Unlocking the Power of PEMF Therapy: Could This Be the Key to Better Health? Transcript

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Podcast Introductions and Guest Welcome

The reason it's a problem is because emfs typically are microwaves and microwaves get absorbed by the body. That's why we use microwave ovens, right? Because the tissue or whatever's in the microwave will absorb the microwaves.

And as a result, what we know, what it does, it heats. Right. So if it's heating food in the oven, what's it doing to a body. It's heating. And the reason that it's heating is that microwaves themselves are extremely short wavelengths.

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Well, welcome to Vitality Made Simple. This is the podcast that equips you to feel better, look better, and to enjoy better relationships. So I've got Doctor William Pollack today.

Welcome, Doctor Pollack. Well, thank you very much, Doctor Osment. He is an MD, a pioneering researcher. He's he's very acclaimed in the whole functional medicine arena.

But you know, what's really awesome about Doctor Pollack is he's a super nice person. And that really came through with your book. I mean, I just that's important to me, Doctor Pollack.

He's written a terrific book called supercharge Your Health with p m p e mf therapy. Now, I'm going to be learning along with you. I read the book, but this is an exciting field that I've really known nothing about.

So, Doctor Pollack, in getting started, I want you to tell our listeners the story about the three gastric bleeds that actually propelled you into the integrative medicine arena.

Well, the story goes back probably a long, long time. Even a, a long, long time ago. I've been working with magnetic therapy now for about 35 years. So part of that journey was obviously, this is what often happens to clinicians and practitioners who do complementary medicine.

So if you start off in sort of conventional medicine or conventional dentistry or conventional, well, conventional, anything, right? Eventually you run into the wall.

Eventually you realize that this is not enough. So it's working. It does certain things, but it doesn't do enough.

Doctor Pollack's Path Into Integrative Medicine

And so that's why I call myself an unhappy doctor. I'm unhappy until I can solve your problem. And that means I may have to go out and do some research.

I might have to go out and do some more reading and more learning and so on, in order to be able to do more comprehensive to solve problems. I met a doctor along the way, actually, from the UK, who had a holistic IT.

Back then. It wasn't called holistic, but it was holistic medicine practice. And he said, you got to learn. You got to learn 3 or 4 disciplines at least, to be able to deal with 90% of the problems that walk in your door.

Number one, you have to do like something like natural medicine, like nutrition. You need to do acupuncture. You need to do environmental medicine. You have to take care of all the environmental stuff that contributes to health issues.

And then if you do those things and maybe you could do some hands on therapies as well, manipulative therapies, then now you're able to basically deal with most of the problems that walk in the door without having to create a referral to a, to a specialist or a subspecialists.

So that's stuck for me. So from that point forward, I began to acquire these disciplines. So I learned acupuncture and I learned homeopathy, and I learned nutritional medicine, and I learned hypnosis for mind body work and so on.

So I picked up all these different disciplines just so I could be more well-rounded. But in my journey to do acupuncture, this is a 1990 in the US, 1998.

All right. Acupuncture. What's that? That's super weird, right? What's that? And then until then, Madonna showed in her movie, had acupuncture needles all up and down her back.

People said, oh, that's acupuncture. Then most people said, stay away from me with those needles. I don't want needles. So that's how I. My journey started, drifted over to a magnetic field therapist because I discovered that magnets will do acupuncture.

And if you lay on a whole body magnetic pad or electromagnetic device, you're treating the entire acupuncture system. You're already rebalancing the whole acupuncture system.

It may not be as focused or as targeted as you can do with with acupuncture directly, especially if you do electro acupuncture. So I was using electricity to stimulate the acupuncture point that that really zooms the acupuncture system.

So I started moving into magnetic field therapy because it solved more problems. It actually did something that acupuncture doesn't do that well, and that's healing.

So you can heal tissues with magnetic field therapy. You can't really heal tissues so much with acupuncture. If your body's healthier, if your body's more vital and balanced, you can heal normally better.

But you're relying on the body to do it. So acupuncture doesn't heal you. The body does the healing. No matter what we do, no matter what we do, the body has to do the healing, right. It's not we're not bionic.

We can't just replace an arm and reattach a new one and say, okay, we're fixed. So it doesn't doesn't work that way, does it? No. And, you know, I appreciate the area I was heading to with your your three gastric blades when you were still in conventional medicine is that you are curious.

And I appreciate your curiosity that comes across in your book so. Well, Doctor Pollack, you weren't satisfied to just say, oh, here's the medicine for this, or here's the surgery for this or, or whatever you said.

I got to learn some other things. I, I don't want my patients to be sick. So tell our listeners about the difference between EMF and then what your book is about is p e m f good.

That's a very important intro, if you will, to the topic, because there is a lot of confusion. So p EMF is still EMF,

right? But it's passed at. That's very different.

So EMF, where I would generally describe EMF as environmental of magnetic fields. That's not that's not what EMF stands for. It stands for electromagnetic fields.

But I consider that environmental. A cell phone is EMF. Wi-Fi is EMF. Right. So those are basically a different kind of technology that was designed for other purposes.

It wasn't designed for health or healing, okay. It just goes right on through the body goes up out into the air. So it's distributed widely out into the environment.

And human beings happen to be in the way. Now, the reason it's a problem is because EMF typically are microwaves and microwaves get absorbed by the body.

That's why we use microwave ovens, right? Because the tissue or whatever's in the microwave will absorb the microwaves. And as a result, what we know, what it does, it heats.

Right. So if it's heating food in the oven, what's it doing to a body. It's heating. And the reason that it's heating is that microwaves themselves are extremely short wavelengths.

So they get absorbed by the body.

EMF vs PEMF Explained

If you take a magnetic field and you broadcast it like it would an EMF microwave, a WiFi or cell phone, the wavelengths are way beyond the wavelength of a body, the length of a body.

So they go right on through. They don't get absorbed. So the key is that the absorption pmfs are not absorbed and emfs are absorbed. Now this is another difference to the Emfs are broadcast in the environment.

As I said, they broadcast by towers that send out signals in the environment. Just like radio waves. Just like TV waves, just like radar. Okay. That's just broadcast into the environment.

Pmfs are produced by a current flowing through a wire. So think of my thumb as the wire that's through which the current is flowing. So as currents flow through a wire, it produces a magnetic field.

Automatically they go hand in hand. Electro and magnetic are inseparable. So when you have current flowing through a wire, you produce a magnetic field that's perpendicular.

So basically we call that the right hand rule. So this is the current. And the magnetic field is like this. It's completely encircles the wire. So as the current flows the magnetic field is going like this.

I keep I move my thumb I got control by myself. So the magnetic field is pulsing like that, but it stays in the wire, that it goes out into the environment, and it comes right back into the wire.

So it's basically a controlled environment, a magnetic field. So it's not really an environmental magnetic field. It's controlled by the current fly through the wire.

So completely safe not absorbed by the body. It goes completely through the body. And then it comes right back out again into the body comes right back out again.

Right. That's the major difference between the two. So one is potentially harmful and risky. It causes some heating it if you're exposed to a lot of it, then it causes reactions in the body that we don't necessarily like.

And what we have to do is we have to rebalance and repair the body after that kind of stress that's caused by the

EMF. So pmfs basically help the body at so many different ways.

What they're basically undoing the effects of the EMF, unless you have too much exposure and then you're causing damage because then you causing DNA damage or causing cellular damage causes a membrane damage.

It all sorts of things can be happening. And sometimes those are easy to repair and recover, especially if you're doing magnetic field therapy right after an EMF exposure.

I'll give you an example of how Emfs are absorbed. Watch somebody look at somebody's ear after they put a cellphone to their ear. What happens to the ear?

It turns bright red. It turns red? Yes. So why is it turning bright red? So that's the heat you're saying being cooked? Wow. Well, doctor, doctor. Paul, this is so interesting.

Years ago, when microwave ovens came out, there was one of our family members who just everything went into the microwave, and he would use his left hand.

He was left handed to put things in and out. And he had all of these age spots on his left hand that he didn't have on his right hand. Right. So those proteins, I guess we're just getting in his skin or getting cooked.

Well, although the magnetic field, what's the magnet magnetron is turned off? There's no magnetic field there. I was on coast to coast, interviewed on coast to coast, and we were talking about this.

These guys are things. And at the end of the interview, people were asking questions. And one guy at the end of the during the interview said, well, I drilled a hole in my microwave and I have a rash on my hand, and I was treating my rash with the hole and the mike from the microwave.

So the microwaves are going through the hole into his body, right? He was using the microwave to try to heal his body, but he's actually causing more harm, right.

Because it's microwaves. Yeah. Well, and this was in the old days. This is probably, you know, I don't know, 40 years ago when they probably were looking for and they were.

Yeah. Yeah I'm sure hopefully that's a lot better now. Well, Doctor Pollack, you call. Well, one way, one way to know whether your microwaves leaking.

Yes. How? Put a cell phone in the microwave oven. You don't turn it on. Just put the cell phone inside the microwave oven and call it. It's the microwave.

If if the cell phone rings, it's leaking. Wow. Because that microwave should be so tight that it's like a Faraday cage, right? I mean, exactly, it blocks. It blocks.

The magnetic fields are the EMF coming from our cell phone or from the ringer. So, yeah. So that's a way to tell that whether you have a leaky microwave or not, if you do better, better get rid of it.

Well, that's that's information we can really use. You you term these this p EMF therapy as a Swiss Army knife. Explore that for us and help our help us all understand what you mean by that okay.

So and that's that's a very good question. And I use that term Swiss army knife for a reason. So in the book I outline 27 different actions that have been scientifically validated, right?

That actions are about how the body reacts to a magnetic field. And all of those reactions are healthy reactions. So I mentioned acupuncture is one of the actions of magnetic fields in the body.

It stimulates the acupuncture meridian system. And we have proof evidence for that. In fact, I teach acupuncture.

It's a whole a day course on how to use magnetic field therapy to stimulate the acupuncture system and to help with the repair and regeneration, so you can help with the repair that the acupuncture can't do.

But if you combine the two, you get the benefits of both. Wow. That's fantastic. So you outline a lot of a lot of areas. Where do you where do you see some of the strongest benefits.

All right. So because one of the most important aspects of magnetic field therapy and the one I rely on the most is to reduce inflammation. So for 40 to 60% of the reasons that, people visit doctors is for pain.

But what we don't do is we don't want to be a pain management doctor, which is basically just load you with drugs to try to that. I call it numbing and dumbing down to numb you and make your brain dumb so that you can't feel the pain.

But that's not healing anything. So as soon as you take away the Tylenol, or as soon as you take away the opioid, the codeine, then what happens is the pain goes back because you haven't dealt with the cause so that it feels therapy deals with the cause because it's not only helping to repair the tissue that was damaged, that producing the pain.

All right. But it's also taking care of the pain. So make that feel. Therapy does have a natural painkilling effect, just like codeine or Tylenol. All right.

But in addition to that, it's actually stimulated the tissue to begin to regenerate and reduce inflammation. So inflammation and pain reduction are two of the most important actions of magnetic therapy.

You improve circulation. You open up the blood vessels. We talked about cooking the air, but magnetic fields don't cook the air, but they do dilate the blood vessels in the ear.

And so you'll will see an ear turn reddish with magnetic field therapy. I did this with Hans. I did magnetic stimulation of a hand, and it turned red.

And I looked at the other hand and it turned red to not as much, but it also turned red. So whatever we're doing to stimulate the circulation in this hand is actually having an effect on the whole body, not as much in the rest of the body, but at least it's having an effect and dilating the blood vessels.

So improving circulation. What does that do to the body brings all the healing actions to those tissues. Right. So that and that and regeneration. So you bring the healing actions.

And so you stimulate what we call fibroblasts. You stimulate the production of collagen. So all these different actions of magnetic fields are happening at the same time.

I don't decide and the magnetic field doesn't decide what the body's going to do with that stimulation. The body decides. And because the body now has at least 27 different choices of healing, of mechanisms or actions, of healing, then you'll see a progression of changes or improvement in the tissue as the body begins to heal itself, and it will heal the first things first.

It'll improve circulation right away. Immediately, but improves circulation, then helps with the healing and reduction of inflammation. You can't heal if you have inflammation because the tissues irritated, so you have to reduce the irritation.

You have to reduce the inflammation, have reduce the swelling of the tissue caused by the inflammation. But you do that, then the body begins the healing process.

So all of these things happen in sequence with but the body controls I don't control it. I'm not smart enough. And I thank you. I appreciate the body doing the work that it does.

So we give the body a chance. What we're doing is giving the body a fighting chance.

How PEMF Therapy Works and Its Benefits

Now, you can't regrow on a limb like that. Fields are not going to regrow a limb, not like salamanders. Yeah, humans have lost that ability. Although I do have a case, one of my own cases where there's a three year old child cut off the end of her thumb in a doorjamb, a sharp doorjamb literally just ripped it off.

And then father called me before the surgeons had at it. And what the surgeons would normally do in the medical system, they would clean up the wound and let it let, let it begin the healing process and then put a graft on it, takes it from somewhere else in the body, put that on top of the wound while that child, three year old child, would have had a deformed time for the rest of her life.

So I said, let's use the part of the finger that it was torn off so it back on again, and that will serve as a bandage for the wound. So the wound is not exposed to the environment.

And then she did magnetic field therapy for an hour to an hour and a half a day. So it's in my it's in my first book called Power Tools for health. I pictures 12 weeks later she's regrowing her now.

I've never seen that before. Ever. Incredible. I mean, I know that our bodies are designed to heal, and I like how you say it's not one thing. It's like, sort of like the onion.

You take the the layers off and then the body has more, more energy, more resources to heal behind it, to finish the healing. You name one example of magnetic field therapy for healing wounds, healing sores and wounds and cuts.

The FDA has approved magnetic field therapy for healing fractures that won't heal. So a small percentage of fractures. Broken bones don't heal. Now, what they've discovered is that the magnetic field therapy will re initiate healing in a fracture that's long since not been able to heal itself in 5 or 7 years after the fracture, and all of a sudden, the healing process is the body.

Wake up and start doing the magnetic field therapy and they're using the right machine. Depending on the machine they're using, they could be needing to use it for upwards of nine hours a day and nine hours a day of stimulation with a low intensity magnetic field.

And three months later, the fractures healed. A fracture that stalled healing is now healed. Wow. Okay. So how would that impact, say, joint replacement?

I mean, wouldn't this be a good therapy? Oh, absolutely. And there's several reasons for it. So number one, a joint replacement means that you cut through the bone, remove the bone that beyond the the joint and you stuck a rod in that bone to stabilize the bone.

Right now a rod is not something about a bone or a body likes a sign, right? Bodies don't like foreign bodies. They don't like stuff that's not them inside themselves.

So what happens is that rod then serves as an inflammatory source, the source of inflammation. And this is why these bone joint replacements, 15 or 20 years later, have to be revised or re replaced because they've cause now they've caused their own damage in the body.

So magnetic field therapy that stimulates the tissues decreases the inflammation that's caused by the body's reaction to the foreign material and heals the tissue.

And so you get better. What better. What we call osteo integration. So again healing happens. Now it's not completely healed because you still have the foreign body in the body.

All right. But at least you're decreasing the inflammation and allowing that joint replacement to last much longer. Is this similar to grounding like.

Good question. It's okay. I consider grounding ancient art. Yeah that would be earthing for our listeners. Grant earthing and grounding. Yes. Getting outside barefooted or, you know, lying on the ground.

So what what does that do to the body? Acupuncture. So what it's doing is stimulating. So if you take a if you wear a copper bracelet, which is basically equivalent to grounding and earthing.

Right. So the copper has copper ions. And those copper ions from the metal in the copper are interacting with the sweat metals and minerals in the sweat.

And so you get what we call a dielectric. You get a little bit of current flowing back and forth between the body and the copper. And that little bit of current is enough to initiate healing responses in the body or rebalancing basically.

But it's very, very, very weak and in nature. That's why I say it's ancient. So if we didn't have access to Emfs 100 years ago, 200 years ago, or 2000 years ago.

So walking in nature, being exposed to minerals in the ground and or on the earth, or even hugging a tree for that matter, you're producing energy. You're there's an energy exchange.

And that energy exchange can be amplified by the body to help the body be healthier. But it's not you can't heal a nonunion fracture with earthing. You can't heal a pneumonia with earthing.

Now, you may be able to prevent an ammonia if you're doing regular earthing and you don't have a magnetic field. But if you have a magnetic field, it's much stronger than earthing, much stronger.

So if you're doing magnetic field therapy, have your own whole body magnetic system, and you're doing treatments on a on a regular basis, daily basis, typically you're taking care of business without having to do earthing.

Now, it doesn't mean that you shouldn't hug a tree. Yeah. Take it take it barefoot, hike or that's fine. There's there's other value. There's other values in that.

But if you're trying to heal something significant, some significant injury or health problem and you need something stronger, much stronger, and magnetic fields are much stronger.

I appreciate that clarity about the copper bracelets. I've never understood why people wear those. That's that's fascinating. So, Doctor Polly, tell us about this cell injury model.

All right. So every cell in the body and we have about 100 trillion has its own work to do this. Pardon me. Excuse me. Bless you. Like it has its own work to do.

And every cell is trying to maintain itself. So if I slap a cell, like slap your body then you're going to react. So the cell reacts to an injury and it has to react and introduce processes in the cell that then begin to recover and repair the cell.

So also lack of ATP production, mitochondrial damage, the movement of ions in and out of the cell, inflammation, DNA, all of that is part of what the cell machinery is.

And if it's damaged, that cell machinery kicks in to try to repair itself, but it can only repair it to a point. So if the damage is too much, the cell basically dies.

So it could die naturally. So our cells are constantly turning over all the time anyway, our whole body, every seven years we're being told we're a whole new body.

Well, actually, our corneas are new every day, right? And our gut cells are new every three days. And our skin is revitalized probably several weeks for the skin to become new again, essentially.

All right, ligaments and tendons don't repair or replace very easily. So there's normal cell turnover then. And the cells in different tissues of the body are turning over at different rates.

So the reason we're a new body every seven years, it takes about seven years for the bones to turn over. Well, and to think about that improvement in collagen.

Boy, that just helps every single area. You've mentioned everything exactly correct. But but then you need a magnetic field that's strong enough to go through the body that's going to go deep through the body, going all the way through the body with sufficient amount of magnetic field intensity to to be able to do the work that needs to be done.

So let me explain that inflammation, we talked about inflammation, how inflammation is so important and how pmfs really are important for inflammation. There's a lot.

And the but is that you need the optimal magnetic field intensity needs to be 15 gauss. So Gauss is a unit of measure of the intensity or the strength of the magnetic field.

So you need 15 gauss at the target tissue to maximally stimulate the reduction of inflammation. But magnetic fields are like light and sound and heat and cold.

The farther you move away from the source, the more rapidly the signals the stimulation decreases. So magnetic field therapy is just like that. So if you have to have radiation therapy, the radiation therapists, ecologists, radiation oncologist have to calculate the dose.

They want to deliver a certain amount of radiation as a tissue to kill the tissue that you try to kill on purpose, that you need to calculate that dose.

But with magnetic field therapy, you have to calculate the dose at. In the book Supercharge Your Health, there's an appendix about inflammation at pmfs and adenosine.

So this property of magnetic field therapy to reduce inflammation work one of the mechanisms that works through adenosine receptors adenosine is part of ATP adenosine triphosphate.

So ATP is the energy source molecule in the body. And so what happens is the magnetic therapy stimulates the adenosine receptor which then decreases inflammation.

But you need 15 gauss at the identity and receptor to do the job. So if you have a magnetic device that you've purchased it's only one Gauss. Are you going to deliver 15 gauss into the body?

You're not even delivering 15 gauss at the surface because you don't even have 15 gauss. So always, always, always, always ask what the intensity of the magnetic field device is that you're buying.

And unfortunately, if you already bought one, that's only one Gauss. Well, you're you're going to have some benefit, but you're not going to have enough benefit to do deep, deep healing work or deep inflammation reduction work.

So for anti-aging, you need 15 gauss deep into the body to be able to do a more effective job of decreasing inflammation. Doctor Pollack, what do these devices look like?

Describe one for us. Oh, good. Are oh, there are all kinds. Here's one that's very simple. This this one happens to be called the zoster. So that's battery operated the battery here.

And you just basically just turn this machine on. There's a flashing light. All right. You can see that. Yeah. When you're, when you this will all be on YouTube for the people hearing it on the podcast.

But you can he's giving a great demo here.

Devices, Safety, and Treatment Intensity

All right. So the coils where are the magnetic fields coming from. So the current flowing from the battery from the control unit flows through the the wires into these coils and the coils themselves that are producing the magnetic field.

Right. And then what you do then is you can apply the magnetic field to a shoulder. You can apply it to a head or a face or tooth or sinuses. This one, this device happens to be designed for sleep.

So you put the coils under your in your pillow on top of the pillow, inside the pillow, cover under where your head would normally rest and you're going to hear a clicking.

The magnetic field is going into the brain and it's causing the brain to slow down. Okay. That's called delta. So this is delta sleep enhancing. Now there are similar devices to this that are not specifically designed for sleep.

But all of these, including this one, even though it's designed for sleep, it can still help with inflammation because the magnetic field doesn't care.

It's just got to be the right strength to do the job. So this is a very simple device, which this cost about $400 on Doctor Polycom. Okay. So yes, I wondered about that.

That's the idea. Look, you know, I have all that come. I'll have all that in the show notes for everybody. Doctor Pollack. So my website, doctor part.com, there's a product comparison guide.

And that product comparison guide gives you a list of all the different devices that I've worked with and devices that I recommend. And I've tested and I've evaluated and I recommend.

So there's little devices like this. And then there are big boxes. So the big box is the control unit. And that control unit generates the current that has to flow through the wire to go to a coil, or what we call an applicator as the applicators that you put on different parts of the body, whether you're laying on a whole body pad or whether you're laying on something that's going to treat a whole shoulder, or whether you're going to treat something, treat a heart or lungs or a hip or a knee.

So the applicators are where the treatment is done. So each device then has its own applicator product applicators essentially. And they're different kinds of applicators for different applications.

And so the applications then determine the benefits and the results you're going to get. So again you go from very small to very big. So the best thing to do I have samples in the book as well.

There are pictures in the book of different devices. And I talk about the very the, the variations in those devices in terms of the intensities and the applicators that are used.

So how strong they are, the kinds of applicators. And so I said that that book then has some of that, but also Doctor Polycom is probably better in general.

And providing you with visuals and even videos on on how these things work. Talk about any potential side effects over use, but potential problems. Doctor Pollack, I know our listeners are thinking, ooh, is it all good or can there be a problem?

So the answer to that question is a very, very important question. The answer is magnetic field therapy does not

cause problems. It reveals problems. So if you apply a magnetic field to a body and there's a problem in the body as a result of the magnetic treatment that wasn't there before the treatment, then the magnetic field therapy is revealing a problem.

I'll give you an example. I was working with a guy who was really buff. It was really a real athlete and hobbyist. And and he was very, very fit person.

And he put one of these little magnets on his knee and the pain increased. So he had pain, but the pain increased. And then he said, this is a piece of crap.

It's causing my pain to get worse. So he stopped doing the therapy, went about doing other stuff, came back and the pain was still there. So he tried it again and we said, you better go see a doctor.

This is not supposed to be happening because you're having this problem. It's telling us that you have an other another problem that we're not seeing.

So I went to back to an orthopedic surgeon and discovered that he had an infection in his knee. He had a septic infection in his knee. If he had not taken care of it, the magnetic field had not revealed it.

He would have gone on to destroy his knee with the infection. Right? So we caught it early, and then we were able to do a definitive treatment for the knee, and that he could come back with the magnetic field therapy, then to to heal the knee and recover the knee with from the problem that was going on before.

So PMA therapy doesn't cause problems, it reveals problems. There's a however, and the analogy that I'm going to use is running a marathon. You don't get off the couch and try to run a marathon.

You can try. Good luck. I feel sorry for you, but you better do is you better train right? So you have to train for at least the marathon they want to run.

So if you want to run a two mile marathon or a five mile marathon or a 20 mile marathon, well then you're going to have to have different kind of training for each, each each a distance that you're going to try to run right now, if you train for a 20 mile run marathon, you only run a two mile.

You just breeze right through it. So but you got to train. And what happens when you train? Yeah. Well, like it, you can go easy, which is going to take a lot longer.

Or you can go hard. Right. So if you got to go hard, it's going to hurt and you got to have to recover from the training and you train some more and you recover from the training and you train some more.

So finally you can get to the goal, to your goal with training, be able to run a full marathon. So magnetic field therapy is a bit like that. It's causing your body to work and your body's not used to that kind of work.

So what happens is that you should go gently and on Doctor Polycom, there's a blog about called Going Low and Slow. And there's three protocols fast, slow, a fast normal and slow.

So if you are, let's say just recovering from surgery, you probably want to be more gentle. If you have autoimmune disease or you're sensitive to everything and your your body is just not functioning very well, but you're going to have to be a bit more gentle, which means you're not going to realize the full benefit of that PMF therapy until you get to the maximum time that you could do treatment.

So what the goal is to try to get to maximum intensity and maximum treatment time. Maximum treatment time typically is about half an hour, and the maximum intensity would be the maximum that that machine could put out.

But again, if you're putting out, if you have a machine that's only putting out one gauss or four gauss, well, it's not going to stress you a whole lot.

But if you have a machine that's putting out 10,000 gauss that we have those kinds of devices, most people for most, for most people's purposes you need typically somewhere around 4000 gauss, because what you're doing, people are often very limited in the way we think.

We have a goal to solve. We have a wrist pain, a carpal tunnel problem, or say, well, all I need this for is carpal tunnel. But magnetic field therapy deals with the whole body.

So you can either do that, just do the carpal tunnel problem, or realize that magnetic field therapy could be helping me to be from an anti-aging perspective, from a wellness perspective.

And so you don't know, you have a problem today with your carpal tunnel, and three days later or a week two weeks later, a month later, you sprain your elbow, you fall down, right?

Or you get whacked on the head, you have a car accident and you get whiplash. So now you need something much stronger. So if you can, you should try to go to the best device you can get because you're buying it for for the rest of your life.

It's actually and we're trying to anticipate what we're going to need it for, because every, every insult that we have in our bodies ages us. So I call that aging death by a thousand cuts.

And they're not all deep cuts, right? They're just, you know, small, all these small little niggling injuries that we have with our lives, ages. So if you have something, a tool like a whole body magnetic therapy device that's strong enough that you, you recover faster from all of these insults and in addition to that, what you're doing is you're optimizing the body, you're raising the vitality of the body so it recovers better, faster from almost anything.

I told you about the little girl with the thumb. And we see this in Finland. They were looking at people who had a massive trauma, big car accident, right?

Lots of broken bones and torn tissues and so on. And these people would often be in the hospital for four weeks, six weeks or more. When they started doing magnetic field therapy, whole body magnetic therapy, they recovered.

They they cut down their hospital stays by over two weeks. Oh. That's incredible. What are you seeing, Doctor Pollack, in terms of long Covid magnetic field therapy?

Now, during Covid, if you actually have an acute Covid infection, you have to go low and slow because magnetic, all of a sudden you're flooding the body with circulation, with increasing the circulation.

And what are the reactions of the body to increase circulation? Is inflammation. Now in the long run you're going to decrease the inflammation. But in the short run, because you're producing so much circulation increase in the tissues, you're flooding the tissues with inflammation.

That's important. And that's important to go through the healing process. But then you need to continue the treatment so that you're converting over from acute inflammation to mild chronic inflammation. And then the healing.

So with long Covid long Covid is a systemic problem right. It's a whole body problem. You can have heart problems. You can have brain problems. You can have heart problems, you could have gut problems, liver problems, you name it.

So because it's all inflammation based, what you're doing is you're decreasing the inflammation. If you decrease inflammation you feel better. But then you're not.

Not only have to decrease the inflammation, you then have to repair the damage caused by it. So for example another example is Lyme disease. Okay. So magnetic field therapy is very very very important for Lyme disease. Why.

Well number one you have the acute infection first. And maybe you see a bullseye. Most people with Lyme disease have never seen any bull's eyes. Right.

So if you see a bull's eye then the magnetic field therapy will very, very rapidly decrease the inflammation. I'll give you an example. Relative to that, I had a little bite on my leg.

Small small bite look down on my leg. And I didn't even know I got bit. And I had a quarter sized wound there inflammation, redness, itching so on. So I put a magnet on that wound on that bite.

Three hours later, gone. How long does the spider bite last? Oh, days. Days, weeks. Yeah. We depending on the spider. Yeah, exactly. I depending on the depth of the bite and the condition of the body.

And so on. So I got rid of it three hours. Wow. So, Doctor Pollock, what are you seeing in terms of Epstein-Barr? I'm seeing too much reemergence of this virus in clinic lately.

All right, so all infections, regardless of the cause, all the viruses cause inflammation, which that causes damage. And the amount of damage is what we have to recover from.

So number one, we want to limit the inflammation. We want to limit the infection. And when you give the body more vitality, the body can fight better.

And because it can fight better, you shorten the course of inflammation. Magnetic field therapy stimulates the leukocytes in our body. The white blood cells in our bodies by stimulating the white blood cells.

Now you're marshaling the immune system of the body to gold.

Applications for Injury, Recovery, and Chronic Conditions

Go into action. So it's not going to die to action. So let's fight this could be aggressive and fighting it. And that's what limits the problem. So with Lyme disease and EBV with Lyme disease what you're doing is you have your decrease in the acute infection, but you're also decreasing the chronic infection.

So the Lyme organism burrows itself inside the cells and it serves as a source of recurring infection. So Lyme disease has the acute infection and has the chronic infection.

It has the immune problems and it has the damage. So all those four components happened with Lyme disease, as happened with almost all infections. So what you're doing is you're marshaling the body's ability to fight it to it shortens the course, decreases the severity of the course, and you recover faster and you heal the damage.

If you're doing this on an ongoing basis as early as possible in the course, because the later you are in the course, the more damage has already been done, the more damage tissues has been done.

And really damaged tissues, you know, take a lot longer to recover, right? Especially especially when you're dealing with whole body and that you have to make sure that you have the right machine.

Yes. And, and, unravel for us the difference between BMF and red light therapy. Okay. That's very important. And so in the book I also talk about complementary therapies.

And red light therapy and laser are complementary therapies. I've looked at all these therapies. I can't try to solve all problems. Right. And so what I found is that red light therapy has its own benefits because of the different wavelengths of the frequencies and red light and the red light.

But it's very shallow because the wavelengths are so short, like microwaves, they're very short. And so they get absorbed by the body and they heat to some extent.

So you have to control the amount of heat so you don't cause damage, but you still want to get the benefits of the red light. Magnetic field therapy does not heat.

And it goes all the way through the body, completely through. It's not limited. So red light is more shallow, but it has different frequencies. And you combine the two red light and magnetic therapy.

You're going to get even better action than with either one alone. We see the same thing with ozone. We see the same thing with hyperbaric oxygen or virtually all other therapies.

Every one of them has their advantages, their strengths and their weaknesses, their dues and their don'ts and magnetic field therapy that basically compliments virtually anything that you're going to do.

But how many different machines can you afford, and do you want to keep going to a doctor's office to get treatment? So eventually, if you can solve the problem in 5 or 10 visits, great.

But if you can't solve the problem in 5 or 10 visits, let's say you have a nonunion fracture. It's going to be a lot more than 5 or 10 visits because you had to do nine hours a day with some machines.

You have to do nine hours a day for three months. Can you do that at a doctor's office or a clinical practice? So you have to then make the decision on when you're going to convert over to having your own therapy system.

So as you have red light and you have the magnetic fields, it'll go faster, it'll go better faster. But you don't have to buy a red light machine to get the benefit.

So what I usually say buy one that you can afford by the right PMF device, see what it's doing for you as is taking care of business and moving you fast along the line of healing.

And that's all you need. But if you're not moving fast enough and you can afford it, go get red light therapy to now. You can't really use them at exactly the same time easily, because the magnetic fields can interfere with the electronics of the red light machine.

It's not going to interfere with the with the applicators, but it can interfere with the electronics. Well, no, I think to have it at home in the long run, that's going to be a lot more economical than paying per visit.

You know, insurance is not going to cover it. You know, of course, all these wonderful integrative therapies are not at this point in history at least. Maybe that's going to change.

But also going somewhere when people can do things at home, they're more likely to do it. Disadvantage but not don't do that. Again, it has to do with how often you're doing it.

My normal recommendation for people is to do it twice a day. So if you have a whole body magnetic device, you should be doing it twice a day, 30 minutes, twice a day, even without a problem.

Why you do it first thing in the morning, you get rid of the cobwebs from the night before, right? Do it. At the end of the day, you're getting rid of the stress of living a day.

It may not feel stressful to you, but it's a stress to the body. Living is the stress to the body. The body has to do work, to live, to function. So if you're doing more first thing in the morning, you're waking everything up.

Do it. At the end of the day, you're shutting things down and you're doing it safely. So you're basically creating an environment then that is more conducive or conducive to proper sleep or good sleep.

Wow, this is super fascinating. I think it's very empowering for our listeners to know that there's something they can do to enhance other therapies they're currently using to enhance their physicians outcomes.

And sometimes you do need a physician. If you need to have a shot, you need to cut something to cut out or cut out an abscess or something. Well, then you need that surgery, but you want to heal faster.

I'll give you another example for myself, I had to have an elective appendectomy. I had to have my appendix removed because there was a tumor, and the appendix turned out to be benign, but I had to have that removed.

And so I had, laparoscopic procedure. So I had three stab wounds in my belly. But the Viper asked me, I use my little machine, put two coils on two stab wounds, and the other one, I just sort of left, too, for its own devices, for its own resources.

And cross your fingers. I had my procedure done on Friday afternoon, on a Friday afternoon, and I was back to work on Monday, so I've continuously treated continuously for the whole weekend.

The wounds decrease, the inflammation, the pain and irritation were gone. Now my I still hadn't finished healing those wounds, but they were well, they were good enough. They were well enough that I could go to work well.

And I think that might be a real valuable thing to have. Traveling, you know, not just airports, but just traveling generally have things happen and how, you know, time zones can mess you up.

I would think that it sounds like it sort of maybe relaxes your brain, puts people in the parasympathetic, I call I use this in airplanes all the time, especially especially the red eyes.

I call this flying delta. Flying delta. Yeah. That's right. Getting into the delta waves. Oh that's great. Well, this has been fascinating. Doctor Pollack, I want to again tell our readers your book is called Supercharge Your Health with p EMF therapy.

It's a real, usable guide. As he mentioned. You know, you can look up something. Okay, I opened I just opened it up and it's, you know, obesity pops up, then osteoporosis pops up.

I mean, there's an alphabetical guide that super helpful. I thank you for that. I, I thank you for your curiosity and your willingness to to share your knowledge.

You're really quite energetic in telling, telling everybody about this amazing technology. So once again, Doctor Polly tell people how they can find you.

And, I'll put all that in the show notes. Also, I just strongly recommend that if you're going to invest in a PMF device, getting a book is a great idea for $29 to buy the paperback, you're going to be investing 5000, 6000 are way more for a magnetic device.

You should know about it. We do offer consultations for people who have significant illnesses. And I think just have a we just have a a torn nail on your foot or your hand.

You don't need to consult with Doctor Pollack, but if you have Lyme disease or if you have a long haulers syndrome, or if you have EBV infections or anything that's chronic, any autoimmune disorder, we do consultations.

So on the on the home page doctor polka.com you can apply for a consultation. And then we'll get you a to the right piece of equipment and explain why and then how to use it.

How to get the most value from it. Because again you're making an investment in your health. I also need to say, I tell people all the time, when you buy a PMF device, you don't own it.

The house owns it, including the dog, the cat, and the plants, so everybody in the house can benefit from it. Doesn't matter the age, gender doesn't matter what the health conditions are, except that you may need to go low and slow, right?

So in other words, it can be used by anybody in the house. Once you have this resource is healing a resource? It's so safe to use dogs. People have dogs or dogs or cats will come over to them while they're doing their treatment.

Almost every time. Wow. Healing resource I like that. That's a great term. Well, thank you so much for your time. My pleasure. And thank you, listeners for wanting more of vitality.

Doctor Pollack used that word several times, and I appreciate that. We want more vitality. We want to live life to the fullest. We want to enjoy the days we've been given.

We want to enjoy our relationships. And thank you all for sharing this. We're now in 136 countries, and I think approaching 50, 500 cities. And it's because you're sharing.

Join me on Instagram having some fun there. And, check out Doctor Pollock's website. Order his book. I've really enjoyed it. It's sort of a manual to refer to and just keep keep doing things that give you joy.

Keep investing in your relationships. Blessings. Until next time, thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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