Stories of Healing With Magnetic Devices Transcript

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Introduction to Magnetic Field Therapy

Hi, this is Doctor Park. This segment of the summit is about a very special, issue that I think is very helpful to people to have information about. And that is how magnetic field therapy actually works for individuals.

And I have with me the celebrated Doctor Rabbit. Now, Doctor Stacy Rabbit wrote a PhD thesis. And when I read the thesis, I said, I have to have her on this program.

The thesis is that there's a dissertation on the descriptive, descriptive, basically a descriptive, exploratory study of individuals who have used Microsoft's APM system, a portable, battery operated PDMs system.

Just so that you have a visual. This is what it looks like. Portable battery operated. And it uses two little coils. This is what the people that Doctor Rabbit is going to talk about who are using this particular device.

So, what I want to do then is to have Doctor Rabbit tell us about herself, her journey, and how she came to do this particular study. Hello, I'm Doctor Stacy rabbit and I researched many modalities over a period of years, and during my doctoral studies I researched many different PMF devices.

My goal was to find a holistic modalities for pain relief. And after much research, I settled upon the micro pulse. So I conducted. Let me tell you the reason why I chose this as my dissertation study.

I've been a nurse for over 24 years, an emergency department nurse for 17 years I worked. Critical care, ICU, hospice in the last couple of years of my career.

And what I saw was a lot of patients were in chronic pain. And after all the pharmaceuticals and interventions, they still were not finding pain relief.

And I saw that quite frequently in hospice. So that was part of my motivation for, choosing holistic modalities for pain relief. Also, I'm quite concerned about the opioid epidemic.

And my goal, my research goal is solutions for the opioid epidemic, thus holistic modalities for pain relief.

Doctor Rabbitu2019s Research Background

So I conducted a descriptive exploratory study and interviewed individuals because I wanted to hear their stories and their experiences. The if you'll pardon me, I'm going to read a couple of things off of my notes here.

The main question that I was looking for was for individuals to tell me about their experience using the Micro Pulse. And from that I conducted nine survey questions and asked participants those survey questions.

And a lot of it was open ended as well. Right. So it wasn't just those questions, but there's a big, open ended component to this. And I think this is what our viewers are going to really be very interested in is the stories that you that you heard.

So go ahead. Okay. So going of open ended, the last question that I ask them is the last two questions. How is living with pain affected your life work and relationships.

And is there anything else about your experience with the mind post that you would like to reveal? Those two questions were amazing, and I could have just done the whole study on those two questions.

Many patients revealed how pain had deeply affected their lives, work, relationships, every aspect of their lives, and

how finding pain relief, just revolution revolutionized their life at that point.

So I wanted to share with you, I interviewed participants, over the phone and in person, and listen to their interview. Some interviews lasted from 20 minutes to an hour and a half.

It took months to interview the participants, and then I would listen to the recordings, and I tape recorded them, and then I would transcribe them. Then I took the transcribed interviews and they were inserted into Max Qda, which is a qualitative software program.

And in analyzing their descriptions and their answers, in Max Qda, there were five themes that emerged. One of them was feeling hopeless, and that was a common theme for many of these participants.

Some of them had been dealing with pain all their lives. There was one gentleman who had fallen out of a tree when he was five years old, and he had been in chronic musculoskeletal pain for 40 years.

The next theme was engaging in self-care. These participants were searching for answers. They were trying different modalities. They were going outside of the paradigm of the allopathic medical system.

They were tired of pharmaceuticals. That's how many of them found the micro pulse. And then the three other themes were finding pain relief, sharing the experience of pain relief, and modifying their use of pharmaceuticals.

Many of these participants decreased or discontinued all pharmaceuticals once they had pain relief. That's wonderful. Yes. Yes. That's wonderful. So let's go with each of those themes.

And what did you find in your in your study as you, as you had your interviews? Okay. Starting with feeling hopeless. This was pretty amazing to hear so many people's stories.

So there were 28 participants that were included in this final dissertation study. And I would pretty much say that 27 out of the 28 were feeling hopeless and just a loss of their ability to ever be pain free or be pain free over any consistent period of time.

Study Design and Participant Themes

When they found pain relief, these participants, they were so excited and so happy and so relieved that one of the most amazing themes that I found in the study was that they wanted to share this with people.

So these participants started telling people about the micro Pulse. They blogged about it. They, one person made an app for their phone about the Micro Pulse. And when he was out and met people who were in pain, he would share with them.

Many participants bought the microphones for people, doctors. They shared it with their doctors, their chiropractors, and then last, modifying the use of pharmaceuticals.

I'm just going to focus that on one patient story. There was a gentleman who had been in chronic muscular skeletal pain for many years, and he had become addicted to narcotics and alcohol.

He said that he felt he would never be pain free again. Once he started using the micro pulse and he was having relief, it took him a little bit longer.

But he said that after he had one week of pain free, he discontinued all alcohol and narcotics and had never touched them again. Wow. So that was an a really amazing story.

And I heard that was a lot of the participants that they stopped their medications and stopped narcotics. So some of the things that I want to share with you that they use the Micro Pulse for, because it's quite varied.

One thing really important to tell you all is that when a participant use the micro pulse for one type of pain or condition and they had success, then they would try it for something else.

So I have a long list of things that people used it for, because oftentimes somebody would use it for for different things. So some of the things ailments that people used it for were headaches, dental pain, a-fib, all types of back pain and musculoskeletal pain, Alzheimer's, carpal tunnel, all types of, hip and coccyx pain, pre-surgery post-surgery recovery, sleep disorder disturbances, degenerative disease, sciatica, plantar fasciitis, arthritis, foot and ankle pain, shoulder multiple sclerosis, and complex regional pain syndrome.

That's a that's not an atypical finding with Pmfs is that people naturally will say, how can one thing do so many things right? Right. And what do you want to say? Why?

My personal opinion is that it somehow decreases the inflammation and it works on such a deep level, deep into nerve or bone or tissue that it helps to heal.

The pain. So it's not just about pain, but a person with AFib doesn't feel pain. Correct. But it's the inflammation that it's that it's working on. Well, I we're going to have a whole segment, another segment about pmfs and what pmfs are, what they do and how they work and so on.

So rather than getting into the physiology and exactly how it works, but pain relief and the reason for this summit, of course, is pain relief. But pain relief is pain happening and people with all kinds of other problems.

Right. Has many of the people that you're describing had multiple problems? It wasn't pain wasn't the only problem that they had. Correct. And they got benefits for many for many things as well.

Right. Yes. One of the most interesting stories is one gentleman use the micro pulse on his mom who was having Alzheimer's and she couldn't read anymore.

And she was having emotional outbursts and they use the microphone. And after one week she was able to read again and she calmed down. Yeah. So the micro pulse not only relieves pain and not only decreases inflammation, it actually decreases swelling in the tissues.

It also just enhances the function of tissues. Because if you have swelling in tissue and you don't have adequate circulation and you have inflammation, that other functions don't work well in those tissues as well.

Right. So you do have you do some of these very basic actions then a lot of things downstream and get better from from the problem. Yes. Yes. As a researcher, one of the things that I was looking for was, is the micro pulse healing their pain permanently or is it just temporary?

And one of the things that I found is that for a majority of the participants, it did heal the pain. However, patients who have had longstanding difficulty, like the gentleman who had musculoskeletal pain for 40 years, it took him a while.

Many months of using the micro pulse before he was actually pain free with acute situations, it seems to work right away and cure the pain much faster.

It's also dependent on the individual and the type of pain. Yeah, this is also something that we deal with our doctor Polycom. As we talk about the different tissues that are involved, the depth of the problem, how long it's been there and whether you're getting functional improvement or whether you're looking to to heal.

Obviously, healing is more valuable and immediate symptom reduction because if you're healing something, then the problem was more likely to go away permanently.

Correct. Right. Yes. How would this change the work you do as a nurse? What? You know, now, from this study? Well, one of the questions I was asked, I've been asked by people is, what did I learn from this study that I didn't

know before?

And the number one thing that I've learned is that pain can be healed with an alternative modality like Micro Pulse, without using any pharmaceuticals.

I was skeptical when I started the study, wondering if patients would really have long lasting pain relief.

Pain Relief, Sharing, and Medication Reduction

And in fact, they have. So how it changes my work as a nurse is that some patients in chronic pain, if they are taking pharmaceuticals, maybe they could use pulsed electromagnetic field devices to help and augment their pain healing experience.

Now, where we're looking for you to share this with your colleagues right? Yes, I am right now. Not not just not just your academic colleagues, but also your nurse.

A practical nursing, professional nurse, nursing colleagues, friends, other nurses that you run in with because you're a teacher now, right? Yes. I'm an instructor at a university.

Correct. Yeah. So I'm sure that you'll let them know that pmfs are something that could be very useful. Yes, but they also have to consult with their doctor if they're on medications or they're having surgery, and.

But it is something that they can use safely. It's not contraindicated. It's not harmful. There's no way they could hurt themselves. So it is something that they could use in conjunction with other modalities, including pharmaceuticals, if they chose.

Now, in your interviews with people, did you hear about problems with the Micro Pulse? No, there were just some concerns about, how to keep it on. People wanted to sleep with it.

They wanted to wear it to work. So different people had to figure out how to do that best for themselves. One gentleman warred on his neck at work all day, and so he had it, and it was showing, and he didn't want people asking him about it.

So he put a scarf on, but not too many problems. When you asked me that question, I flashed upon, some of the difficulty that the participants had with their primary caregivers and doctors.

They were telling their doctors or their chiropractors or different people about the Micro Pulse, and many of them found that the doctors weren't that interested in the micro Pulse.

And one participant went to their doctor. He had been in pain for many years. Taking pharmaceuticals was about to have surgery, and he said to his doctor, I'm pain free and I'm going to hold off on the surgery.

He said he was surprised that the doctor didn't want to see the device, didn't want to hear about it, really had no interest in what helped him. Well, this is another reason for this program series is that we're providing people with tools that they could use themselves, and they don't have to be accepted by the medical profession.

But more and more professionals are starting to recognize the value of these, particularly professionals that are not part of mainstream medicine but normal within mainstream medicine are recognizing it as well.

But they're pretty stuck at a particular paradigm and said, don't fool me with I don't want to change. I like what I do, it works for me. But obviously we're discovering, as you found, that there are lots of people out there for whom it's not the traditional system is not working clearly.

Can I read you just a brief, paragraph of one patient's story? In fact, we'd I think we'd like to hear some more stories, if you don't mind. Okay. I'm going to, tell you about this one patient.

He had used the micro pulse for shoulder pain and had relief. Had been in ten out of ten pain for a very long time. Tried many different things. Nothing was worked.

Heard about the micro calls from from her friend and used it. So one of his unique uses of the Micro Pulse was that he used it for jaw pain and it was so successful that before he went to the dentist, he would use them.

I proposed before he went to the dentist and then after the dentist. He claims that he did not need Novocain because the micro pulse was so effective.

After successfully using it for that type of pain, he decided to try it on his eye because he was losing his eyesight and he was needing stronger and stronger glasses each time he went back to his ophthalmologist and used it on his eye, and his eye reverted to a 2020 vision.

Where is the right eye? Remain the same. The one that wasn't being treated? Yes, he did it. Yes. And then he ended up using it on both eyes. Got had 2020 vision.

And then his wife did the same thing. And when they went to their eye doctor who was aware of this whole process, he was happy for them. He was amazed.

But once again, he really wasn't interested in seeing the device or hearing about how it worked for them. But he claims he, got his 2020 vision back. Well, and hopefully he'll have a sustained result, right? Yes.

And if it does, if it starts to revert back again, all he has to do is to do it again. False. Yes. There's a story. It's one of my favorite stories of the participants that I interviewed of a young woman who was in a motor vehicle accident.

She was, blindsided on driver's side. And she had multiple surgeries, multiple pain. It went on for years. Doctors couldn't help her. She's, a 36 year old female.

Before the accident, she had been a golfer. She was an investment advisor. She had a very active life. Once she had the accident and she was in pain. She was pretty much bedridden most of the time.

So long story short, she said that she tried. She spent close to $30,000 on holistic modalities. At the very end, she was giving up hope and she found out about the micro Pulse.

She is the micro pulse. She started having relief. And long story short, when I talked to her, she was finally getting her life back. And that day she was working out.

She was going to dinner and she was hoping to start playing golf again. So. So this was an interview that lasted about an hour and a half, and there are many details to it.

Conditions Treated and Broader Benefits

But she described her pain experience and what she went through in the allopathic medical system, and how she felt that she wasn't being heard and she wasn't being helped.

And through it all, she felt like she was on her own. And she was really happy when she found the Micro Pulse, because it gave her what she called autonomy, and that was the one thing she was missing in her whole experience was, how long have you been using it for?

She had been using it for a year. For about a year at that point. So it took her quite a while to see improvement. What I know she had improvement after about the first two months.

Two months. Yeah. But she still continued to use it. So in the first two months she improved by 1%. How much do you know that. By how much that I don't know off the top of my head.

I do know that after using it for two months, she was able to start working out again. After not being able to exercise for many years. For years. Yeah.

And the nature of her pain was but again, musculoskeletal now no specific diagnosis that she was able to give just she had, neck. She had, vertebrae. I don't remember which ones, but her vertebrae, vertebrae had been out.

She also had rib pain lower back pain and headaches. That was another thing that was constant headaches. And how old was she? 36. 36. Relatively young lady.

Yeah. I don't know what sounds like a fibromyalgia pattern or, you know, mixed probably other things as well. But she went back and started playing golf again.

Yes. How did you find in your surveys or your discussions with people about the impact of the Micro Pulse on people's sleep? Yes. People said that they were able to sleep better.

I myself have been using the Micro Pulse and I find that I'm sleeping for longer duration as well. Using it for pain. Maybe it's because it's decreasing the pain and so people are able to sleep.

There were a couple participants that I interviewed who actually. And I want to show you this, who used the my proposal to help them sleep. Their pain was gone, but they were using it for sleep.

So this is I'm going to turn this. This is a grid that I made of the different, participants and the different themes and their statements. Can you see that, doctor? Yes. Okay.

Thank you. So there's 28 of these and in several of them, people talk about how it helped them with sleep. Then also what I did with this study was I wrote down just noteworthy quotes that people said to me that were very impactful.

And then I color coded them. Oh, doctor, could you please put your screen down so we could see it better or you're moving away from there? Okay, okay. That's there you go.

Yeah. So in the noteworthy comments, there were several workshops where people talked about how they were using the Micro Pulse to help them with sleep.

So we should we should probably say, that the Micro Pulse is battery operated. I it basically goes this way because it's battery operated. It will work continuously until the battery dies and that has to be recharged or replaced.

And then you have these little coils. So this is what we're talking about. Being able to put it on different parts of the body to hold it in place. So they don't stick to the body.

You have to place them in the in on the shoulders or on the head, the back of the head, auto with that carpal tunnel. I've used this successfully to treat my own carpal tunnel syndrome.

It's been amazing for that, but it can be used continuously, so there's no harm in using it for 24 hours at a time. That's great. Once you get benefit from it.

I'm sure that you've heard this, but you start to get benefit. You decrease the treatment time. You don't need to use it as often, and your your results will dictate how long you have to use it for.

Correct? Correct. I was telling you at the beginning of this, I recently had dental pain and it was so bad that I couldn't eat and I would apply the micro pulse to my tooth.

It would decrease the pain. I was able to eat a meal and then I would use the micro pulse. After. I also had an ankle injury. It was such a bad injury that I thought I was going to have to have surgery.

I use the micro pulse and within two weeks it was better and my ankle has healed. I want to tell you something really important about the micro post that I've learned personal experience and the participants.

Once you use the Micro Pulse for something and you have relief, you keep it with you. And many of the participants talked about that. I have mine, I carry it with me now in my purse all the time.

It's like those fashion magazines of what's in your purse. Well, what's in mine is I have my micro pulse, I have the battery, I have all the little pair of paraphernalia that I need for the micro post.

And many of the participants do the same thing. We all carry it now with us wherever we go. It's very light, it's very small. It's very easy to do. I think, personally, I think that every family should have one, every family, you know, because we all have, Nixon scratches and and so on.

And the older we get, of course, the more of that experience we have. But they're very safe. And Pat's, did you have any bad experiences? And if I tell you about that, not me, but the participants, there are some amazing stories about how they use the microphones for their pets.

One gentleman, he was they were about to put his pet down. Their dog was about 14 years old. It can go up and down the stairs anymore. And it was sick.

And they use the micro pulse on it, musculoskeletal on the four legs and after one week the dog was able to go up and down the steps. And he said that the dog lived for about another year.

Excellent courses. People use the micro pulse on horses, dogs, cats. Yes. So so I do.

Safety, Practical Use, and Patient Concerns

One of the things I tell people is that when you buy one of these devices, you don't own it. Yeah. That's right. Hum. Owns it. Right. Okay. The dog, the cat, the flats.

Right, right. My daughter's used it. My son has used it. My husband's used it. A lot of my friends have used it. I don't loan mine out anymore. I tell them they have to get their own.

Yeah. Yes. Well, this this little machine has puts out about three, 200 gauss. So Gauss is a measure of magnetic field intensity in our devices out there that are comparable price.

But there are only about nine gauss. So this is a pretty strong little fella if you want to call a fella or girl. Okay. Whatever. Yeah. It's called a micro pulse like Mighty Mouse.

You know, that's it is like Mighty Mouse. Mighty mouse. Yeah. So going forward, one of the things that I would like to do is educate people and help people to see that there are different options for pain relief besides the conventional Tylenol, ibuprofen, narcotics, fentanyl, all the different medications and that MF is one potential modality that they could use to relieve pain.

A lot of people don't know about PMF as I've done my dissertation and I talked about it, many people have asked me what's p mf? I've never heard of that before.

That's been pretty surprising. That's not surprising to me whatsoever. It's much more common in Europe, more accepted in Europe. It's been around in Europe for probably 60 years already.

We're we're kind of late to the MF world and the possibilities that, that we have, and the micro is currently one of the best, best ways of doing this because it's so portable.

You're not tied down. You have to plug it into the wall and use it in the wall. You don't have to have it prescribed by a doctor. Right, right. And medical advice on how to use it typically.

That's correct. Something else that's interesting is that people know what tends is and many people have had tens when they go to the chiropractor. So the post electromagnetic field is similar to tens but it's quite different.

Can you tell me exactly what the differences between PMF and Tens? Many people have asked me this, and I'm curious what your response to this question is.

Well, one of the ways to think about tens is that Tens is a bit like stomping on your toe or you have a headache. Right. All you do is distracting the headache.

You get a new pain that's taking the place of the old pain which doesn't last necessarily that long. So there's something called the gait control theory.

If you present a stimulus to the body here that's different than say the headache stimulus that the brain, the gateways and the brain and spinal cord get loaded with this new information and they're distracted from recognizing or, acknowledging the the old pain.

That's largely what test does. It's a distraction. So in a sense this is the tense here. This is not a tangent, but let's say this is the tangent and this is the pads or the quills that you get with tense hands requires a pad which requires gels to put on the body, and it has to be up against the skin.

I've got two fields are emanating from the coil as if the, coils were not even there. The body doesn't have to get changed, or you don't have to go through clothing it go through shoes, it can go through casts, it goes through bones.

Equally, it doesn't matter to a magnetic field. The body is like air. That's the basic difference. So tense is a superficial acting electrical current.

When you apply them to the skin, don't go deep. They basically stay in the surface of the skin and they basically get lowered into the nervous system and the body says, oh right, magnetic field therapy most of the time.

Do you feel this? No, you don't feel anything. What you hear is a clicking, yeah. The coils and that's it. That's all you most of the time you hear nothing but the magnetic field goes through the body completely.

Right. Goes all the way through the tissues. So that's a major difference between tens and EMF feedback is healing Kansas distracting. Good answer. Okay.

May I use that George. Yeah I just want to show you to my, dissertation was published. Wonderful. And so going forward, one of the things that I would like to do is talk to different doctors or surgeons and maybe do a study with the Micro Pulse on post-op patients to help them in their post-op pain, and also to possibly decrease the amount of medications they're having to take.

That's one of the things that I'm thinking about now. Well, I think probably we'll have to do some work together about this. I can tell you by personal experience, I had a, an elective, appendectomy, so I colonoscopy, a little lesion was found, and the opening of my appendix, we had a discussion about that, decided we didn't know what it was.

So let's remove it. That happened on a fly. So the elective surgery, I wasn't in pain or anything. Did the procedure on Friday midday? I use that basically the micro pulse over.

I have three stab wounds. This already has this one.

TENS vs PEMF and Clinical Applications

It has two coils in. So here's one coil on two stab wounds. I left the other one as a control assess. I didn't treat it all right. Or for 20 47I was back to work on Monday. Wow.

No abdominal discomfort. I could cough, I could sneeze, I could move a band that could stand. I could sit down with no discomfort. And then the wound healing was accelerated.

But more importantly, the swelling was reduced. The DMA was swelling, the inflammation was reduced, and the pain was basically gone. And my muscles were not that irritated because when you cut into the muscles, when you're doing that pain back to me, more muscles are going to be sore.

So how long does it take to recover for anything back to me. It depends on the patient. Depends on their health. Going into the surgery. It can be anywhere from two weeks to several months but not three days, not three days. No.

So all right, so if you take time off work after your appendectomy, you're going to want six weeks. Yes. You know, you may not need to for those of you who don't have that kind of health insurance or that kind of coverage from your employer, and you want to get back to work.

Yeah, this is a this is a miraculous little device. Yeah. I think it can be very useful for post-op patients. Well, pre-op and post-op actually. Oh why would you want to do a pre-op to decrease the inflammation.

Yes. And also, but more importantly actually to optimize the cells, the function of the tissues. If you optimize the cells optimize the function of the tissues before this procedure.

So if I put the magnetic field here before the procedure then I cut through that area during the procedure electro magnetic fields. Right afterwards the wound is decreased.

When you cut because you're stimulating all kinds of healing factors that go into that tissue before you traumatize it through the surgical process. And then you recover much faster.

And that's called heat stress protein or heat shock protein which is a trauma to the tissue. So you pretreat then you do a procedure and you immediately after the procedure you start back to treat again and you recover much faster.

Yeah I think there's potential here for the micro Pulse to help surgical patients for sure. And they actually did a study about that at Columbia University for cardiac surgery patients to pre treat them to increase heat stress protein or heat shock protein.

We saw that there's less myocardial irritation inflammation damage and so on from that procedure. So it's it's being studied at major universities you know for again post pre-op treatment.

So but do you have any other stories to share with us. Yeah. Some stories. Yes. I you know what? I'd like to just read you a couple of their statements and, then I'll end with one story.

It is one of those things I think every family should have for their family's health because it is so powerful. The PMF device works faster, and I think it has a healing aspect to it that the tends doesn't have.

This was a patient that suffered from consistent musculoskeletal pain, and they finally got relief with the micro pulse. I think every family should have one, at least one.

So this is something else that I kept hearing from people, is that they wanted everyone in their family to use it and to try on it, between the micro Pulse and altering my diet, I was able to heal my Gerd.

This was a patient who suffered from Gerd since he was a child. Gerd is gastroesophageal reflux disease. Yes. And he had taken medications for many years.

Of course, we know there are side effects from those medications. As a nurse, what I tell people there are the medications and then there are side effects from those medications.

And we always have to keep that in mind when we're taking pharmaceuticals. And this participant was so tired of taking pills, he said. He said he was tired of swallowing, tired of taking medicine and use the micro pulse. And it healed.

His words. And how long you know, how long you use it for before his guard got better. This one, I believe, was about a month and a half. Yeah, for this participant.

So, you know, that's something else people need to keep in mind is depending on your condition, it could happen right away. The relief that you get from the post electromagnetic field devices.

Or it can take longer. So you just have to be patient with it. Speaking of which, there was one participant who had tried the micro pulse for neck pain and it didn't work.

And he was about to give up. And his brother, who convinced him to use it, who had used it for, elbow and shoulder pain relief, said to his brother, just try it for one more week.

Within that week, he started having relief and that participant went off all of his medication and use the Micro Pulse for his neck pain. Waterford. Yes.

So I'd like to leave you with one story and, This is actually a nurse and she had had chronic musculoskeletal pain, chronic foot pain from standing for 12 hours shifts.

She, had been a nurse for many years. She also had injured her neck from lifting a patient. And she had, upper back pain, chronic upper back pain. And she was traveling around the country as a travel nurse.

So as nurses, we can go in, travel somewhere and work there for eight weeks. And so that's the type of nursing she was doing. And she was a critical care nurse.

Personal Experiences and Future Research

She said that she was in chronic pain, depending on the level of pain, anywhere from a two to a ten throughout the day, and certainly during her shifts, she started using the Micro Pulse.

And then when she was driving to the different locations for her job, she would use the Micro Pulse while she was driving, she said. By the time she got to the new gig, her pain would be gone.

She started using it from head to toe for all of her pain, and after about six months, she said that she was pain free for the first time in quote, she didn't know how long.

So that's it. And she uses different parts of the body for the different areas of pain. Yes, yes. Neck, upper back. She had lower back pain. She had right hip pain, right knee pain and then feet.

She said her feet were in chronic pain all the time. Yeah. Very common. So it's very safe to be using it in different parts of the body. And, and it's very safe to use it around the brain.

I use the micro pulse type device, for treating concussions. Basically the same thing. The Micro Pulse has two programs. It has basically one program, but it recycles.

So it's like ten hertz for ten minutes and 100Hz for 20 minutes. And then it recycles it. So it's constantly recycling those two frequency sets of frequencies.

So you can use it for brain injuries as well. Very easily, by the way. It's also extraordinarily safe with kids. Did you have any stories about kids using it? Yes.

The one gentleman used it for his child who was having outbursts. They're not sure what was happening, but he

was crying a lot and screaming a lot. Couldn't sleep.

And they used it for him. They did use it on his head. And they had some relief. He was able to sleep. He calmed down. And for that you may not hear it as much as you do change behavior.

They change the way the brain functions and it makes you relax. Almost everybody says when they use these things, particularly around the head, they feel very relaxed.

Yet to leave you with one last story? Yes, please. Yeah. There is a woman that I interviewed who used it for her musculoskeletal pain. She had relief and then she used it on her head for meditation.

And she said deeper meditations than she ever had before. And she used it as a daily practice for meditation. There you go. So it has so many different uses, not just for pain, right? Yes.

So one little tool for a person with pain. So it has a lot of other normal health issues. It has a whole range of benefits. Yes. Personally I am going to follow my participants advice.

The one who used it for his eyes to have the 2020 vision, and I'm going to do my own study on myself and try it on my eyes and see if it works. So there are some different theories about vision and how we who need glasses.

One of the theories, in fact, is that it's because of the imbalance of the muscles of the eyes, the muscles that control movement of the eyes. They can like, like stress anywhere else.

Like clenching your fists or clenching your jaw. We can cause those muscles in our eyes to contract as well. And they chronically contracted. So you can change the pull of the eye, the muscles around the eyes to change the shape of the eyeball.

Wow. Well, if you cause a relaxation of those muscles, the eyeball can go back into its own shape. But it depends on how long the problem has been there and how severe the nearsightedness is, particularly nearsightedness.

So it could take a while to have these changes happen, especially the bigger the prescription, because the bigger the prescription, the more change there is in the in the shape of the eyeball.

So give yourself some time. I will, and I'll get back to you on that and let you know how it goes. Okay, I look forward to it. Yes, I look forward to it too.

Well, I do want to say that, Micro Pulse is available in two places. It's available on micro com, Micro pulse.com, and it's also available on Doctor pollock.com.

So I've been working with the developer of this device for for years and I really like it. It's works ordinary. Well the developer doctor Robert Dennis he invented the device and he's continuously perfecting it.

His and we are continuing to do work with him as well for, for other purposes. There's another comparable device, but battery operated. Again, it's got a rechargeable battery, but it's got six programs.

So the Micro Force has only one program. This one is six. It's more expensive because it has six programs. But it does the same thing. So if you want an expanded, reach of abilities to be able to use it for sleep or for meditation or for making you alert that the micro, the flex pulse may be a better solution.

But the one most important thing is that you get something that you can use that will help you as much as possible. Wonderful. Thank you so much. Thank you to be interviewed and to share the experiences of those people and add your own personal experiences.