Introduction to Magnetic Fields and Dr. Pollack

Hello. Welcome to another episode of mycotoxins and chronic Illness. And today we're going to do a deep dive into a pulsed electronic medical field, but not medical magnetic fields.

But in the medical world. And it's my pleasure to be speaking with, Doctor William Pollack. He is, doctor in, Maryland, and he's someone who has spent a long time doing a deep dive into, how magnetic fields affect our bodies and how we can use them for health.

And especially, I think, everything electric. I have a feeling we're going to discover that Doctor Pollack has, been involved with. So, first of all, I want to welcome you and tell us a little about how you, Well, got into this area of, a electric and magnetic fields and the human body.

Thanks, Eric, for that introduction. I'm happy to be here. And we had a wonderful galavanting discussion before we started. So that kind of set the stage for the energy that we are going to have as we go through this discussion.

I'm a family physician by background. I'm conventionally trained and, went through the whole process and was involved in managing several medical groups.

I started the first, the biggest family medicine group in the whole East coast of the US. 14 family doctors. That was back in 19, 78, 80. And that was a long time.

Yeah. I mean, go and a long history in terms of the growth and development of family medicine. So while I was a working in my group with all these other doctors, we had a couple patients that ended up at the hospital with, GI bleeding, gastric bleeding, and one of them almost died, but both of them had something in common non-steroidal ibuprofen.

And yes. So I you know, I said so I've been interested in peripheral things to medicine. Beyond this, I already had some sort of sense of the spirituality of things.

And even though, you know, you know, talk about that in medicine, you don't talk about that with your patients. Right. But, you know, I already had a sense that, you know, we were pulling punches in what we were doing in medicine.

So I said, well, I got to do something different than giving people ibuprofen for their pain. And I said, this is a form of insanity. You're killing people to treat their pain.

You're not going to die their pain, but they're going to die of what I treated them with. That's why I said something different. So that was back in 19, 88, 89.

I decided to start to study acupuncture through a program at UCLA for physicians, for veterinarians, physicians, dentists. Yeah. That Doctor Helms. Yes.

Doctor Helms course. Exactly. Yes, yes. At that time, there were probably 300 of us in the country. And now there's thousands, 3000, 5000. So it's substantially growing.

But when I finished the program and I want to start doing acupuncture, since that was 1990, Madonna had not yet been on, celluloid with needles in her back.

So in most of her skin. Right. So at that point, okay, acupuncture is okay right now, people started getting more curious. And so yeah, but I found when I started doing it, people would would basically, you know, stay away from

me with those needles.

Oh yeah. No needles. What? No. Why would I do that? So I want to find another way to do acupuncture without using needles. And of course, you know, when you do acupuncture, you discover there's all sorts of things.

There's moxibustion. This, friction. There's light. Now it's ultrasound. You can use all sorts of modalities to activate an acupuncture point. Well, then, so what is an acupuncture point?

From Acupuncture to Magnet Therapy

It turns out that an acupuncture point is an electrical vortex. It's actually a funnel shape. And with the resistance going higher at the edges and then gradually decreasing towards the center.

So when you put a needle into an acupuncture point, you're creating unlatch wiggle field. You know that acupuncture point because the metal of the needle is different than the electrolytes or essentially of the body.

The minerals of the body. And that contact causes small amounts of charge to be produced. And then that charge goes into the point which then goes down the meridian.

So we now know that an acupuncture point is an electrical point. And now we also know that. And an acupuncture meridian is a is a current, a line of current, a power line.

Yeah. But it's not an AC power line. It's a DC power line. And it's a very, very low voltage line. But that line is constantly in motion. It has a 24 hour cycle. Essentially.

It's a very slow motion, very low energy. So when you put a needle into an acupuncture point, you're taking a slow energy system and you're now activating it electrically.

Right? It's not you're not introducing. Although now many doctors use electrical connections to their needles to really power up the. Yeah, yeah, yeah.

So I couldn't use needles at that time. I started looking at magnets, and I discovered that in the oriented, using magnets on ears and acupuncture points and so on.

So, so that's very interesting. So let me try them. And I actually had an EMG done with a friend of mine with an acupuncture with a magnet on acupuncture points.

And we discovered lo and behold, current increases in the meridians. So I started working with them more extensively and discovered, coincidentally, that magnets are doing a lot more than just stimulating an acupuncture point.

So I put in I put a magnet on a cut, not on an on an acupuncture, but on a cut. I put a magnet on a wrist. I put a magnet on other parts of the body as an insect bite, and all of a sudden, crazy stuff started happening.

Well, yeah, people get better much faster than anything I ever experience. Personally. I had a spider bite on my leg. I didn't even know I got bit and I looked down on my leg.

It was itching and looked down, and I had this big bite the size of a silver dollar, and it was swollen and red and itchy. So I put a magnet on it and I was reading on my back porch, reading a book.

Sunny day, great gorgeous day. Yeah, my dear, on it. And three hours later I look down. Gone. Yeah, yeah. When was the last time you saw a spider bite go away?

In three hours? Yeah. No, no, I mean the amazing the amazing power of you. A kind of a just inflammation. I mean, this is what you hopefully you're going to be talking a lot about is we're going to get into that.

And that's a that's an important aspect of what magnetic fields do. So this is a static magnet that I had on my foot. It's not a power magnet. It's a static. It's just a fridge magnet basically.

Right. Yes. So static Magnum is magnetic field is just there. It's not doing anything. So the magnet magnetic field in that case is static, but the body's dynamic and there's blood flowing and there's electrolytes flowing and there's lymph flowing and all sorts of things are happening.

And the magnetic field is interacting with those flows. The natural flows in the body. And they still work. But I discovered after a period of time that they didn't work that well.

So when I when I started working with people coming in the door, when you name it, complaints. Right. The worst and the easiest to deal with, to the worst to deal with.

Right. I have news for you. You don't want to. You don't want to be saying, there I have some news for you. Right? And they don't necessarily want to hear that news, but we have to deliver that message.

So I started working with higher intensity magnetic fields, and discovered they did a lot more. So a pulsed magnetic field that's moving, that's in motion.

It's called time. Varied magnetic fields are much more dynamic. So now they're interacting with sort of slow level, activity of the body, and they're now adding another dynamic to the body.

The phenomenal thing about magnetic fields, and one of the most important things about magnetic fields, magnetic fields ignore the body. Oh, okay. Or it does not exist to a magnetic field.

If I put a magnet on my back and I have a magnetometer, my front, if I move my body in or out, the signal is exactly the same. Oh, I that is fascinating.

I had no idea. So basically, a magnetic field ignores the body. Body does not ignore the magnetic field. So as the magnetic field is passing through the body, it's like waving your hand over your palm.

You start to feel that the wind or the breeze or whatever or other energy, if you're sensitive as a as it does that. So as the magnetic field is moving through the body, all sorts of stuff, right?

Another analogy is that a magnetic field is like a, like a wind. And the only way you can tell that there's a wind there is like so for example, with a tree is the leaves are moving.

Right. I'm standing at a distance and and the leaves start moving. Then I know there's a breeze, there's a wind moving through that tree and how much they move.

And when the tree's rocking and rolling, or the branches are rock and roll. It depends on the intensity of the wind. So in a sense, the, the, a magnetic field to the body is like a wind blowing through the trees.

It's moving all sorts of stuff. And fortunately for us, healthy cells ignore the magnetic field. So breeze moving through a healthy tree are a wind. Moving through a healthy tree is going to wake the tree up.

In fact, when it does, that motion of the branches of the leaves starts, the sap flowing and you get all kinds of piezo electric piezoelectric charges moving in the trees as the tree wakes up.

So the trees need wind to be more activated. Our bodies need magnetic fields to be more activated. Now our bodies produce magnetic fields. We naturally, because we have an.

What do we have atoms. We have charge. What do we have charge? We collect charges with different, molecules in those tissues.

How Pulsed Magnetic Fields Work

And then we have the tissues forming organs, and the organs are interacting with other organs, and then all the organs together are interacting with the orchestra of the body.

So the magnetic fields are basically transducers, an amplifier. Whatever happens locally, it cascades throughout the rest of the organism. Right. So they're incredibly dynamic.

Healthy cells ignore the magnetic field cells that are not, well, use the energy. Now you're creating energy in the body. The cell says, I finally have more energy.

Okay. And then what happens with energy? Yeah. You need rebalancing, right? The dynamism, just more vitality in general. So essentially, that's what the magnetic fields are doing is they're just waking everything up.

Right. Getting them. Yeah. And that's because usually sick cells are stuck. Cells are stuck. Exactly. Yeah. But what happens in a sex cell normally a cell is like, like membrane channels, like their windows and windows and doors and a house are supposed to moving in and out of that house constantly, right?

Water, air, you name it. And so when a cell gets stuck, the charge builds up on the outside of the cell and decreases on the inside of the cell. Oh, well. Now cat finishes job.

So now when you open up the membrane channels you open up the windows and doors. Now everything starts moving again and those charges are rebalanced and the cell becomes is able to do what it's supposed to do.

Right? Right. You know, and I think you're going to get to that. That'll help either go to healing or appropriate dying. Either way is the right way to go.

Absolutely. In fact, actually one of the purposes of magnetic fields is to increase apoptosis. Right. So apoptosis is the data vessel. All agent cells are supposed to die and be replaced by healthy new cells.

So aged cells that don't die clog up the works. And they are more likely to also transform through chronic inflammation and into cancer cells. Yeah. So what you're actually actively, dynamically and regularly and routinely using magnetic fields passing through the body, you're kind of wicking everything up and you're keeping it sort of a walk.

I walk, I better say I walk. Oh okay. Give me yes, yes would be politically correct. But but this this is, you know, just such an important part of people whose bodies seem to get stuck in chronic illness is the will is giving them the right amount of energy to lift the body, move to the next level.

And that's what we're always trying to do. And it's fascinating that you're able to do this with the pmfs. I mean, that's really amazing. So, you know, so tell us more.

Just keep going. How how is the more about the mechanisms? Because it's always nice when people can get pictures of how things are working. So a one of the principles of magnetic fields were discovered back in the 1700s, early 1800s.

So guys like Maxwell and the mathematician named Gauss and, Faraday. Faraday discovered that Faraday was one of the first people to produce current by passing a magnetic field past a wire.

So if you pass a magnetic field past the conductor, then and you stimulate that, conduct that conductor with the magnetic field rotating, this is how we produce power lines.

That's how we produce AC. That's how Tesla discovered created Niagara Falls and AC production. So you're using the magnetic field now to power a conductor.

That conductor produces charge. And essentially what Faraday discovered is the higher and the faster that that power is, the magnetic field is then the faster and higher the charges.

Okay. So the more rapidly the magnetic field is moving, the more rapidly it's moving and the higher that it's moving. So you need those two components is equal in intensity and you need time.

So what you want to do is you increase the intensity and shorten the time okay okay. So it's moving. Yeah. So magnetic field it's going up like this. It's producing a strong charge response energy response in the body.

And then when a flat is out it does nothing across the top before it comes down up there where it's doing nothing, there's nothing happening. There's no charge production because it's all up on the upslope.

Okay. Of that. The front end of that magnetic field, a pulse of the field. Okay. And that's the principle behind a lot of what we vary with magnetic fields and that people talk about frequencies and so on.

So the frequencies are less important than the ability of that magnetic field to actually produce charge in the body. Okay. Well well let's break here.

As you talk about, you know, the charge in the body. Can you tell us just to make sure we can understand the difference between the, some of the magnetic fields we're getting from background, from our electronic equipment and, and the emfs that work that, that, you know, that the more the sicker you are, usually the more sensitive you are to, So what's what's the difference?

And that's a critical question. And so we can put that question aside of what the risks are with the kinds of magnetic fields we're talking about. We're we're talking about extremely low frequency.

So doesn't matter about the intensity so much. It matters about the frequency. Okay. Higher the frequency of the magnetic field, the more likely it's going to get absorbed by the body.

That's why you use a microwave oven to cook things, because it gets absorbed and because it's absorbed. What happens heats up. Exactly. So power power line fields are not the same frequencies as microwaves, like Wi-Fi and microwaves and cell phones and so on.

So the emfs are our environment are are dangerous, potentially dangerous to us because the more we expose ourselves to them, especially in direct line to the microwave field and the higher the intensity of the microwave field, then the more effective there is in the tissues.

I don't know if you have noticed yourself, if you have a cell phone away from your ear, don't touch the ear but just away from the ear and have it turned on.

The longer you have it turned on the right or the ear becomes yeah, right. Because you're cooking the ear. Right, right. So so this has to do with the frequency, has to do with the frequency.

So really low frequencies pass through the body as if they were air. But there's even another big, big difference that rarely do people talk about. A magnetic field is produced by a wire that's conducting a current.

And let's say my thumb is the wire, and the direction of my thumb is the direction in which the current is flowing in the wire. The wire is producing a magnetic field.

That's called the right hand rule. It's rotating perpendicular to the flow of the current. And then that magnetic field is what interacts with the environment.

What you're doing that is with with pulsed magnetic fields, the equipment that we use to treat people, they're shielded. So the wire has no contact with the body.

The the electrical field has no contact with the body. You're not going to get electrocuted if you touch it. If you touch a wire for your lamp, it's not going to electrocute you because it's shielded, but it's still producing a magnetic field.

Although the wire that's going out to a lamp then has to go and break open, that's that line, and then it creates a circuit, and then it comes back and rejoins the wire.

That came in. So they're now going like this opposite each other. Right. Lenz's law. When you do that they cancel each other out. So there's no magnetic field.

So when they separate out they go out like this and separate out. Then then you start to feel the magnetic field. And that's how most magnetic devices are designed.

And Tesla discovered this himself as well. When you take a card and you open up the card, you open up the wires into a loop. Now you have a magnetic field.

You have a measurable detectable magnetic field. And if you take a wire and then you take that y and you loop it multiple times before it starts to come back, then you produce an even bigger magnetic field for the same amount of current flowing in that wire.

So you're adding more and more loops of magnetic field into these coils. That then amplifies the magnetic field even more. But this magnetic field, unlike a microwave oven in a microwave and magnetic field, is going out like the like waves in the ocean.

They just go on essentially forever until they get an obstruction. The magnetic fields in a wire are going like this. Oh, okay. They're opening a collapsing and opening and collapsing.

The magnetic field in a wire produced by a wire is a closed loop. It has no beginning or no end, right. It's like the Earth's magnetic field has no beginning or end, even though we call a North pole south or whatever.

Yeah, there's no end. There's no there's no beginning or ending of. So these wire, these loops, these know never ending loops for always closed loops then basically don't have the same effects as a microwave which basically is blasting into the atmosphere long distance.

Okay. So basically the closed loop is recycling. Exactly. Okay. And that loop, depending on the size of the magnetic field, can be big enough to go through an entire body or be small enough to go just deep and deep enough to just into a finger, right?

Or superficially enough into the hand, into the skin. But it's always going like this, okay.

Intensity, Safety, and EMF Differences

And, and the frequencies where, I mean, just to give us like this or whether you go like that. So the if you every time you go up, every time I go like this, you produce current in the body, right parts of the body as it's coming back.

It's also producing a little bit of current in the body. So that action going up like this is what most of the effects of the magnetic field are. That pulse of the magnetic right.

And then magnetic fields interact with all charged conductors. That's the basic law of physics. What's the body. Yeah. When big electrical fields. Yeah a big battery okay.

It's an electrolyte soup. Right. It's not just sodium and calcium. And so it's electrolyte soup. It's full of all kinds of electrolytes. And so magnetic fields interact with those electrolytes and they produce charge.

They amplify things increase energy. And now the cells have stuff that they can use to balance themselves, repair

themselves and be healthier. So that's the difference.

So eels are very, very, very extraordinarily safe. The FDA has now you may have your own opinions about the FDA, but the FDA has approved machines that are used to treat treatment resistant depression.

Right. Transcranial. Yeah, exactly. So we talked a little bit before we started about a very low intensity magnetic system. That's about one gauss. So Gauss okay. I'm not a field.

So the Earth's magnetic field is about half a gauss on average. Right? Okay. That magnetic system that we discussing is one Gauss, the transcranial magnetic stimulation devices.

The machines are 8000 gauss. Wow. Okay, okay. And they're safe. I think that's the proportions you have to use, you know, know how to use them properly to make sure you don't draw metal out of the body and so on.

So. But beyond that, the field itself is actually pretty safe. Okay. So so the medical devices that you that you were using where, where do they run, what intensities.

Yeah. Probably the lowest that I have worked with is probably about, half a gauss, the highest that I work with now is probably somewhere around $10,000.

Okay. Well, just while we're touching there, are there particular applications? That one is better than the other? The rule of thumb is. And we'll get now we get into inflammation.

Okay, well, I can skip a week. Well, this is but this is cycling back. This is why this becomes important. I have a video on my website on Doctor Paul's dot com.

It talks about why intensity is important. And it goes into two rock, two laws of physics. First law is Faraday's law. So that again the charge production is greater with the higher and the faster the charge the magnetic field.

The second is the inverse square law, and the inverse square law says that the magnetic fields all radiation, whether it's cold or heat or sound, light, magnetic fields, whatever, everything drops off extremely rapidly.

It's called the inverse square law or inverse square rule, so that, for example, a magnetic field that is, 6000 gauss. Right. You're applying a magnetic field of 6000.

Let's get so 6000 gauss, seven inches into the body drops down to 15 gauss. Okay. And seven inches 7000 gauss drops to 6000 gauss drops to 15 gauss. Okay.

You have to think about what you're using it for. So if you're starting off with a magnetic field, that is one Gauss. How deep is it going to go? Yeah. Not very.

So you're working more like on the on the acupuncture level. Exactly, exactly. One of the first observations that I made about magnetic fields is they're working on the acupuncture system.

Right. So the higher intensity fields now go much deeper into the body. It turns out there's research that has shown that magnetic field therapy, to decrease inflammation in the body has to optimally be about 15 gauss.

Okay. Right. 15 gauss. So for those of you who are listening and talk to other people who are selling their machines, the most important thing, there are other considerations.

But I would say based on Faraday's law, the most important thing to ask is what is the intensity of this magnetic field? And if somebody is talking to you about magnetic fields and they can't tell you what the intensity is, run.

Right. Because then they because then they truly don't know what they're talking about. So on my website, I have a blog about identity. It's just a stimulation of the adenosine receptor.

So adenosine as we know, makes ATP, which is the energy source of the molecule that is the source of energy in the body. ATP gets converted in the body by releasing one of the phosphate molecules.

Okay. So ATP by itself does nothing. It's just static. It's just there available. Like watching a cake is not the same as eating the cake, right? ATP is just watching the cake.

Cake has to be eaten. One of those molecules, phosphate molecules, has to be stripped off. And a stripping off of that phosphate to create ADP is what releases the energy.

So we we our body produces the we produce the equivalent of our body weight in ATP a day. Right. But every ATP molecule is recycling about 200 to 500 times a day.

So we're constantly making and recycling ATP. And adenosine then becomes a root molecule for ATP production. But it also turns out that the ATP, the adenosine, has a docking station in the body.

It has a receptor. Yes. And it activates the receptor to do the job of energy transduction in the tissues. So the adenosine receptor has been discovered to be one of the most important, receptors in the body to deal with inflammation.

So cycling back so inflammation unit 15 goes to be able to stimulate the adenosine receptor optimally, which then helps in that adenosine receptor to quench inflammation.

So once you have that information and on the website on that adenosine blog, there are tables that show you how the magnetic field drops off and what magnetic field intensity you need to treat in the body.

So, for example, if you're going to treat across the skull and you're treating somebody with Parkinson's or with NFTs, or with brain fog or head injuries, concussions, then you got to treat across the head.

If you could put a magnetic field here, it's got to reach the other side and deliver at least 15 gauss. So it's a lot, a lot. So assuming this is six inches from side to side, then to go six inches you need a 4000 gauss magnetic field.

To deliver across the whole skull. Now you could treat on one side with 2000 gauss. Then you're going to have to go back to the other side and treat the other side for 20 goes to be able to get the whole brain adequately stimulated.

And fortunately, if it's more energy than the body needs, healthy cells, ignore it anyway. Yeah. Which is amazing. Amazing. Just an aside, if people are very interested because in the in the adenosine and ATP as, the inflammatory molecules check out after Navios website keys. The we talk about his cell danger response a lot.

And, these pure nerves, pure energy means the, the purines which adenosine and ATP are. That's just the name of the chemical family. But that these these receptors are involved in all kinds of inflammation, but especially maintaining chronic inflammation.

So this is just fascinating how this is full circle. You know we start with the eye as always. We start with the biochemistry. But we always wind up with the physics if we follow it far enough.

Well the physics starts before the chemistry. Yeah yeah yeah. No I know I mean this is eventually you have to back up to the physics, right, right, right.

It's just it's just fascinating how it all ties together. And, Yeah. So do we keep going? This is. I sort of. I hope I'm not. We're not getting too complicated for people, but I just.

You probably have to listen to this a few times, but I think this is so important if you're going to go out there and just talk to your doctor or shop around or try to understand, how to use these devices or how to pick them, you know, obviously, Doctor Paul Charlotte's website and blogs is a very important place to start.

But hopefully if you keep listening, you'll keep learning. Well, and I only have 30 years of research. Well, 30 years of working with magnetic fields.

And I published the book that's behind me. They're called Power Tools for health. And for those of you who are very science minded, this book is really important because I have over 500 references that support the use of magnetic fields across a whole host of health conditions, and it talks about the mechanisms.

So not only do you reduce inflammation, but you improve circulation, you reduce swelling in the tissues, the increase ATP production in the body. You, stimulate RNA.

In DNA, you stimulate stem cells. So if you read the book, you'll see this. There's over 25 different actions. So the actions of magnetic fields don't care about the label you put on them.

The problem that your body. Right. We try to define the problem based on the label we put on it and say, okay, well now we got a label. Now we have a we have to find a cure.

We have to find a solution. And you read a ton of research says we now know what the mechanism is. Now let's go find the chemistry that will take care of this.

Like what? The chemistry is going to solve all problems. No, I think this is one of the other issues that actually, you know, you talks about the difference between understanding the pathogen.

This meaning like how did the injury happen. And in medicine, we kind of think that if we figure out how it happened, we can fix it. And that works sort of well for bullet wounds and broken legs.

But it doesn't get us back to health. The direction is not the same. What got you sick is the reverse of that is it doesn't get you back to health. And but adding energy into the system is a way so the body can then choose its own path, which is healing and a metaphor.

Adenosine, ATP, and Inflammation

Well, another example that I use all the time as well to explain, magnetic field therapy in the context in which you need to think about it. It's not a panacea, it's just another method of getting the body to move in the direction you're trying to aim to be moving.

You need nutrients. You can't fix a body if it's depleted. You have to have a supply. You can't remodel a house without the bricks in the mortar. You need the supplies, right?

You need a plan. So you have to have a genetic system that's working. You have to have a system in general that's working, and you have to have a blueprint for that.

So the body's got to have its own basic resources in place. We supply the food, we supply the substrates or the building blocks of the body. But what's missing very often is the energy you have to power all that.

So if you're building a house, you got the bricks and mortar, you got the plan, you got the workers, but you need the tools. And the tools could be either hand tools or power tools.

And that's why I wrote my book, Power Tools for Health. All right. We're supplying the power tools. Now, you could do a lot more and a lot faster with tools that are essentially electrical, right, than you can with hand tools.

And so the the energy and magnetic fields then supply the energy to the system to amplify the natural work that system should be doing. That's become decayed and decrepit and violence and slowed down.

And part of that is part of that is entropy. Yeah. And what's so nice is that most of the devices, I hope we'll get to them in a few minutes are things that people can use at home.

And so you can be, you know, taking you can be because the healing process happens day by day, not once a week. Incredible. That's an incredibly potent and important point.

And as a primary care doctor and more recently, the last 15 years, a holistic physician, it's always a matter of making sure that people have all the right tools to do their own work.

They have to do it right. And it, in conjunction with the tools you gave, you gave them or give them. So magnetic fields are just part of a whole complex of things that you have to do on your own.

If you repair bone, if you break a bone. When is it? When does the bone heal? After you break. Yeah. You know, everybody says, well, 12 weeks. Okay, whatever you say.

Eight weeks, 12 weeks, 16 weeks. No. If you're x ray, the x rays, the fracture site, you'll still see the fracture site in two years. If it was healed, you wouldn't see the fracture site.

Right. And if you do an MRI another two years later, you'll still see the fracture site, because that's how long it takes for a bone at least to heal.

And the brain and the nervous systems and ligaments, they all have their own healing cycles. And so we have to respect the capability of the body naturally to heal itself.

And then when you damage it, as you said, you know, the deeper the damage, the worse the damage, the bigger the hole is. You have to climb out of. Yeah, it's a stuck pattern.

I always say the body has a tendency to neurosis. You know, we tend to the body. The body gets stuck in, in, in what would be a self-healing or self-protective mode that's helpful in the acute situation.

And then we forget we don't get the message that the war is over. We keep fighting. You know, we keep the inflammation going when it should be turning down.

And that's where chronic disease, in my mind it develops, is where we go finish the healing in an appropriate manner and usually needs energy because take this one of the signals that it that the danger is over.

And that's what's so fascinating about your tools that you're talking about. Well yes. And you need the you absolutely need the energy. So if you, if you if you're suffering from entropy, if you get older, obviously you can't heal as well.

Right, right. So the lack of energy in the body to maintain a physical body that took a lot of energy to put it there in the first place, and then it needs the energy to keep it there.

And as we get older, clearly, or the more damage we get to our body. And I call aging death by a thousand cuts. Yes. Cause the flus, the accidents, the terrors, the sprains and all all of those insults to the body are just another sort of step down in the entropic process.

Yes. And and, you know, and we we are, we are. There's more and more of us who are in that trophic process that, you know, but we still have enough energy and we these, these devices.

So, so tell me this is talk about the various devices that are available because I, I seen I played with a lot of them. But I you know, what I've always lacked is your depth of, of understanding of the, of how they work and where to best apply them.

So teach me a little bit here. I'm really excited. Unfortunately, on Doctor Polycom we have a product comparison guide off. To go back to products. As a again, working with magnetic field therapies, I started out early on working with very low intensity magnetic system, and I worked with it for probably about 4 or 5 years.

And which one was this? That one happened to be at the time called the QRS. Oh, the year. Okay. Gotcha. But we have a bunch of devices that are in that ballpark called the Beamer or the QRS, the IMS, the Medi Thera, the Omni.

There's a bunch of machines that are right, very, very low intensity. They're around one Gauss or less than one gauss. But as I worked with them, the more people I saw, the more people started hearing about magnetic fields and wanted a solution to their health problems.

The more I discovered these low intensity magnetic fields, while they stimulate the acupuncture points and meridians and made people feel better, they did almost no healing.

Okay, because they don't go deep enough. They don't have the energy to go deep enough into the body. They might help to heal the skin superficially, and they may stimulate the acupuncture points of meridians, which can help with some degree of healing.

But they don't do enough. And so what you need then is you need a magnetic field that's much more directly acting to where you want to targeted. So if you try to heal the brain, you need to treat the brain, try to heal the heart.

You need to treat the heart with a sufficient intensity magnetic field. So over the years, I have had to acquire and test and use all kinds of equipment.

Each piece of equipment basically fits a specific need. Right now, if you want, if you want to have a piece of equipment, that's going to probably meet almost all your needs for the rest of your life, you're probably going to need what I call a magnetic sandwich.

Okay. Or some people call an electric taco. So it's a magnetic sandwich. Basically, you're laying between two layers of magnetic fields. Inside scientific terms, it's called a Helmholtz coil.

It's not exactly the same as the Helmholtz coil, but the idea is you're basically creating a Helmholtz coil like structure, which for ease of explanation, I call it the magnetic sandwich.

Now, when you do that, when you're laying between two magnetic fields based on, the inverse square law, let's let's do it this way. It's probably easier.

So the magnetic field this is the peak drops off like this, right. So by the time it reaches like 6 or 8in away, it's gone so far down. That's not very useful. Yes, but you got another one.

Let's do the same thing here. So what happens to those magnetic fields they meet in the middle, right. I don't go down to zero. All right. So now you're creating. I'm much more, defined, much more concentrated, much more uniform magnetic field in the center of the body.

You're not leaving as much to chance, right? Okay, well, human nature is. I want to sleep on my back. I'm gonna treat myself for 50 minutes or 8 minutes or ten minutes and I'm done.

I'm cooked. And the answer is, you ain't seen nothing yet. So the so high intensity magnetic fields that create the magnetic sandwich.

Choosing Devices and Treatment Depth

Now do some really interesting work. I had a lady not too long ago who has stage four breast cancer, but a month and a half or two months ago, she had Metz to her spine, much to her ribs, Mets to her liver, mystery lung.

Three weeks on, the magnetic sandwich, and we're talking about a $10,000 magnetic field potential. Right? 10,000. Within three weeks, the imaging studies already began to show that the Mets started shrinking.

Even in three weeks now, she was also doing all the other things that you need to do. She was changing her. She changed her diet. She changed her attitude.

She was using all kinds of supplements. She was getting I. V. vitamin C and I. V. ozone and doing doing all sorts of other things that complement the magnetic fields.

So all of these things work synergistically together. Yes. He was getting she was getting the triple Taco. Right. Well, Becker. Yeah. And that and that, that is just, you know, as an aside, one of the difficulties in, getting acceptance of these therapies is that the, the world, of, of, medical acceptance is based on, you know, single variable experiments, which is again, works well with, with drugs that act like bullets that have an effect that there's, you know, no, the body doesn't have choice in how it's going to react to.

But as we use devices and interventions that allow the body to dance with, you usually need a multitude of them until the body picks the right actions.

And it's just a different way of thinking. And it's so frustrating to because we, you know, you you can't get conventional doctors to even look at these possibilities because how do we know what works?

Well, you know what I don't know about you, but I had I've been triple educated since I left medical school. Right. Yeah. You can't sort of take what you learned from medical school and finish your residency.

Say, I'm done. I'm completed. Right? You know nothing. Yeah, and you can be. But I would run away from that kind of doctor, because if you're not curious, you're not always asking yourself, how do I improve? How do I improve? What can I do better?

This person didn't get better on my watch. This person did not get better. What did I not do to get better? And that meant that we have to go out, learn and learn and learn and learn and learn.

I'm constantly learning new things, and if you don't do that, you get more and you burn. So you you're so right. I mean, we I should I'm thinking we should start a club of the, the 70s.

You know, the 70 year old doctors who are still standing and working because we have. Yeah, we don't stop. And it's a yes, yes, yes. You know, because you meet so many who are like, in their 40s.

I don't want to see another patient. And, you know, it's like you just haven't kept thinking if you don't want to see another, you don't want to learn something new today, because that's the patient that frustrated the hell out of you because you needed to learn something.

They they needed. Well, we talked about this too before we started, right? Yeah. I, I have three levels of doctors the doctor, the position and the healer.

So I think the physician and the healer are they ask questions and they're not satisfied. I essentially call myself an unhappy doctor. And the reason I'm not happy is I'm not happy to have solved your problem.

And if I need to go out and get another degree, I'll do that party to talk to another expert. I need to talk to, you know, etc. then I got to do that and I'm happier to.

I go to bed to say I've I've done my best. I'm not just putting the same old stuff on the same old wound, you know, day in, day out. But anyway, this is another long discussion of.

But I think it's it's just, you know, I think it's more personality than than than anything. It's just some of us, you know, love learning and love and and and don't like and like to help, you know, and it's that combination that really works in government.

Yeah. Yeah. It's and you know but it then but it also requires what you've done is that digging deep you know you

don't you can't stop at the surface and that that's that's really impressive.

So but as we're going back to, to the devices because I said they fascinate me is a better idea. So, you know, it's almost like so like the low level devices kind of are probably really good for fairly healthy people in the sense.

Yeah, right. In the sense that they're, giving a little extra energy to the whole system. And the system can pick and choose what it needs. But when you have part of the system that's really maybe semi off line, because my in kind of one way I think of chronic illness is the body's almost given up on that area.

You know, it's no longer putting as much information there. And so you isolated. Yeah exactly. And so when you're putting in low level information, it kind of just bounces off, you know, it goes around right.

And so so then so we don't a magnetic field will not allow the body to do that. Okay. If we get it's going to go through regardless what the state is, unless you actually put a metal shield in front of that part of the body, the magnetic field is going to go through there.

Well, it'll go it'll go through, but I, I just don't think the system has enough, to respond. But anyway, look, we don't know. We don't know. Hey, we don't know.

But but I think when you start putting in more energy, then you start, you start seeing shift and especially more direction. Because I always think of, you know, the frustrating thing about, you know, good body work or good osteopathy or chiropractic is not just the adjustment, but picking the order in which you treat it.

And I have a and the same thing with acupuncture, you know, I mean, that what makes the great acupuncturist is knowing, you know, which point to start with, you know, and so that's about magnetic fields.

Yes. Let me here I said that there are 25 mechanisms and there are more or 25. Okay. I don't decide which mechanism the body's going to use. Right. The body decides.

So one of the first things you'll see, for example, is an improvement in circulation. Almost immediately you get a decrease in symptoms almost immediately.

Edema reduces dramatically quickly. So the body will take them all the actions of the magnetic fields basically that can be stimulated in the body. It will take and take off the low hanging fruit, and then it'll go deeper and that'll go deeper and that'll go deeper.

So at one point you're starting off at a sensory level where you say you feel something right. Eventually you get to a point where you don't notice anything anymore.

But just because you don't notice it doesn't mean it's not working. So it's working deeper in the body, and it's basically the body is then the layering itself, because it's got the right tools to be able to do that.

And they're not so precise that you don't want to be that precise. No. Exactly, exactly. Because then we get back into the drug model. Yeah. No, nothing. Yeah.

I think that we're fixing the one thing or we think that we're outsmarting the body. Yeah, right. Yeah, yeah. Which is never a good idea. Yeah. No, I always say it's.

Yeah, leave it to the body. So when you're so when you pick devices, I mean, but again, once you get above that low background, like, okay, just kind of like put a little energy in as you're going up, for home use because it sounds like I mean, you're sandwich therapy.

Is that something that you have people be doing at home as well, or is that some. Absolutely. Okay, I think you're you're going in the right direction.

I agree with you. If you're basically healthy, you can get a whole body magnetic system and you don't have to spend $6,000 to do that, right. Some of them are around that 5000, $6,000.

You don't much because they're low intensity anyway. So they're not going to go very deep. They're going to work superficially in the morning. They'll help you better than nothing, but they're not enough.

So based on the adenosine molecule and the optimal magnetic field being 15 gauss, if you're going to treat a tennis elbow, then all you need is 15 gauss, right?

You need 100. So then there are portable devices that are around 200 gauss peak intensity. And you can choose how much intensity you want to deliver. So you could use that for shoulders and for elbows and for superficial things.

You could use it for headaches. You could use for muscle strains in the back of the head. And they can actually be used at certain frequencies to, begin to cause entrainment of the brain.

So there are, devices at that level of intensity, like the flex pulse, for example, that you can tune to specific brain frequencies. So you can wake up, you can go to sleep, you can relax, and you can stay asleep.

Pick one of the programs that will do one of those things for you through a treatment. Now they're strong enough. Then the 200 gauss or 100 gauss to be able to do some degree of in training.

But if you want to do really strong in treatment, you need a much higher intensity magnetic field. So I just I basically balance them out into local treatments versus, systemic treatments or whole body treatments.

Okay. All you're treating is a pancreas. All you're treating is your brain. You can get by with a local treatment system, but you have to get the right intensity.

Okay. Yeah. So the skull you need 4000 gauss, right. You're going to treat the whole heart. You're going to need about 4000 gauss. If you're going to treat the whole liver, that's a big organ, the liver, then you're going to need a bigger magnetic field.

Wider and also deep goes deep enough. Again, probably at least 6000 gauss. So knowing that, then you decide do I want whole body and what intensity do I want local and what intensity.

Or you can now we now have available this magnetic sandwich system that is about 10,000 gauss. And again you can do all you can do whole body. You could do part of the whole body, do one below, one above, or you could do one below and one on another part of the body.

So you have combinations of ways that you can actually treat the body for the same amount of money. Now fortunately, we work for the manufacturer to be able to get an amazing discount.

And that system is on sale right now. So it's really a great price. Okay, well, and the name it and the name of this system, it's called par meds, par meds, par meds, ultra flash.

Okay. That's my go to system for osteoporosis. For arthritis in many parts of the body. Most cancer patients, should be on that device, because, again, with cancer, at least my from my perspective.

And people don't like me to say this, but what? You've gotten off the edge of the cliff with your treatments in the conventional model, you ain't done yet.

And I hate, I hate, I hate the concept of survivorship.

Whole-Body Therapy, Cancer, and Chronic Illness

Right. So, like I said, my my victimhood. Yeah. Right. Because you're not cancer is a it's a lifetime condition. If you got it in the first place. It was there because of the condition of your body allowed it to happen.

And that means if you don't remove that condition, it's going to come back or something else is going to come back. So in this sense, you do a whole host, your whole body magnetic therapy, and you're you're stimulating the whole body to maintain this health for the rest of your life, whether you know that it needs help or not.

Right, right, right. I like it and as far as, like local, like, things like, you know, significant inflammation, rheumatoid arthritis or any kind of those joint autoimmune inflammation and all of by my definition, autoimmune is a systemic problem.

Yeah. It is. I told him it's inflammation. Yeah. So you think the whole system. Yeah. Yeah. Right. Yeah. I think with regard to arthritis, their hands are a mess.

Right. Actually many of their joints are involved. It's not just their hands. It has are the worst or the most ugly. Right. And besides that, if you have inflammation and you're on and your buttocks or your toe or your foot, then it's taking energy away from your body to be able to help you with your hands.

So if you're having a whole body to be healthy, you're lifting, you know, all, rising tide lifts, all boats, that everything gets lifted up. And as the arthritis is going to be dealt with better by the extra tools the body now has available right?

As far as, as far as, patients, we have a lot of people with, with, you know, very hair trigger immune systems and, you know, mast cell activation and issues of that flavor.

Have you seen I mean, have you seen the how do how does the body respond? You know, when you have that link to the post to the Pmfs? There's there's some debate in the magnetics world, and usually the debate is triggered by the people who are selling one thing versus another, right?

Everybody's got their can't based on what so the debate is whether, frequencies are better or high intensity is better. So a frequency magnetic device like the low intensity ones that we discussed are like a song.

That's a low frequency device, right? Or a low intensity frequency. So here's a high intensity impulse device. Okay okay. So that pulse going boom boom through the body.

Right. The more information you present to these inflamed nervous systems, the harder it is for them to deal with it. It's too much information too fast.

Right. So a lower intensity pulse system tends to be less reactive for people. Okay, okay. That that is that's fascinating. Okay. Right. Because, you know, this is why I'm very interested because the only, you know, I said but as I was talking before, we, we did about ten years ago, we used some of the low intensity, high frequency systems and we found in our sensitive patients, they really they, you know, with too much that they did trigger them.

And and, you know, they did great for the healthier people. There's two reasons for that. And one isn't because of the frequencies, but the other is you're just stimulating too much of the body at the same time.

Okay. Okay. So that's why you have to decide you want local or systemic. And if you do local, then you basically are going to graduate early, increase the intensity and the treatment time to adjust to the body.

The body's going to tell you how fast you can go. Now, clearly certain areas of the body are much more susceptible than others. The brain, the, cardiac plexus, the solar plexus plexus, all these plexus practices are much more sensitive because there's much more information going after going through them.

So if I treat a if I treat a foot or an ankle or a knee, I'm going to get a lot more, lot less activation of the whole body. And then I will again, those body cavities.

So extremely sensitive people I would go to a very local area. Right okay. Yeah. That increase the time and intensity then decrease the area, increase the time intensity and then increase the area time intensity because you've already started a process and a cascading process in the body.

So the body is now learning how to deal with this information and begins to rebalance itself so that that rebalancing process can be exquisitely, excruciatingly slow. Yes.

Exquisitely, excruciatingly fast. Yeah. Right. And but as long as we have a way of modulating the speed in the response and the intensity of response and the intensity then mean, that was my problem with the whole body systems, is that we yeah, we there wasn't a low enough level that, that that allowed us to be gentle enough.

Yeah. With, with the really sensitive patient, you know. And so this is, this is great because I mean this is sometimes in these patients is I've actually treated the water and had them drink the water for a while.

Yeah. Yeah. No absolutely. The water is more absorbable by the body. And so therefore you're already hydrating at least the body. And I have, I have in my, new book, I have and when people buy some of these devices, they will get what's called the lowest level protocol.

Okay, deal with this. I don't want people jumping in the deep end of the pool, even though they have a low intensity system. I. You need to find out what your body's going to do.

The metaphor that I use is you don't get off the couch and run a marathon tomorrow. You could try. I'm. I don't want to. I don't want to see you a day later.

I want to be there to hear screaming, yelling and crying and gnashing of teeth and so on. So athletic training is like that. You gradually increase the amount of training and you you may increase and you may have to back off increasing you back off.

It's like interval training. You increase in your back. Funny. You get you achieve the goal. You're going after. Well, dealing with, overwhelmingly ill people is no different, right?

You apply a stimulus, you apply a treatment. You see, you see the results. You may have to back off some. You may not necessarily stop it. Sometimes what happens?

Unfortunately, people are so sensitive to these things that anything that's even positive can be perceived as a threat. Yes, yes, that's what we see all the time.

Right. That's self-preservation being takes over the reflex. Yes. Yeah. The reflex I mean that that that's why you can't distinguish the difference. Yeah.

Well that that's where, you know, those retraining things, you know, like the, the DNA centers and the amygdala part system, you know, Gupta and, Annie Hopper, I mean, these these are where, sometimes we have to go with people so they can quiet the fear response because it's all self-protection.

It's not bad. It's just doesn't know. Oh, from foe become overexaggerated. Yeah, yeah, yeah. And that's that's a hard and self self-training self and training.

Yeah yeah yeah. It it is so difficult. Yeah. Yeah to, to learn how to control that response. Especially when, unfortunately many of the chronically ill people have been told that they're just crazy.

And so the idea that you have to do something mentally can press a button. But we have to remember is that wait a minute, the brain does control everything and we sometimes have to go there.

But so just for I and this is I really it's funny, today we didn't really talk about mycotoxins when I've done this several times because I want people to see that there's lots of ways in to relax the system, to help the system heal,

because remember, is that everyone is exposed to different levels of toxins in the environment, and it's our body's response that is often the issue.

No, we gotta have less of these toxins in the system. That would be good. I our patients are the canaries. They're letting us know we're creating a very unsafe world for everyone.

But still, if we can get your body to respond with a little less noise, you'll have a much happier life. And that's a key. And I can tell you, there's a section in my book on infection, on infectious agents, fungi, parasites, viruses, bacteria, and so on.

And magnetic therapy has has been found to actually help the body to heal itself because the body does the work. You if you if you can use a magnetic field or you could use a frequency based field to kill a bug, there's a really good chance you're going to kill a lot of good things along the way.

Oh, okay. Right. If it's strong enough to disrupt an organism, pull it apart like radiation, what's going to happen along the way? Well, that it's a good question.

So that that that is a good concern that that's something that have you seen that that is something that you are worried about when people are using these frequency devices?

Home Use, Sensitivity, and Practical Guidance

But no, not really, because I don't think they could do that because they're not at that level of intensity and the frequencies are not that short. You could burst open a cell.

Okay. There's something called electroporation where you do exactly that. Yeah. Yes, yes. Now, what we're doing with magnetic field therapy is we're helping the body to deal with the infection.

We're helping the body to respond better. Leukocytes track much better with magnetic field stimulation. They are more like they do a better job of hunting down the infectious organisms.

And if they're organisms, organisms are insistent, sized, insistent. Then they're more likely to break down the barrier that allows the body than to get in at the organism.

Right. But if you do nothing else, if you do nothing else, if all you're doing is you're keeping the rest of the body healthier. Yeah, yeah. This is I think, you know, you just maybe one last little thought that might not be real.

But, you know, they do use, you know, when, when, when you know that biofilm formation, you know, we really started learning about biofilms from, basically, you know, petroleum engineers.

So people who were dealing with flows in pipes because that's where they have a lot of problems with biofilms and electrical charges will help disrupt.

And so and so magnetic. Yeah. Yeah. Yep. So this study very interesting. Magnetic fields disrupt the biofilm because it's inducing an electrical charge.

It's not, you know, electrocuting the biofilm right. No, not at all. Right. I think the charges to be built up around the biofilm that begins to disrupt it.

Yeah. Yeah. I mean, and foul a clean water. Yeah, yeah. No, no, this is this is what I said. We have to we got to wrap up now, but I'm realizing here's another one I want to get together.

I've got a few people that I've been talking to during this, summit, and I want to put us all together with, Doctor Pollock. You know, the fourth phase of water. Jerry.

Yeah, I really I really think that would be a fascinating, discussion, and and just, you know, just help, you know, let the world see how this is affecting every aspect of life at the very basic level, which is water and flow and energy.

And so obviously when they go through the body, they're on water. Yeah, yeah. This this is it. But so anyways, thank you. So much. I just wanted to remind people like, really, you know, you at your website, you know, is the place to look, especially for your books and your products.

I mean, because the thing I'm interested in is that you're someone who's been who's used everybody's, and it looks like has put together the one that you feel is the most effective right now.

And there may be better down the road. But right now for for most people, for especially people, really significant chronic problems that that that savage effect is probably going to be the most powerful.

But sensitivity has to be considered. Yes. So, make sure you read that section before you turn the machine on. Yes, yes. Three read the long, slow protocols and go slow.

And and more importantly, you know, bring it to your doctor and teach them, you know, because that's how that's how we learn. There's so much information out there.

And really and if your doctor doesn't want to hear information from you, you probably should think about finding another one way. And I do recommend, if you're going to go visit your doctor, you should bring the book with you.

Yes, yes, there are 500 references in the book, and if a doctor is not willing to look at it, then as you said, I think they're not going to. Yeah. If you need you need a little different help.

Anyways, on that note really, again, thank you. It's been a pleasure. Thank you, Doctor Gordon. Likewise. For.