get engaged. So how did all this start? In a sense, in the US, about 25 years ago, the FDA approved magnetic devices to heal fractures that wouldn't heal.

They're called nonunion. So union nonunion would be basically a fracture that stalled in its healing process. And when it stalled, that's it. You basically have a bone that you can't use, right?

Because now becomes like a synthetic joint. An artificial joint. And so surgical processes were used to try to heal these nonunion. But whatever caused the nonunion in the first place was still already there as a as a problem.

So surgery often failed or caused other consequences that were not acceptable. And they would put hardware on, on the fractures to try to stabilize the fracture.

It's all so miserable stuff. What they found is that magnetic fields, as they pass through the fracture site wake everything up. Wow. All of a sudden, the healing restart, even in seven year old nonunion, would wake up and start healing.

And with 4 to 6 hours a day of treatments, even 4 to 12 hours a day of treatments, and within 12 months, six months to 12 months, the fractures healed.

Yeah, seems almost magical. This is really, really cool. So you've identified, pain, obviously. Is something that can be impacted, but there's so many other conditions that PMF can help with.

What are some of the things? Because there's people watching with all sorts of things going on in their in their life now or potentially in the future?

What are some things what are conditions that you've identified where this is really, a phenomenal treatment. So in my book Power Tools for health. I've identified 50 conditions for which there were scientific support.

I was they had done studies and they had done adequate studies. Well that's what I love. You really delve into the science of this too. It's not just hypothetical.

You've you have 500, scientific, reference research. Yeah. I mean, you you've really gone into it super deep, as I would expect. You would as a medical doctor, as a scientist.

And that's what I love. And that's why I was excited to have you on board. So what are some of these conditions that you've seen research on? Well, again, there's about 50.

But yeah before we go to the 50 conditions it's actually more important because that's just the beginning okay.

Healing Mechanisms and Clinical Uses

That this is just based on the science. That's been done. But the most important thing to look at is what are the actions of the magnetic fields in the body?

Okay. And if you understand the basic actions, it doesn't matter what the diseases. Right. It doesn't matter what the condition is because it's working at a cellular level, at a functional level in the body to help to rebalance.

And that's the that's the definition of energy medicines to rebalance. Basically, the functions of the body. And ideally you want to not only rebalance but you want to heal.

Yes. So pain management is actually not as important as healing the cause of the pain. Yes. Yeah. As you can Band-Aid a pain right. And you'll feel better.

But unfortunately if you stop the pain management, the pain comes back because you haven't healed the cause. So what are the causes of pain? Inflammation?

Damage to the tissues, damage to nerves. Decreases in circulation. Basically lack of energy in the body. So, antioxidant support, the list is about 25 different actions.

We recently discovered that magnetic fields reduce inflammation through a molecule called adenosine okay. Which is part of ATP. Yeah. That's what you're thinking about earlier which I was so fascinated with I love that. Yeah.

So inflammation through the adenosine receptor then causes all sorts of things to begin to improve in the body. But there is a big part, science shows that the optimal magnetic field intensity is 15.

Does the thing. Gauss okay. 15 Gauss. So if you know that, that's what you need so superficially at a knuckle or a wrist or tennis elbow, 15 gauss probably is going to work very well.

Oh we try to heal the brain or a lung or a heart or deep into a hip. It's not going to be good enough. Okay. Because it's not going to produce the 15 gauss because magnetic fields drop off very rapidly just like sound and light and and heat and colder.

Right as you move away from the, the emitter. Yeah. So Adam is, inflammation is one of them. We also discovered recently that pmfs have an action on the endocannabinoid system.

That was the app. The cannabis right system, the body, the marijuana system in the body. Yeah. So there are receptors, and it's called the endocannabinoid system.

So PMS also impact the endocannabinoid system. And they have natural effects of reducing pain. So they decrease the irritability of nerves. They reduce swelling and tissues.

Every injury in the body bang on the, on the wrist. Every injury produces swelling. It's called edema. Yeah. And you had to reduce the edema to get the healing to get going because that limits blood supply to the tissues which you need to then initiate healing processes.

So this energy that you're producing in the body creates all of these different actions. And I have a bunch of those on my website, but mostly if you're interested, I would recommend getting the book Power Tools for health, Power Tools for health and your website.

Let's give them that. Right now. We've got lots more to talk about. But your website that that they can go to, it is amazing the information you have on your website about, PMF and the research is phenomenal.

Can you give them that website? So the website is Doctor Pollack. That's PR well, UK, DARPA, UK no period. After doctor. Doctor. Polycom. Yeah. Perfect.

Doctor Polycom I love it so magnetic. These these pmfs. It's it's what they're really doing. If I'm understanding right and correct me if I'm wrong is they're working with the body to allow this natural healing mechanism to be unleashed.

Is that is that what's happening? Yeah. So the PMF is actually not doing anything. Okay. Right. It's the wind in the trees. Yeah. It's moving on through.

So what happens though, as it's passing through because of the interaction with charge and the body currents and charged electrolytes and so on. Ions, because of that interaction based on the laws of physics, it's stimulating them.

So essentially the magnetic field is simply a catalyst to cause the body to start to do things that it wasn't able to do at that point or before that.

I love it. Right. So so the body does the work. The magnetic field is simply the stimulus. So if I say boo to you, right, you're going to react, right?

Right. You might not if you if people have been telling you about too many times that you kind of just discard it. But if I say it loud enough, you're going to have to react.

Sure. Well, the magnetic field is causing the body to react. Yeah. And then the body's reactions then are positive. It's very hard to do damage with the magnetic field now emfs the power line fields and the microwaves and so on.

All that environmental stuff, 5G, 4G that is harmful, that can be harmful to the body. AP and that's because of their nature, because they just pass right on through.

They don't absorb microwaves, absorb in the body. That's why we use microwave ovens to create heating. Yeah, right. So they heat the body, they damage the body.

But because they pass all the way through, they're not they don't they don't create problems. Magnetic fields generally reveal problems. They don't create problems. Yes.

So the PMF by by using PMF technology, does that help counteract some of the damage of the emfs that, that we're experiencing? Yes. So when there's overheating of the tissues, the the changes are damaged by the heat, whether it's, you know, putting your finger on a stove or scalding yourself.

Well, that that damage has to be healed. Well, magnetic field therapy stimulates all the regenerative processes of the body. So yes, and we do magnetic field therapy on a regular basis.

With a sufficiently strong enough magnetic field you're basically defending the body, right? It's actually the body puts up a shield so the air can come to the body.

They may create a little bit of a reaction, but the body says, hey, you know, bother me. Yeah, yeah, a huge exposure.

Choosing the Right PMF Device

If you're standing right in front of a radar gun, you know, a big military radar gun, well, then you're going to be very much affected by it. Yeah, right.

And if you stand in front of radiation, I, ionizing radiation, like, for treating cancers, well, you're going to be affected by it, and then you're going to have to repair the damage to the extent that you, your county should. Yeah.

So the press will rebalance and stimulate the body's processes to do what it's supposed to do. Right. Not causing anything unnatural. It just causes the body to react, to heal.

Yeah, that's really beautiful too, because like, even these people that had these broken bones that weren't healing for seven years, the body knew how to heal it.

There was just something preventing something not organ. It got it got stuck. Yeah. And so PMF allows the body to get unstuck. The body knows how to heal, the immune system knows how to heal.

Right? The body knows how to mend a broken bone. But when it gets stuck, you need something to kind of like, as you said, like the wind blowing through the trees that rustles the the leaves.

So this is really a beautiful concept. It's not something that that people should be in fear of. Oh, what will that do to me? It's like it just in it.

It enables your body to do what it's supposed to do. So one of the things that's really cool, too, is that there's a myriad of these devices out there that people could get for helping their body.

With PMF, you've really done a ton of research on trying to find the right devices, you know, or the ones that you have several on your website, some you probably love more than others.

But how have you how have you done all this research on these devices? It just sound it just sounds overwhelming to even look at all these things like, I guess it's a passion of yours, though, but clearly it's a passion.

But you know what? As a doctor, as a medical doctor, I'm a problem solver. Yeah, I call myself an unhappy doctor. I'm on. I'm unhappy until I can solve your problem or provide you with solutions.

Wow. That work. I took over 50 years of medical practice. You know, you've seen, kind of seen, almost it all. And

then you have to sort of figure out what, what's going to work.

And you, you know, the general in the field of medicine now, what the what the tools are, what and how they work and how well they work for problems. And then when you delve into all of these different healing techniques, you discover their limitations as well, their strengths and their limitations.

And so when somebody comes to me and says, this is my problem, and usually it's rare that somebody comes to you with only one problem, right? So then you say you do a history, you find out what their problems are.

Then you have then as a doctor, with all my experience, I know what the mechanisms, I know what the path of physiology is in that body. And then you say, well, here's the device that's going to work the best for you.

Okay. Sometimes you can get away with like a tennis elbow. You can get away with a small, little portable battery operated system that's relatively low intensity.

That'll work if you had a concussion or if you have M. S. or Parkinson's, then you need a different magnetic system to treat the brain. Okay, so this whole body low intensity PMF systems are they tickle you.

They make you feel better. They stimulate the acupuncture system. But they don't work deep enough with a sufficient intensity to help you deep in the body.

I've mentioned the 15 doubts. Yeah. Most of these whole body systems are actually probably less than five gauss ten gauss. Okay. So they're just not going to go deep enough to do good work or deep work.

They can make you feel better, but like a pain problem, they're not going to heal the cause of the pain. They're going to make you feel better okay okay cool.

So then what we have to do then is we have to do a consultation. And because we have so many different devices, we actually provide consultative services on our, on our website.

Awesome. So people can come to your site and actually get help and find if they if they buy in to PMF, which I do certainly they can come to your site and get help finding the right device and one that probably fits their budget too, right?

Hopefully. Yeah, hopefully. Okay. The biggest I think the biggest mistake that people make is say I have a budget. Yeah. And that's all I'm going to spend. Right.

But if you need a $6,000 machine to do the job that you need it to do, and if you have cancer, then you better not trifle, right? Yeah, exactly. Get the right piece of equipment.

If you have a serious condition and you're on the edge of a cliff in a gale, then you better get the right piece of equipment. Yeah. What have been some of the most amazing thing, the things you've seen with patients using PMF recoveries that they've been able to make.

And, you know, some might be atypical, but what are some things that you see it can be helpful with that maybe even amazed you. Well, one of my first experiences actually was a three year old child.

And this is in my book. She cut off the end of her thumb in a doorjamb. Okay. You know, sharp angled doorjamb. Yeah, yeah. Tore off the end of her thumb.

And at that point, yeah, they called me before, the surgeons got at it. And what I said is that, let's let's put it back on, okay? Reattach it. The surgeons, what they were going to do is I'm going to clean it up and put a graft skin on the edge of the wound.

Okay. All right. In which case this child would have a deformed time for the rest of her life. So we got nothing to

lose. Based on my medical experience, we got nothing to lose.

If you reattach it, it falls off again. You're back to where you were before? Sure.

Patient Success Stories and Recovery

But I heard a long time ago, as an older clinician in the UK, often children under age 11, if you do that, they cut off the at the finger below the last joint.

The body will often regenerate. So a three year old has huge regenerative capacity. Yes. Compared to a 50 year old or a 70 year old. So we did an hour and a half a day with a small portable battery operated machine.

12 literally. You could see the first picture that I took, purple. Black. Did you expect that there was no blood supply? 12 weeks later she's regrowing a nail.

It completely regenerate. Wow. Amazing at all. Wow. That is amazing. For an hour to an hour and a half a day. Yeah I, I wish I could have interviewed you back when you first became a medical doctor.

And now because I'm, I'm sure this shift of, you know, coming out of medical school being trained with all the, the science that you learned there and, and the way you think now is pretty radical, radically different.

Can you, can you even imagine where you are now based upon where you started? Oh, no doubt about it. But I brought with me. Yeah, my understanding of anatomy, physiology, healing and so on is to learn from all these other technologies that you look at.

But if you have that basic understanding, then you know what has to be applied to to deal with the problem. Yeah. And what's probably going to work best I use a lot of I've tested it, use a lot of other devices like lasers, ultrasound and so on.

So what I found is that the best value comes from the. Perhaps it does so many more things than almost any other technologies, primarily because it goes right through the body.

Wow. Amazing. Yeah. Why why do you think you were so open when, when other doctors who are brilliant, and are doing great work and doing the best they can are not as open?

What is it about you that that enabled you to kind of open your mind to these other things? Well, I think a lot of doctors today, who go into acupuncture, medical doctors who go into acupuncture or begin to, go into other, disciplines to learn other things, like hypnosis, for example.

Yeah, they're already saying to themselves, there's a limit to what I'm doing, right? I don't like being limited. That's what makes us unhappy. Doctors. Yeah.

So as a as an I'm happy doctor, I'm motivated to become happy. Yeah. That means I start to do research, I start to evaluate. I start to think outside the usual box.

You don't necessarily forget where you came from. Sure. Right. But you apply new techniques and technologies. So you have to be open minded. You have to be willing to work at it.

You essentially have to be motivated because you are unhappy. Yeah. Motivated to look at other solutions. Yeah. And once you get out of that medical box because it's constraining you, you know, I have to be frank and say that acupuncture has a medical, has a box.

Okay, hypnosis has a box. Sure. Chiropractic has a box. So everybody's got their parlor, if you will. Sure. You kind of stuck in your path. I know many acupuncturists who had never done anything but acupuncture, but now there are acupuncture.

So doing herbal therapies and then another acupuncturist are doing pmfs or they're doing other, other kinds of therapies, even they eventually come to the realization, I don't have all the answers.

So I got to find answers somewhere else. Yeah. And and that means that you're going to be, to some extent, separated from your peers who are still in that box.

Yeah, yeah. And that's that. That must have been challenging for you. You know, many years ago when you started separating from your peers. And I'm sure not everybody was, loving kindness to you.

There was probably a few arrows thrown your way, like, what's he doing? Well, I'm either stupid or, I have a shield, or I wear a cape. Yeah. You know, yes, I just I'm willing to deal with the slings and arrows of convention.

Yeah, I can do that. I'm happy to do that because I see results. Yeah, I wasn't seeing results. Yeah, right. When I started doing magnetic field therapy, people were feeling better.

They got better. I was seeing results in people who were supposed to die. Wow. And they got better. I had another gentleman talk about a story. I had a gentleman come to see me who has purple from the knees down.

Oh, surgeons said we have to amputate your legs. You had gangrene. Both legs from diabetes. And his boss brought him to see me. He didn't come to see me because he wanted to his boss bottom to see me.

Okay. And he was an unwilling patient. Yeah. And I looked at his legs. I said you're ready to die. I mean these legs and go septic any moment and you're going to shut down your kidneys and then you're going to blame me for trying to put you down another path.

So anyway, they convinced me to do something. So we put him on a program. We got rid of the smoking, got rid of the drinking, and got him on act on magnetic field therapy literally again about three months later, went back to the surgeon and surgeon, said, oh, I guess we don't have to amputate.

That's awesome. That was an awesome story. Yeah. That's amazing. That's so cool. Now, you originally with, magnets, you were using, you know, you call it the refrigerator magnet, but they were more powerful than that.

You were using some of those, seeing some results, and then you you learned about PMF after that and then saw, wow, this is like supercharging the results.

Is that what happened? So again, once you get a tool, once you start using it, you begin to see the value of it. The strengths and weaknesses what it can do or what it can't do.

Yeah. And what I discovered very quickly is that the stronger magnets that you often need to work deeper into the body while they work, they had their limits as well.

But it's very hard to put a strong magnet on the brain. Yeah. To help you with concussion, you would need a very, very powerful magnet. Then. Then you got the problem of practicality.

And so I began to become aware of Eastern European literature, research, but most of it was in Cyrillic. I met a guy on my PhD from the Czech Republic at a conference.

And we talked and he said I got a manuscript for you. So he had reviewed all the science, previously in the Eastern and Eastern Europe. So he had already, essentially reviewed and translated about 25 years of, of Eastern European science.

So then I coauthored a book with him to go over all that science. And so now that opened up the vista in a whole lot of other tools.

Brain Health, Concussions, and Anxiety

And Paul's magnetic fields are much more dynamic. Yeah. Because they can go right through the body completely. A static mind goes into the body. But because the magnetic field drops off so rapidly, you need a very big magnet to, to go through the through the entire body.

I worked with Doctor Robert Becker, who many people know of, the body electric. So I talked to him several times and we want, he had found that he could, put salamanders to sleep, but he was doing experiments on salamanders.

You could put it to sleep by putting little magnets across the skulls, Well, a salamander skull is the width of my thumb, right. So you don't need a very strong magnet to put a salamander to sleep.

So I said, what can you do? Can you do this in humans? He said, yes, you need a huge magnet. To get the magnetic field intensity that you need to put the brain to sleep well, we found that actually pulsed magnetic fields there.

We cell and we have magnetic fields available that help people to sleep. But it's pulsed as if the magnetic field goes right through the brain with a sufficient intensity.

That pulsation is much more dynamic than a static magnet is. So the static magnet relies on the body's own motions. My motions and electrical motions, and so on.

But a pulse magnetic field doesn't because it's moving itself constantly through the tissues, so it's much more dynamic. And therefore you need lower intensities.

You can do a lot more action, and you go all the way through the body. Yeah. Let's talk about the brain a little bit because you brought you brought that up a couple times now.

So you mentioned concussions. My son was, college athlete, had a couple concussions as a basketball player, one of the concussions. He had to sit out an entire year as a basketball player.

Right. And they called a redshirt for an entire year because it took him a while to, not have headaches and, you know, sleep, right? Lights and things like that.

So, again, I wish I would have known about this back then, but but pmfs help with concussions. Yes. In fact, there's a blog on my website about concussion TBI, and I did a study actually using a low intensity magnetic field on about ten concussions patients.

And we did before and after measurements with them, over about three months. And they had dramatic benefits to their symptoms using a lower intensity magnetic field.

And again, passing through the brain. Yeah. I did a review of the science, the research on this that was published about concussion in a journal called the Journal of Science and Medicine.

And they and those a lot of those studies use high intensity magnetic fields. That are commonly used to treat depression okay. Oh TMS repetitive transcranial magnetic stimulation.

Yeah. So different types of magnetic fields work on the brain. They help to improve function. Okay. They may help with healing in the long run, but the healing process could take quite a while.

But the study that I did, we found people improved in a lot of ways. A lot of their clinical parameters improved within about a week. Wow. And then when we stopped at up to three months of magnetic treatment for two hours a day, and they could have done more, but that was a study two hours a day.

At the end of three months, we stopped the magnetic therapy and remeasured them, and most of them lost about half of their gains. Okay, so we have to continue to do it.

They need to continue to do it, or we needed more time or we need higher intensity magnetic fields. But, you know, we stopped the research stopped at that point.

Right. Or at least we found that we did improve function significantly and we did improve symptoms significantly. But it didn't at that point. It didn't heal the brain.

It did reverse the problem. Okay. So how long should people continue for? Probably for months to years, even depending on the magnetic system. So if you have a high intensity magnetic system and you have a brain injury or Parkinson's or M. S.

in a much stronger magnetic field to go through the brain, remember I mentioned 15 gauss? Yes. Right. So across the skull it's approximately six inches for most people.

Right. So for a six if you want to penetrate across the entire brain, you're going to need a strong enough magnetic field that's going to deliver at least 15 gauss from one side of the brain to the other.

And that means you're going to need about a 4000 gauss magnetic field. Wow. So that's where the consultations become important, because then you design the therapy for the problem that's more specific to the problem.

So the research in dose and published in the journal Science and Medicine, shows that these higher intensity magnetic fields have stronger benefits than low intensity magnetic fields do for the brain.

Yeah. What about, anxiety? Is this something that, Pmfs can help with also? Tremendously. So there's a device that I use called the Flex Pulse, which is portable battery operated.

I had a talk about a story, so I had a patient come in. She's she's completely frantic. She actually just fidgeting and just couldn't sit still. Nervous.

And I said I can't conduct the interview. She had an hour appointment, so I can't conduct this interview. She had to she got up and was pacing. So I put a flex magnet on the back of her neck, top of the top of the neck, because that's the area of the brain that controls alertness.

Okay. All right. So, we put at the back of her neck and literally 15 minutes later, you could see the elevator going down. Wow. She sat down and finished the energy.

So I asked her at the end, what was your anxiety level before we give you the magnets? She said, out of ten 0 to 1010 being the worst you can imagine, she said seven.

Okay, I would agree to her. Is ten right? But she said seven. I would hate to imagine her. I don't I she was really frantically panicking. So anyway, at the end after treatment, she went from 7 to 3.

And she was the delighted, absolute delight. She bought a system and she uses it every single day. So magnetic field therapy can be extraordinarily helpful for anxiety.

And what you're doing with the, flexbox, basically to the brain is you're causing the brain waves to slow down. So as we know, brainwaves are changing throughout the day.

So you and I are talking we're learning, we're processing with judging. We're remembering all that causes increased levels of brain activity. Right. When we're relaxing, watching soaps or just watching TV, the Discovery Channel not thinking we're relaxed.

We're in what we call the Alpha state. Yes. So you're relaxed. Then the next level down would be like theta or light sleep. And then the deepest is delta.

So magnetic therapy can actually tune the brain. At each of these levels. You have to pick the right frequency to do

that. So and you can also wake people up.

So you got truck drivers are getting road hypnosis. You put and I have this happen to myself I did it. I put a magnet coil on the back of my neck to pick up my daughter at 2:00 in the morning at the airport, and I go to bed at ten, right?

Right. So I didn't want to have a cup of coffee because then I knew I'd be up all night. Yeah. So I put the magnet on the back of my neck at beta 23Hz.

And when alert and it was like, painless, I did get a buzz or anything. I was just alert. Yeah. And then got home fine.

Safety, Energy Medicine, and Closing Thoughts

I took the magnet off and went to sleep. That's awesome. That's great. Yeah. Sounds. That was almost magical that I am a big believer, in PMF. And so I am so glad we had this opportunity to talk.

I know your help. You're going to help a lot of people. You are. You've already helped tons and tons and tons. But people watching this I would highly recommend you go to doctor.

Dr. Pollock p l u k know see in there and look.com. Check out everything he's got on there. It's it's amazing. It's just an incredible resource. And if you want a PMF machine, you would be very smart to get a consultation with Doctor Pollock and his team.

So yeah, I also I'm sorry to interrupt you. We're going to provide it with a bonus. Okay. Cool. About why Pmfs are an energy medicine. Beautiful. Explain it to some extent, but also in that, in that booklet e-book that we're going to provide people, it talks about the difference between, say, qigong and healers and dowsing and so on, auras, etc., and how magnetic fields, relate to them.

And one of the, one of the points that I was trying to make in this e-book is that the legacy of healing techniques and technologies has to do more with not having technology available.

Yes. Right. But today we have technology. So PM apps are a modern development in having a technological solution to do very similar sorts of things that we were able to do before with, with healing.

The problem with healing often is it's unreliable because the practitioners are not on all the time, right? Right. Their ability to heal comes and goes because their ability to produce charge and energy comes and goes.

And, you know, I explain that in that e-book. Yeah. Versus a machine is always on when you turn it on, it's on. Right. The technology. Yeah. It's on. Yeah. Yeah.

You just have to find the right technology. So thank you. That that's a great bonus for everybody. Make sure you get that e-book that we're offering you.

It will be a huge resource for you and give you some really, really great information. Any final words you have? Bill, for everybody that's watching this right now?

Yeah. The biggest question, one of the biggest questions I get, we know if you read the book clearly, there's no doubt about it. Magnetic field therapy works.

You don't have to believe. All right. Even if it works on snails and plants. Yeah, right. You don't have to believe. Of course, people say that plants are sentient too.

And sort of snails are sentient, too. But, you know, we're talking about the placebo effect. Supposedly, there's no placebo effect in a snail. Okay. Right.

But from an energetic perspective, your intention is important even for that. So the the key is that this is a technology that is extraordinarily safe.

It works. You don't have to know how to use it to get the proper results. And it's extraordinarily safe. So you can't hurt yourself. As I said, magnetic fields tend to reveal problems.

They don't cause problems. Yeah. Awesome. And it works with the body's natural healing mechanism and it actually reinforces it or awakens it, which is really beautiful.

It's not like something, you know, artificial, like a drug where we're counting on it to, you know, pull the pull the whole job on its on its own. We're looking at Pmfs as something that will integrate with our bodies to just awaken this healing mechanism that we've been built with.

We were given by the creator, which is really, really cool. I love it. You've been just such a wealth of information. I know I'll be talking with you, a lot in the future about pmfs and learning more and working with my body, and I hope everybody will, too.

So thank you so much, Doctor Pollack, for being on. It really has been an honor to have you here. Thank you very much, Tom. I'm honored as well to be part of your tribe.