Ben Greenfieldu2019s Rebrand to Life Optimization

Hello, doctor Pollack here. Today we have the esteemed, esteemed and August. Hopefully, there's August around there for you. Ben Greenfield, I'm sure a lot of you know about Ben Greenfield and all the work that he's doing.

And he's, rebranding himself from, Ben Greenfield fitness to Ben Greenfield life. How's that brand new branding going? Well, you know, I, I've been in the in the fitness sector for so long, you know, for like, 20 years that, I I've, I've just kind of decided I there's a lot more avenues of life I want to explore, a lot more avenues of life hacking and life optimization that I want to explore, that go beyond fitness.

You know, like parenting and and family and legacy and faith and, and, and, you know, a lot of that stuff to help. I still like longevity and anti-aging and, and, you know, a lot of the.

Well, I like the electrical medicine and the type of things that you do. And so I'm continuing to focus. Everything comes through the lens of health and fitness.

But yeah, I just decided that, I didn't want to paint myself into that fitness corner anymore and, opened myself up to be able to help people in a lot of other ways, too.

Hopefully so. So yeah, it's going well. It's very, very important. What made you decide to go into that? I mean, what what sort of pushed you in that direction?

Well, yeah, I'm assuming you don't mean what pushed me in the fitness direction. What? Push. Push me away from the fitness direction into the life and lifestyle direction.

Yeah. New chapter. New chapter. Yeah. I have no regrets about about being so focused on fitness for so long. Yet I kind of got to the point where I. I feel as though I, I've explored a lot of avenues related to fitness and frankly, the way I've always operated.

You know, as a, as a content producer or, you know, whatever you want to call me is that I've simply pursued the passions and interests and desires that I have, whether it's spear fishing and bow hunting or bench pressing and bicycling, and then just created podcasts and books and articles to help other people discover the same type of things that I'm curious about and interested in.

And so, you know, as I've become more interested in, again, things like, you know, my spiritual growth and, and parenting and family and legacy and, you know, even things like economics and politics and, you know, and cryptocurrency all all these, all these different things that maybe just as a result of me getting older, you know, and entering into this new chapter of my life that I'm very interested in.

I, you know, I've always operated from that mentality that there's got to be a few other people kind of interested in the same things I'm up to, and I might as well just help them in the very best way I can discover those type of things, or how to optimize their life in the same ways that I'm discovering.

So I'm constantly testing new tools and technologies and toys and reading new books and articles and and just putting that information out for people.

And, you know, increasingly since I kind of quit competing professionally in athletics and endurance racing, things like that two years ago, I've just, you know, explored a lot of avenues that go beyond fitness.

And so that's what kind of push me in that direction. So, I think I completely, can relate to what you're saying.

Returning to the Beginning and Finding Meaning

The end of our journey will be to return to where we started, know it for the first time, and where do we start our journey on the other side. What do you mean by that? Yeah.

Say that again. The end of our journey, the end of our journey will be to return to the place we started and know it for the first time. Okay, so we do that and we do that and we do that in cycles constantly.

We start. We start a journey like say for example, you start a journey with, swimming. Yeah. For swimming. Right? Then you know, you do it, you do it, you do it.

And finally returning to where you started and say, now I know. Okay, there was a there's a life, our life journey. We return to where we started and know the place for the first time.

Yeah. That's cool. That's a cool way to think about things like that. Right. So we are all headed that way. We don't have any choice. It's going to happen anyway, right?

So yeah, you got to do it. You can do it peacefully. You can do it in sync. You could do it with happiness, or you could do it the hard way. Yeah. Yeah.

Reminds me of, you know, I've been reading the book of Ecclesiastes in the Bible, and it's like, written, apparently is written by King Solomon, you know, like the wisest and richest man.

And in all the world at the time that he wrote it. And he's searching for for the meaning for life. You know, it's almost like reading man's Search for meaning.

And, you know, in the end, he basically says, well, the very best thing you can do with your life is to eat and drink and savor and enjoy all aspects of God's creation while you're while you're loving God and loving other people.

And so, you know, so that's that's kind of kind of my mantra when I wake up in the morning is just. Yeah. And that also Ecclesiastes is it says whatever it is that you do, do it with all your might have.

You put your hands to do with all your might. So I just wake up in the morning and do the very best job I can with whatever God's put on my plate. Work hard, chop wood, carry water, and then at the end of the day, have a giant party with my family and eat good food and enjoy all the blessings that manifest from hard work, and wake up the next morning and do the same thing.

And that's, I it's it's it's it's a good way to live life. I think. Well, I think that's it. Some people call that self-actualization. Yeah. I think I think you can probably categorize it as self-actualization.

Abraham Maslow, interestingly enough, who developed that self-actualization idea? And he developed that pyramid, right? Yeah, yeah. And the peak, the his the reason he developed the, self-actualization pyramid, is because he was researching peak experiences.

Okay. So when you self-actualize when you've basically achieved what you wanted to your goals in your life and you get to a point of self-actualization.

And self-actualization is really actually a spiritual place like that. You have less need for the. So the basic things, in life and fighting for those basic things.

So now we're fighting for enlightenment in a sense. Yeah, yeah, yeah, it's it's kind of like you you fulfill the base hierarchy of survival needs. And at that point, you start to go on to go on a quest for greater meaning.

And that's where we begin to go back to the beginning. We return to where we started to know the place for the first time. That's come like the a little getting, a little getting what is that.

That's a book or as a poem. It's a poem by Robert Frost. Okay. Called The Little Getting. Yeah. You know I don't know if I've ever read that poem. I've heard of it before though.

But that's a that's a famous phrase from that, from that poem. I use that phrase on my master's degree faces. Oh, on your master's degree, what was your master's degree in?

It a master of science in, basically design measurement and evaluation, or I call it clinical epidemiology. Okay. I got that after I went to medical school and got it.

Got it. Wow. So fascinating. Self-actualization. Return to place where we started. So let's return to the place where we started from. Which is how I got in touch with you.

All right, so the P of F summit. Let's talk a little bit about Pmfs. Let's talk about your experience with Pdmp, how you use it. What kinds of experiences have you had?

What kinds of experiences have other people had that you've recommended it to? Yeah. Gosh, there's a lot of different places we could go with that question.

But my first experience with it was, was for slate for, for the, the, the use of it for the delta brainwave activation. And it was, it was, it was either the flex pulse, which of course, is is one of your devices or something very similar to, you know, small portable device.

And I remember I, you know, I was having sleep issues. This must have been like, oh, good. Like 7 or 8 years ago, I think. And, you know, I, I placed it on or near the occipital bone, you know, on the back of my head and, and then settled down for a little bit of sleep and it just kind of lulled me into this nice, peaceful brainwave state.

I thought, oh, that's cool. It's actually working. I was a little bit freaked out because I thought, well, I'm not supposed to give my cell phone next to my head.

Should I be sleeping with this, with this thing right next to my skull? And and so, you know, fun doing some research and realizing that the, the pulse electromagnetic field signal is a lot different than some of these, you know, non-native EMS and radio frequencies we get from from cell phones and things like that.

And they aren't really, you know, damaging from, from a biological standpoint. I, I began to use it in other ways, too. So I, you know, I had an injury and I thought, well, you know, let's look up what I could do for an injury.

PMF Basics, Sleep, and Recovery Uses

And, and I remember finding out, I think it was about a 10 to 100Hz frequency seemed to be something indicated for managing inflammation, pain. So, I think it was a knee issue that I initially used on.

So I wrapped it around the, the knee and started using it, you know, a little bit of portable PMS on, on a couple of different joints, you know, and this is back when I was racing Ironman triathlon and just, you know, when my joints to hell and back and, it seemed to work well for that also.

And and then I, I kind of, you know, as I started to explore the, the wide and wonderful world of pmfs, I kind of got my hands on some of these larger treatment devices, like the large coils and the pads and even like the, like the mats that you could, that you could lay on and, and started experimenting with those.

And, the first thing I did was I, I would, I would lay on these mats, like, when I get a massage and find that my body just felt fantastic after massage, when I'd, when I'd be laying on a PMS mat, was getting body work done.

It was almost as though it's enhancing facts or enhance the lymphatic drainage, or cause a little bit of a better opening and closing of cell membranes that, you know, for, for clearance of metabolic byproducts and, and probably a combination, all of those.

But I just feel fantastic. And so then I thought, well, why, why, why, why couldn't I just like sleep on something like this? And so then, you know, I came across your, your mat, your body balance mat, and I put that under my top sheet and started sleeping on it.

Sometimes in recovery mode, I would find after a big day of training and then a lot of times in sleep mode also. And, I'd even wake up and and and put it on to the setting, the kind of, kind of pulses and wakes you up and energizes your body for the day.

And I just lay there for a few minutes in bed while I ran that. And and that seemed to be the great. I mean, that's still something I sleep on every night, and it seems to make a dramatic improvement in my in my recovery and even in my sleep scores.

And so then using it for that and then, you know, there's a few other interesting ways that I've found PMF to work. Like anytime I get a tight back, I'll go put those either the I like the pad that you can lay on, or the coils in a pinch, and I'll, I'll put that like over the, over the pelvic phone, lay it across my hips, kind of move it all over the hips.

And it just seems to relax all the tissues that that are in a little bit of a cramp or a spastic position. And so, you know, low back issues. I found it to get rid of those tight hip flexors.

I'd lay on, on the PMF and put it across the hip flexors, you know, and shorten and tight hip flexors are responsible for a lot of the low back pain people develop.

Sometimes they work on the wrong side, you know, they focus on the back side of the erector spine and they should be working on the hip flexors. And so I found that actually could you could loosen and relax the hip flexors, especially after a long day of flying or a long day of sitting.

And so I started using for that. And you know, it's kind of funny because I, I've almost developed a lot of times I do this in the morning when I wake up, kind of like yoga with PMF, where I'll just be like doing different stretches.

And as I'm in a stretch position, I'll apply a PMS coil or a pad to a different area. And I find that it just seems to wake up the body and make everything super limber.

And so, I mean, not not a day goes by now that I don't use TMS in some way, or whether sleep to recover, to relax a muscle. And so, so yeah, it's just kind of been a gradual progression of me picking up little things along the way.

And and experimenting with it. And, and, you know, the other interesting thing, and I don't recall if I learned this from you, Doctor Pollack or, or somebody else, but it's this idea that the, the, the placement of the PMF, especially in the, in the long bones of the femur, where that where the bone marrow is may actually result in a little bit of stem cell mobilization.

And so I, I think that that might also be one of the things that, that, that causes the enhanced recovery that I seem to feel, especially when I've got it close to my legs or when I'm sleeping on that mat.

So, so yeah, there's there's a lot of a lot of ways I've been using it. Well that, now that you mentioned the stem cells. Yes. I think I may have mentioned that to you, that there was a study done actually through a NASA.

And then subsequently I had an experiment where, a woman was going to be getting stem cell therapy, and they did a stem cell harvest on her. And normally they may get about 200,000 stem cells.

She ended up with like 4 million stem cells after treating her femur with a small portion. That's amazing. Just like you have. Yeah, yeah. Just like applied on the on the long bone of the femur.

Exactly. But just kind of funny because, like, I she did for several, I was going to say that's why she got a big boost. Yeah. Yeah. You know, possibly a little bit of a rabbit hole, but it's a, it's top of mind because I'm having it for dinner tonight.

I actually, I, I, I eat those long femur bones from, from cattle. I'll get the femurs with the bone marrow. And, and I roast them on the grill for about, oh, 20 to 30 minutes, you know, 450 degrees.

And they call it the butter of the gods. You can just eat this marrow. And it's chock full of nutrients and stem cell precursors and minerals. And, you know, I eat that and I think, gosh, my body has the same stuff in it has the same marrow running for my bones.

How can I support that? How can I strengthen that going to make them more healthy? And I think the PMS helps a little bit with that. It does. And the stronger magnetic fields actually do a better job.

Now again, because you can wear the the machine on your leg, or you could wear it on your leg all night. That little portable thing, even though you lay on a whole body pad, you can still use the small portable in addition on the bones because the portable is stronger than the whole body.

The whole body pads only about ten gauss, whereas that small machine is about, 200 because it's a smaller surface area. So it's more concentrated, right?

It's more concentrated. But there are reflex changes in the body. So when you see a local area, you're not only treating that local area, you're getting a secondary benefits for the whole body.

So those stem cells that are stimulated in your bone marrow release into the bloodstream and they go anywhere they want to go in the body. So if you do a regular, stimulation to any of the bones in the body, you're going to increase the number of stem cells and even fat as well are our mesenchymal cells.

Basically, they're cells in the tissues that are there naturally to help to restore and rebalance the tissue. That was my then most cells or even their fat cells convert.

So they leave the bone. They leave the fatty tissues, they go back into the bloodstream and they circulate through the rest of the body. And they go to wherever they're needed.

And they proliferate where they where they go. And they help to do the healing work of, those tissues. Now, correct me if I'm wrong when we're on the when we're on the topic of stem cells here, you know, there, there there are certain folks, you know, a recent guy, doctor Christian, I forget his last name.

You know, he's been researching a lot of different stem cell precursors or things that increase stem cell health or stem cell mobilization in the body.

Things like, the, the blue green algae, you know, from Klamath Lake or not a ginseng or, a there's a, a special it's almost like, a black nigella seed compound and a few other ingredients that seem to really support stem cells.

Now, my theory is that if TMS is causing, basically better cell membrane health or possibly even an opening and closing some of the channels in cell membrane, that when you consume them, you know, some type of superfood or supplement or something like that, that the use of afterwards may assist with its delivery into cells.

Not just a theory, but I'm curious if you ever come across anything like that where stem cells are all, relatively large. So the things that cross over the cell membrane are not whole cells.

They may be very tiny little pieces of cells, because those membrane channels are extraordinarily small. They're what we call the angstrom level. Well, I'm more I'm more talking I'm not talking about.

Yeah. Yeah, I was referring to like, nutrients entering cells or metabolic byproducts exiting cells, that type of thing. That's you're actually you're correct there.

Stem Cells, Bone Marrow, and Cellular Support

So once you've activated all these things, including second messengers and then the chemicals that are released by these tissues, they do penetrate the cells and then provide nutrient support to the cells.

So you're not only providing nutrients support to the tissues around the cells, but also within the actual cell itself and opening those membrane channels becomes really, really important.

So you can't build a garden. You can't build a house without bricks and mortar. So the nutrients that you're describing. Yeah, the bricks and mortar, they're the supplies that you need to build the house.

So you're supplying the bricks. And the more you supplying the equipment and the supplies that you need to make the home, but then you have to drive those, components, you have to work with them.

You have to have the workers work with them to make them usable. Right. So the magnetic field therapy makes all that more usable, basically. Yeah. Activates all of that, all those processes.

It just wakes everything up and makes it more, fluid and more mobile and therefore more active. Yeah. Yeah, I think almost everything else that you do better.

Yeah, that's that's what it seems. And, you know, a lot of times combined PMF you know, it's a Nikola Tesla is probably the most well known for his, his concepts and energy medicine and this idea that we're an electrical being and, and, you know, operate very much like batteries.

And, you know, there are certain things that that will allow for either a better depolarization of the cell membrane or a better negative charge on the inside of the cell, or, you know, better throughput of, of hydrogen ions in the mitochondria, you know, increased activity of the electron transport chain.

And, you know, we're talking about things like, you know, photo bio modulation, you know, infrared light and light, photons we're talking about like really, really good clean water intake with a lot of minerals in it, like a full spectrum of minerals, because those help to carry a charge.

You know, physical movement, even the use of things like heat and cold to increase that flow through the body. And, you know, earthing, grounding. Right.

Like being outside barefoot or, or, you know, or even using TANF or something like that. But I like to combine a lot of these things, you know, a lot of times do a PDF session, but then at the same time be running infrared light, you know, right after I've had water chock full of minerals, you know, and then I'll go do a sauna session, jump in the cold pool.

You know, I just take it fits perfectly into this concept of operating your, your your health protocol with the outlook that your body really does operate kind of like a battery.

So, you know, the way I conceptualize magnetic field therapy or basically life, if you want to call it that, and the body. So our our tissues of the body are made of chemicals, right.

So we think of it as tissue but it's actually chemical based. It's biochemistry. But the biochemistry, the molecules that make our tissue are governed by physics.

The laws of physics govern all of that. Right. We don't see physics. We don't feel it. We don't touch it. It's there. It's operating in the background constantly.

But what controls physics? Quantum physics. So once we get into quantum physics, yeah, PMF therapy basically is physics. We're operating at the physics level and the quantum physics level.

Once we get beyond physics, our quantum physics even, we get basically we go to the undefinable, let's say, let's say that 100. So magnetic field therapy fits above the hierarchy of chemistry and tissue.

So it makes all the everything below that level. The physics level below that level will work better, faster in general. You know, that's interesting.

It reminds me of a book I recently read called Spirit Tacks that kind of gets into the, gets into a concept called neurophysiology. And also this aspect of of stacking certain what might be considered like biohacking modalities or technology with spiritual activities such as prayer, meditation, devotions, worship, singing, etc.

and at first it sounds kind of gimmicky. I mean, you know, people grabbing, they're grabbing their portable enough device before they head off to church in the morning or, or, you know, turning on a red light and bathing in red light for a morning meditation session.

But it really makes sense, especially the way that you've described it, because I think a lot of these things actually are operating on, on levels that go even beyond quantum physics.

And even if they're not, they're shifting you into this state where you're almost more receptive to things like, you know, hearing the voice of God or entering into a deep state of prayer or getting into more of like an alpha or a theta brainwave state for meditation.

And so, yeah, I like that you brought that up because it seems that there's. Yeah. Because if you really step back, I mean, you know, maybe back to your talking about earlier about, you know, you know, where, where are you, where you and bringing it back round to where you began this idea that we're talking about as far as, like, health enhancement, you know, fitness enhancement, better recovery, better sleep, etc..

Well, in the long run, we're we're doing this so that we can be better equipped to love other people and to be able to really live out our lives with maximum impact, using the unique skill set that we've been designed and given and blessed with for our life on this planet.

And so when you step back and look at it like so, the most important reason for implementing any of these technologies would be so that you can strengthen your spirit, right?

The one eternal part of you that goes on to live for all of existence, I know, like it's kind of we're we're in big picture and ethereal, but it really is interesting to think about the fact that a lot of this goes beyond just pure carnal biological health and delves into the spiritual realms, which is pretty powerful to think about, really.

Totally. I mean, there's a huge there's there's a large literature on, people's effects, beyond the physical, for example, I actually measured the aura feel of people using a little, just like what?

Like a water twitch thing. Right, a water sensor. So how is that? What is that? Is that different than, like, a gas discharge visualization camera? Very different.

That's very different. You're with a Jeep. Okay. What are you doing? Just bombarding the body with energy. With high, high voltages. And then you're measuring the body's response to those high voltages.

But the body itself produces voltage. Now, a guy named Albert Green who talked a lot about meditation, he actually took healers. And I wrote an e-book on this about how magnetic field therapy is a form of energy medicine and healers.

Basically, what they're doing is they're discharging a huge discharge.

Energy Medicine, Meditation, and Biofield Concepts

He had people at is what he called a voltage wall putting their hands on a copper wall. Then they go into their meditative state. They go into their healing state, and there they would just discharge upwards of 1,000,000V out of their hands.

It's not something you can do regularly or routinely, but, you know, at some point you can. And what they did is they actually measured their legs at that moment, they could see the EEG growing and develop and developing, and all of a sudden it reached a peak and bingo, they discharged 1,000,000V.

So you can take the healer. Well, you know, I basically go into this, I believe you healing state. And then that healing state, they build up charge in their bodies and that charge.

That's what qigong masters do. They you release that charge and it's an electromagnetic. So yeah, I don't I have a little bit of experience with, with Te Gong, you know, I've even taken more cheek on course with my sons.

And one of the practices that you do is you try to change the flavor of brandy or kombucha or coffee using your hands and the energy that that you're pushing into the field of that object.

And what I've experienced is that although I do admit that there's of course, a little bit of a placebo effect because it's difficult to do it double blinded.

You know, I personally notice a difference in taste. And when I'll give my friends, you know, like, coffee was the last time I tried this and give them the cup of coffee that I.

That I haven't blasted with energy with my hands for a couple of minutes. And then the coffee that I had, the coffee that I had, they report, taste smooth, sweet, less bitter.

And and it's very interesting because I actually did a podcast on, on my, on my site once with a, a guy who's got a company, it's called a Leela Quantum Tech.

And they actually create these device is that, that have been charged up by these healers that you're talking about. And, you know, I have one on my kitchen counter back up in the kitchen.

You can put food in it. You can put supplements in it. You can put a joint in there. You can put your phone in there. And basically it just charges up whatever you put in it with this same positive energy created by these healers.

So it's a very interesting concept. And, you know, a lot of this stuff, as you already alluded to, is invisible and difficult to prove and hence is scoffed at by a lot of, you know, modern, modern scientists.

Yeah, there's there's something there. I mean, absolutely beyond a doubt. Well, and that's quantum. So you really need to do these measurements at a quantum level.

So as I mentioned, when we did PMF therapy with healers and we measured their field using the same thing that again that those are using. So it's basically so dowsing rod it's not used for water.

But you could actually dose in the field the body field or bio field of a healer. And what you do after you do magnetic field therapy their bio field enlarges dramatically.

Oh wow. Wow. So this is good information for me to know because what I'm thinking is, you know, a lot of times I'll do, I'll do my morning meditation on a, on a meditation cushion.

And like I mentioned, sometimes using infrared light, but, you know, I, I don't know that I've ever really, like, sat on like one of the larger PMS pads or something like that.

For, for, you know, for like a real good meditation session or prayer session. I'd be interesting to try that out. That's interesting. And a whole body of especially so what we, what we know is that, again, the body has something called magnetite out.

Do magnetite. I know about magnetized stuff that you'll find in, like, the, the snout of sharks or the or the, the nose of birds that help them to to, to know the proper direction to travel.

Okay. How many, how many, how many of bits of magnetite are there in a human brain? You know, I actually don't know. I know we've got magnetite that we probably don't use to our full capabilities, since we live in an era of GPS and satellite phones.

But, but you tell me it's, probably in the order of, billions per square centimeter. Wow. Magnetite crystals in our brains. Humans orient in space as well.

We lost that ability because of everything around us. All the stimulation around us. But humans can orient according to the magnetic fields of the Earth as well as animals.

Can we certainly know that about birds. Yeah. As you said, their beaks. So they've. Yeah, they've done experiments with people. They've spun people around and a chair blinded them, took away their their hearing probably they made them deaf, if you will, put the earbuds in, they spun them around and asked them to tell what direction they were facing.

So they did a few test experiments and then they get some real experiments. And they found probably that most people could after a little bit of training, most people could actually determine the proper direction about 90% of the time.

Well, that's interesting because, you know, there there are certain, well, Aboriginal populations specifically who communicate in terms of North, south, east and west, you know, instead of like left right, up and down, for example.

And, and they do so with surprising accuracy, you know, without the use of GPS or anything like that. And as you alluded to and, you know, as I mentioned, we I think we've we've lost the ability to fully use the magnetite that's naturally built into our bodies.

You know, it's even worse. We have lost the ability. We just don't use it. And if you don't use it, you lose it. Yeah. Otherwise we still. Yeah. Exactly.

Yeah. That's that's what I mean. Yeah. We still have the equipment. Yeah. That's what I mean. Rupert Sheldrake did experiments with people beaming thoughts to other people in our audience.

Right. So nobody knew that they were doing this. And almost 100% of the time, people sense that somebody was with a beaming at them, so. Oh, well, I mean, he's right.

Our magnetite is not only our A receiver, it's also a tuner. It's also broadcasting. Have you ever gone hunting? I don't know if you have. You look at an animal, you know, let's say you have a I mean, it doesn't have to be hunting.

It could just be nature observation. Well, let's use hunting, for example. You know, and whether it's, it's my bow or whether it's a rifle with a scope on it that an animal can, you can be totally upwind from it.

It can't see, there's no way fully camouflage, you know, with the rifle sometimes you can be, you know, 200 yards away. And as soon as you look at it, it pops its head up.

It knows it's being looked at. And, you know, I suspect that's a similar mechanism to what you've just described to me. Magnetite. And so magnetite is basically it's our own magnetic fields that we produce internally in our brains. They're very tiny.

But they're still there. And that means that any other external magnetic fields can, interact with those magnetic fields, just like compasses do with, the North Pole and South Pole.

Yeah, you can block it, though. There's a company called hex. I have one of these suits. It's crazy. It's a it's a hunting suit that blocks your magnetic field.

And so, what happens is, you know, I'll go out in the forest, I practice out in the very forest I'm walking through right

now. We got whitetail deer out here.

I'll walk up within 20 yards of a whitetail, and it won't even know what I am. It'll just stand there looking at me and not know whether what it doesn't.

It doesn't even know if you're a living being. It can't detect the magnetic field. I mean, these shoots, they come with even the head covering. So it literally can't detect you at all.

It's crazy when you see this in action.

Whole-Body PMF Systems and Final Recommendations

You know, it's almost like cheating when when you're out there and you're blocking magnetic fields. I believe they make a wetsuit that's very similar for, for shark avoidance, you know, blocks of magnetic field coming off the body.

It's for, for all you need, all the shark protection. All you need is civil silver particles. So you can use aluminum or aluminum particles built into a suit.

Or you could just wear an aluminum sheet and it'll do the same thing. Yeah, but that's not very camouflage. That's why you can build it into a it has a fiber in the suit.

Yeah. It's it's a cheap pack. So you know you get your hunting camo and just wrap yourself in an aluminum foil before you put your hunting camel on. Well, we're getting close to our time.

So I want to bring up one, one final thing that you and I spoke about a little bit before we started the video, and that is a, a new Israeli, PMF system that is, powerful, as powerful as the other one that you have actually more powerful than that, but has the value of being able to, sandwich you.

In other words, you're laying between two magnetic pads at the same time. Oh, they're actual pads. They're not coils or pads. They're at. While this coil in a pack.

Okay. Yeah, yeah. Okay. One big round coil in a pad. Almost like an antenna in a pack. And there's two of them. So you laying between these two pads? Pancake basically between two pads.

And then that, that treats the whole body completely. I recommend those especially for people with, like, whole, skeleton problems like osteoporosis or osteopenia or having major bone issues.

Also stage four cancer. But then what about, what about osteoarthritis? Cartilaginous tissues? Well, locally you could use local devices, but if you're if you have arthritis, you know, in many areas of your body at the same time.

Yeah, most people have arthritis in multiple bones or multiple joints. They have lots of other problems usually as well. So yeah, you could help anybody from a whole body treatment perspective.

Remember, a magnetic field drops off very quickly as you move away from the mat. So when you do your sandwich, you're making the magnetic field in between the two maps completely uniform, very, very, very uniform.

And so the whole body is being nicely and smoothly and evenly balanced. Wow. What's that one thumb? It's called the Ultra Flash. What is that ultra with the.

You are an A you, ultra flash. It sounds pretty cool. I mean, you briefly told me about him for the call, but, yeah, I'm. I'm intrigued. It sounds like, sounds different than any PMF device I've heard of before.

Because it's a sandwich. And that's been one of the points that I've been trying to work with, with magnetic fields that allow you to produce a nice, even magnetic field, because some people just have so many problems in their body, they need efficiency.

They need to decrease the total amount of time they have to spend getting the benefit. So the ultra flash provides you with that, with that, that value.

And compared to other machines that are out there in chiropractors offices or doctor's offices, they cost about $35,000 or more. So this system is, still expensive. Wow.

It's a lot more than a third. Less than a third. The price. Well, that's pretty neat. So therefore, it becomes affordable by more people. Many more people.

Yeah. Yeah, I like that. I know now you do your. Is that available already for people to get it is, it's available through Doctor Polycom. Oh cool. We'll have to talk.

It's amazing as well for you. For your, Yeah. Your store. Yeah. I'd love to check it out. That's pretty cool. Well, do you have any? You just, Well, I was gonna tell you, I don't know if people are who are watching or listening or already aware of this.

Yeah. I don't want to blow smoke, but your recent foot that you sent me on PM, supercharging was so good. I mean, it has, like. Yeah, superchargers in the cookbook for PMF.

I actually I have it down in what I call my Zen den, where I keep all my recovery tools and my sauna and my hyperbaric and everything. It's a fantastic manual, you know, just to flip to for whatever's going on, you know, gut issue or joint issue or, you know, or, you know, brain fog or whatever.

And, and, it's it's it's you did a good job on that book. I really enjoyed it so very much. Thank you. Yeah. So I review 80 different conditions. And for each condition I provide a little background, but the, the best, magnetic, tools to use for it.

How do you use them properly? And also, some recommendations for, some supplements. Yeah. Yeah. Cool. Well, I, I like the book, so I, you know, people are watching or listening.

You probably find a, find a good resource. So and I appreciate you, you having me on to have a chat to Doctor Pollack? I always learn a lot from you. Thank you.

I learned a lot from YouTube. You've written more. I know, yeah, that's that's my jam. That's, for some reason, God, God made me, incapable of looking at a blank page and not putting something on it, so I just follow my orders.

Really? Good. Well, thanks for putting something on our blank page here today, and I hope you all right. Well, thank you so much. And, Well, broadcast practice, broadcasting.

Okay. You. I'll look into it. Enjoy the rest of your day. Thanks again. All right. Talk to you later, doctor Pollack. I love you, too.