Unlock Regeneration With Electro-Magnetic Field Stimulation Transcript

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Introduction to PEMF and Healing

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So you can accelerate wounds. Wounds heal in about half the time that they normally take by with magnetic field therapy, because you're also increasing ATP in the tissues.

Energy. You're creating the energy and then that energy then is used by the body to do whatever work it wants to do. Welcome to the PEMF Effect, where breakthrough science helps take control of your health.

I'm Dr. William Pollack, and I'm here to guide you in tapping into the power of PEMF therapy for recovery, vitality, and total body wellness. From overcoming chronic pain, optimizing brain health, boosting energy, and aging with strength, this podcast is your path to cutting-edge solutions for lifelong well-being.

If you're ready to move beyond symptom management and tap into your body's natural healing ability, you are in the right place. Let's dive in. Today's episode is a previously recorded session from a summit where I was a guest speaker.

Hello, I'm Dr. Ken Charlin. Welcome to the Parkinson Solutions Summit. I hope you've been enjoying the videos we've shared with you so far and stay tuned for many more.

Today, I am delighted to bring an expert in the field of pulsed electromagnetic field therapy to you, Dr. William Pollock, He hails from the Baltimore, Maryland area.

And he's going to tell you a little bit about himself. But Dr. Pollack and I have known each other for some time. He is one of a handful of practitioners who really has opened my mind to the idea that various forms of energy have therapeutic benefit in medicine, not just the drugs that we prescribe or the surgeries we make referral.

for. All are valuable, of course, and in fact, in another episode of the Parkinson Solutions Summit, we even hope to talk with you about how some of that is combined, where deep brain stimulation is a surgical treatment, but it's the electrical stimulation of deep brain centers that provides the therapeutic benefit in that modality.

Well, without further ado, I am welcoming Dr. William Pollack to your video screen today. Dr. Pollack, thank you so much for joining us. You're very welcome.

If I can call you Ken, you can call me Bill. Absolutely. Dr. Bill or Dr. P. With Dr.

Dr. Pollack's Medical Background

Pollack, Bill, could you tell us a little bit about your background, how you got interested in this, and some of the work that you've done to really raise your status as a thought leader in this field?

Thank you for that intro, Ken. As a family physician, I've been a family doctor for a long, long time, board certified in Canada, board certified in the US.

My training was Canadian originally. Then I moved to the US, I moved to work at Case Western University at Rutgers University, eventually ended up at Hopkins and then Maryland and had faculty positions in those places.

When I worked in New Jersey, I was working for a group practice and we had the largest family medicine practice on the whole East Coast, about 14 family doctors.

And in that group, of course, we shared patients. And so that meant that we made rounds at the hospital on our patients. We all shared, you know, we can work together.

At a very short period of time, I had like three admissions to the hospital, one of whom died from gastric bleeding. The gastric bleeding was caused by nonsteroidal anti-inflammatories, ibuprofen specifically in their cases.

So I said to myself, this is insanity. This is insane medicine. were having people die on their treatment for pain. The pain wasn't going to kill them, but the treatment did, or nearly did.

And so I said, this is insanity. So one definition of insanity is doing the same thing over and over again, not expecting any negative results. That's one of Einstein's variants, I think.

Yes. So basically, I said, I got to do something different. I have to learn a different way of dealing with pain. other than narcotics. And at that time, in the 80s, we were still encouraged to prescribe opioids, but not as much as in the last 20 years or 30 years.

So I said, we got to do something different. And I didn't want to have people have procedures, and I didn't want to have surgeries, tried to avoid all these things.

So I said, I got to do something different. So I decided to study acupuncture. I did a program through UCLA for physicians. And at the end of that training in 1990, I came out armed with needles.

Have needles, we'll travel. But the problem is that people didn't, in fact, actually, I did actually needle therapies on people on a train heading to New York City.

Some woman sitting across from me was like green because she'd been drinking too much. So I put needles in her ears and toned her down. It absolutely was phenomenal therapies.

But the problem is that in 1990, people didn't know about acupuncture. So stay away from me with those needles. Don't come near me. So I said, well, how am I going to do acupuncture if I can't do needles?

They found out that they do magnets in the orient, little magnets on acupuncture points, on the ears, hands, you name it. And so I started looking at magnets, started using magnets.

I actually did a nerve conduction study with a physiatrist friend of mine, where we put magnets on the points, acupuncture points along the path of the nerve.

Sure enough, magnetic fields affected that transmission. Well, I got going and I started using them a lot and I started discovering that magnets were doing other things other than acupuncture.

They were actually working on the local tissue. They were taking inflammation down in the local tissue. So magnetic acupuncture therapy works very indirectly in the body.

It stimulates the flow of energies in the body and that way stimulates organs and organic function. But magnets had the additional benefit of working actually at the tissue.

level where you put the magnets. So that kind of woke me up and I said okay this is there's something here but unfortunately most of the scientific information that was available about magnets in physiology and using it in biology was largely hidden in the Eastern European literature.

So there were summaries that were summarized from Russian articles or Ukrainian articles or you name it Eastern European. So I met an empty PhD along the way who said he translated the Eastern European literature for his PhD.

And he had a manuscript. So I told him I was interested in doing something and bringing more science into the

West, not just the theories, not just sales pitches and so on.

I want the science. So he gave me the manuscript. I redid the manuscript and wrote a book called Magnetic Therapy in Eastern Europe, a review of 30 years of research.

Wow. So that kind of blew the gates wide open in terms of magnetic therapy and what it did and even how it works. So they had clinical studies, they had animal studies, they had test tube studies in vitro and vivo, but also human.

The significant aspect of that was they had done a lot of human research and many controlled studies. So again, wow, this is legitimate science. It's been hidden, right?

Because it was inaccessible to people in the West. Why do you think that is? Just curious. Well, people in universities, people become acculturated, people become unculturated, people don't, you have to speak English, you have to go to conferences and talk to English speaking doctors.

But even today it's a problem because today there's three reasons I say that there are people that's not more widely known. The first reason is ignorance.

And there's two kinds of ignorance. I want to remain ignorant, I don't want to know. And there's ignorance simply because they just haven't read the literature, because it's not in the medical literature.

Right. It's not part of the language that we often speak. Language and mechanisms and so on, exactly. Although it is more and more now with MRI, it is more and more with transcranial magnetic stimulation of the brain, and as devices become approved.

So medicine is known about magnetic field therapy for the use of non-union fractures, fractures that won't heal. For 25 years, they've been approved for over 25 years.

But we tend to think in terms of what the indications are, we don't think mechanistically, what is this technology doing to create the benefit that is created?

From Acupuncture to Magnetic Therapy

And therefore, what other possible purposes would there be? So there's a lot less availability and ability to use devices off-label than there is the ability to use medication off-label.

You and I can do medication off-label any way we want. But if we're going to get a device from the company that makes a device for non-unions, they want to know why you're prescribing it.

If it's not prescribed for a federally approved indication, you can't have it. And I want to do off-label stuff to look at other uses of their technology.

So you can only do it in an IRB. Institutional Review Board. Review Board. That meant it had to be a formal study, I had to submit a formal study, I had to have approval of the study, all of that stuff.

In fact, that company tried to get a new indication for their device beyond the non-union fractures, and they were going to have to spend a half a billion dollars, half a billion dollars to get a new indication from the FDA.

Wow. That kind of destroys that field, right, to be able to experiment and expand and look at other ways of using magnetic field therapies. Fortunately, there's been a lot more research done with transcranial magnetic stimulation, which is a topic that we're going to deal with today.

And that's been through the uses that have been approved for treatment resistant depression. But there's a huge body of literature on the use of that same technology across the brain for a whole host of other conditions.

And Parkinson's has been one of those conditions that has been studying reasonably well. Yes, I did just a brief literature review before we started our interview today, just out of curiosity, and I immediately found 29 articles.

I'm sure there are more, but PubMed showed me 29 articles on PEMF and Parkinson's disease immediately. And expand that list, you go to multiple sclerosis and you go to ALS and you go to stroke and you go to TBI, brain injuries.

So the literature, I actually did a review, published a review article on the use of magnetic field therapy, high intensity magnetic fields for TBI. And so he published a review article.

So it's a large literature now. It's getting bigger every day. So what exactly is pulsed electromagnetic field therapy? And if you hear us, by the way, use the shortened term PEMF, that's what PEMF stands for, Dr.

Pollack. So the concern that everybody has is EMF. That's the elephant in the room. So let's get rid of the elephant right away. So EMF is, I call it environmental magnetic fields.

EMF stands for electromagnetic fields, but I call it environmental magnetic fields. And those environmental magnetic fields were introduced to us, to humans or to humanity for communication purposes.

They were not introduced for healing or medical purposes, except for the indications that we're going to talk about. Yes. And as a result, these fields are broadcasted the environment.

So the scientific term for it is open loop. It's out into the environment. It just goes on forever. And they are high frequency, which is where we have the concern.

This is where we have the concern about 5G. Yes. OK, because they get absorbed by the body. Those wavelengths are extraordinarily short. They go on through the environment and we're all bombarded by them.

And because they're very short wavelengths, they get absorbed. This is how a microwave oven works. That's the whole principle behind a microwave oven, to cook, whatever.

So if you take a cell phone to your ear and you hold it there and you're talking for quite a while, you take the cell phone away from your ear, you'll see it's going to be bright red.

Yes. The opposite ear is not. Maybe slightly red, but not bright red. So what you're doing to your ear when you have your cell phone, your microwave to your ear, is you're cooking it.

It's terrible. Right? So that's EMF. That's Broadcasting the Environment. PEMFs are designed in a completely different mechanism, completely different sort of design process.

And basically what it is, it's a machine that produces a current flowing through a wire. Okay. And that wire then produces a magnetic field. So think of my thumb as the wire conducting current.

And that current's pulsing in that wire. Whatever pulse rate we design. Okay. So when it pulses, the magnetic field goes out and comes back out and comes back.

It's an closed loop. It's not broadcast in the environment. It emits because of the current flowing through the wire. So that's a law of physics, Maxwell's equations, Maxwell's laws, Faraday's law.

So Faraday's law, Faraday, Michael Faraday in the 1800s discovered that if you pulse a current past a coil that has a light bulb in that loop, no current is flowing in that loop.

But there's a light bulb connected in that loop. If you pulse a current past that wire, the light bulb lights up. OK. And that's called Faraday's law of electromagnetic induction.

And that's the key principle behind how that works versus EMFs. So PEMFs are not EMFs. Yes. Completely different technology. To be clear, PEMF has been studied and found safe to use in humans.

Well, more to the point, we talked about PEMF being approved by the FDA for treating treatment-resistant depression. And I'll tell you what they do with that PEMF.

It's how powerful it is. It's powerful enough to take a coil and put it to the motor cortex. You put it over the side of the head where the control movement of muscles.

How PEMF Works vs EMF

They put over that spot, crank up the intensity until they get a movement of the hand. So you're actually causing, in a sense, a seizure. You're stimulating the nerves to be able to contract on the other side of the body.

You're stimulating them strong enough that you can cause a muscle contraction in your hand. That's called the motor threshold. Well, you're right. Maybe we're using the term.

I don't want to scare folks that using this is going to cause a seizure. But I think if I may, if I understand what you're saying is that when seizures occur and we're talking about focal seizures that they're occurring in a discrete area of brain tissue and there is a synchronous firing of a group of nerve cells that manifests outwardly is what we observe as a seizure.

But we're talking about taking a device and stimulating nerve cells in the brain causing them or bringing them to a threshold where they will fire their electrical activity.

We call that an action potential or threshold. And so we're not actually causing someone to convulse with this. We're just controlling. Yes, we're harnessing or we're saying we're just going to take this group of nerve cells, we're going to take control over it, and we're going to have an outcome that we actually desire.

Are you tired of living with chronic pain? Medication only masks the symptoms, but real healing starts at the cellular level. I'm Dr. William Pollack, the leading expert on PMF therapy.

policy electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPaul's.com PEMF systems. visit drpawuk.com, that's D-R-P-A-W-L-U-K dot com, to register and claim your savings.

This limited time offer is available only to registered listeners. Don't miss your chance to experience the benefits. Terms and conditions do apply. Don't just manage pain, transform your health.

Visit drpawuk.com today and let's get started on your healing journey together. And that outcome is used all the time. It's been used in hundreds of millions of people.

And it's extraordinarily safe. As you said, the government considers chemotherapy to be safe and therefore at low risk. So after you've done that, what they do, that's called the motor threshold.

You establish the motor threshold. They say, okay, fine. Then you take the coil away and you crank it up to 125%. Now this is directed right at the motor cortex.

So that's going to affect those motor nerves. But then they take that same coil at 125% and put over your left frontal lobe. And that's what they use for treatment resistant depression.

And they do thousands and tens of thousands. In my first book, my second book, Power Tools for Health, I go over the safety PMS. And they've looked at hundreds of thousands of pulses in a very short period of time to even older

people with no risk.

So it's very safe technology. And one of the most sensitive areas of the body, of course, is the brain. Yes. Yes. So if it's safe there, it's probably going to be safe most other places.

Now we've talked about its use in pain management, say, with a joint that gives folks an alternative to the use of anti-inflammatory medicines in your personal experience.

And then, of course, now we're talking about using this device on the brain. Dr. Pollack, could you just give me kind of an overview of some of the other areas, really the breath, of applications for this type of device?

Well, I think this is the way we think in medicine. We think about the application or the indications. In my two books, Power Tools and Supercharger Health, I outline 27 different actions of magnetic fields, biologic actions.

It's a physiologic action. So there's 25, 27 of these actions. And that is irrespective of whatever's going on as a condition. So those actions are happening all the time.

Every time you use magnetic field therapy, all of those actions are possible in the body. If you take that population of actions and then you take a disease or a condition and say, what is the pathophysiology of that condition?

That's the way I think, pathophysiology. Then I'm going to affect the physiology in that pathophysiology and then produce outcomes. Yes. So there are about 25 actions.

The shortlist is inflammation reduction, stimulating stem cells, improving circulation, reducing inflammation, nitric oxide production, and wound healing.

So you can accelerate wounds. Wounds heal in about half the time that they normally take by with magnetic field therapy because you're also increasing ATP in the tissues.

Energy. You're creating the energy. And then that energy then is used by the body to do whatever work wants to do. So then in the first book, I did a review with the science of 50 different health conditions.

So I went through 50 different health conditions and some of the research that was available for those 50 health conditions in the application of PEMF therapy.

So we link then the biophysical actions to the pathology and to the condition. I kind of like saying we're going to look at all the root causes of a given condition and then realize that, wait, PEMF checks a lot of these boxes.

Safety, FDA Approval, and Brain Stimulation

Right. Exactly correct. Including the endocannabinoid system. We now have researchers say that magnetic field therapy stimulates the endocannabinoid system.

We know that magnetic field therapy stimulates the adenosine receptor. And by stimulating the adenosine receptor, then you help with inflammation. And actually the threshold was discovered with PMF therapy and the adenosine receptor.

And that threshold optimal level is about 15 gauss. That's really key to what we're going to talk about with Parkinson's or any other neurological conditions is that you want to reach that threshold of 15 gauss at the tissue.

So magnetic field therapy is like radiation therapy. You have to calculate your dose. You have to start off with a higher dose to get at the target tissue.

And if the target tissue needs 15 gauss, then you can't use 15 gauss as your starting point. It has to be a lot higher. And if you're trying to treat across a brain, a whole brain from one side to the other, if you have an applicator here

and you want to reach the other side, you're going to need about 4,000 gauss.

Wow. That's a big difference. In my books, I have the tables about that. As we pull the magnifying glass back and look at the big picture of Parkinson's, I want to remind folks that Parkinson's is a movement disorder, but it's more than just a movement disorder.

So it's a brain disorder, but in terms of common symptoms, common presenting problems, we're going to see a change in posture, a slowness of movement and rigidity, the change in facial expression, the loss of fine motor control.

but then we're also going to see changes in mood and behavior potentially, and there's some evidence that those changes may actually precede the appearance of the motor symptoms in Parkinson's.

We may have also heralding those motor symptoms changes in the architecture of sleep, so the intrusion of these REM sleep behavioral disorders in Parkinson's.

Changes that are cognitive, but not necessarily that typical short-term memory type problem we associate with Alzheimer's disease. There may be more subtle cognitive changes like visual spatial changes, how you can coordinate what you're seeing with what you're doing with your hand, for example, in what we call a trails test or a clock drawing test where you have to connect certain dots with numbers and letters or draw numbers around clock.

And so I offer that just to give folks, now just back up for a minute, realize that Dr. Pollack has already mentioned many specific mechanisms by which PEMF can help with a given condition.

Thus, it is helpful for many conditions because it's not diagnosis specific, but what we do know from the literature is that when we break down Parkinson's disease into these specific symptoms or signs that there is evidence that PMF does improve many of these things.

Can you share a little bit more about that? Yeah, in fact, how do we typically treat Parkinson's? Aside from rehab that you need inside of functional assistance to the body that the body needs in those conditions, medication is only about 50% effective.

And it doesn't stop progression. So people often start with one medication, then you have to keep adjusting the dose and you have to add another medication.

And some people need three or four different medications to be able to get adequate control. And even then it's not curing, it's not reversing. It's helping mostly with symptoms, right?

And not all symptoms either, right? Some things it doesn't work well for, but some things it does. But that's our reliance. And then we have the side effects from the medications as well that we have to contend with.

But PDF therapy, like for example, we're talking about I'm going to read some some stuff that I have here. So for let's say for yawning, yawning and stretching are a dopamine function.

And dopamine is decreased in Parkinson's, right? That's the basis behind medication for the most part. So magnetic field therapy increases yawning and stretching.

So therefore, it's increasing dopamine. smells affected, freezing, which is the motor component, but freezing is not just the motor component, it's the initiating the motor activity.

So for example, like the brain we just talked about, right? So I can initiate motor activity by stimulating those cells and they begin to function. So PNF therapy stimulates basically dopamine levels, it stimulates those parts of the brain.

And if you do treatment with PD to the motor cortex, all sorts of things improve. including the psychological and

cognitive things that you were talking about.

Yes, yes, so it's remarkable because like you say we might have to typically use a strategy where we're treating a motor symptom with one drug, a mood symptom with another drug, maybe autonomic dysfunction with drops in blood pressure, commonly seen in Parkinson's with another drug.

Then we need to get your gut working because constipation is a huge problem and may then give you some hormones because low testosterone is a big problem in Parkinson's.

PEMF Actions and Parkinson's Benefits

Now, that's not to say that all of these can't be helpful or aren't helpful, they are potentially helpful, but we've got this tool in the toolbox now that really can have a much more global effect and maybe potentially reduce the reliance on individual medicine for individual problems.

Absolutely. So even for dopamine, all the drugs that are used for dopamine, Research has shown that magnetic field therapy will allow you to decrease medication because symptoms are proven because of the PMF therapy.

And even if you want to continue with medication, magnetic field therapy and medication work hand in glove. So that was, you may need a lot less of a dose of medication to get the same benefit and then get all the other benefits of PMF therapy as well into the brain.

So for example, we're freezing, freezing is a motor motor part of it. People can't initiate activity, right? They freeze, but they can be, they could be in the middle of motor activity and freeze then too.

But you most commonly see it when people start or initiate activity. Well, PMF therapy has been approved, reduced freezing by 50% at falling by about 80 to 90 percent.

Fantastic. This should be in every movement disorder clinic. There's no doubt about it, right? Should be. Why don't we know about this, Dr. Pollack? We do.

We want to ignore it because it's not FDA approved. So you and I can use it as clinicians. That's our prerogative as clinicians to use it. Yes. But you go to a hospital or into a clinic, they have to abide by the FDA.

The hospitals are controlled by Medicare and therefore the FDA. And so you just can't get it in unless it's been approved. Yes. Now there are some different types of approvals, just to be clear, that still have happened.

For example, there are device approvals that have to do with the FDA saying, this is safe to put on your head, for example. Correct? So there's device clearance safety approvals.

And then there are indication approvals, meaning it is approved by the FDA to treat depression and Parkinson's disease. And most often the safety aspect of that is the least important.

It's most important for us because we don't want to be harmed by it. Yes. People don't seek safety testing without getting an indication because you can't sell it for a specific purpose like Parkinson's disease unless you have an education approval as well as the safety.

Now, just as a side note, we were talking about the cell phones earlier. I'm not sure that the FDA has said anything about the safety of cell phones, yet it's approved for sale in the United States so we can communicate with one another.

That's because it's not sold as a medical device. It's sold as a communication device. So that's the domain of the FTC, not the FDA or the FCC, right?

Right. And yet, how often do we find that technology that we use in our lives, in our homes, many years later, may

have some considerable safety concerns?

Of course, I'm not trying to get into politics or anything, but now there's a bunch swirling around in Congress just over gas stoves in your home. or recently the information came out about the artificial sweetener aspartame causing breaks in your DNA.

That's not even, well, I guess a gas stove is a form of energy, but we're talking about the carbon monoxide that fills your home when you use it. So devices that are widely available aren't necessarily safe, but this is a safe device.

Again, they're proof of other things. Eventually, you have to demonstrate with mountains of evidence, like cigarette smoking was known to be a big problem, but they had to accumulate mountains and mountains and mountains of evidence to be able to deal with the lobbies from the companies that make and sell those other products.

Nevertheless, right? Your body was designed to heal, but illness, chronic disease, stress, injury, and time can slow that process down. What if you could restore your body's natural ability to recover, recharge and feel its best?

The key to healing is giving your body the energy to repair itself. PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best.

For decades, I've studied this technology, worked with hundreds of medical professionals, and helped thousands of people reduce pain, regain energy, and take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com, that's P-R-P-A-W-L-U-K dot com, because real healing starts at the cellular level.

Right. So there is another exciting dimension, because for the most part, we've talked about treating symptoms. We've talked about some mechanisms of disease, like chronic inflammation, like the aspect of PMF that stimulates nitric oxide, which is a vasodilator, among other things.

So it's going to bring not only blood flow that means oxygen, but also nutrients to the tissue level where then healing can occur. Growth factors, right?

And something else that's very important that gets into this concept of can PEMF actually be a device that heals a disease potentially? And there's some evidence to support that.

Well, we know that PMF therapy can increase stem cell production. And in order to heal something, to repair damage in the body, you need to have stem cells to repair that damage.

But you also need the growth factors that go along with that. So just giving stem cells to somebody is not enough. You have to give growth factors as well.

And PMF does both. Oh, so these are the mesenchymal stem cells we often talk about in regenerative medicine that exist in tissues throughout the body, including things like bone marrow, fat tissues that come out at times of injury and inflammation and are critical to our normal biological healing process.

And PMFs increase oligos, dendrocytes, oligo, the stem cells that are important for creating myelin and even neural cells, and PMFs increase those. There was a study done actually sponsored by NASA on neural stem cells and neural stem cell growth.

And what they found is that 24 hours of a fairly low intensity magnetic field at 10 cycles per second, 10 hertz, caused a 400% increase in stem cell production.

That's fantastic. And stimulated about 140 growth factors. Dr. Pollack, there are different types of PEMF devices, things that can be used in the clinic, things that would be used at home that one could actually purchase and use in the privacy of their home.

Could you explain a little bit about the different types of devices and what would they actually look like? What would someone do with a device when it arrives?

You know, I cover a lot of this practically in my book, Supercharger Health, and have tables in the book about the different kinds of magnetic devices, whether it's low intensity versus medium intensity.

Intensity is the intensity of the magnetic field that we mentioned 2000, 4,000 goes to go across the brain. So the intensity matters. And we talk about local versus treating a chest versus treating a brain versus treating an elbow.

Device Types, Intensity, and Treatment Limits

So different levels of magnetic fields that would be used at different locations or places. For the brain in particular, we need a high-intensity machine that's going to be able to treat the whole brain.

We don't want to just treat one spot and the brain expect all these results and benefits from that. That research has been established for that. But interestingly enough, though, when you're treating this part of the brain, what part of the brain is getting treated?

with magnetic fields, the whole brain. You're not limiting it to the one area because the magnetic field goes right through the whole brain itself. So all kinds of devices are available and I would recommend getting that book Supercharger Health.

Now, again, for the brain, we want higher intensity. The research has been done on Parkinson's and MS for that matter. Research by its very limited basis is limited.

It's time limited, it's device limited, and there are certain assumptions that people use for that study, for that research, that then limits the ability of that research to be applicable.

Right? So most of the time, the problem with research is that it's not done long enough. So if I do research on your brain for, say, freezing disorders, I'm doing it in a clinic setting, in a hospital setting, with a device that's hard to own because they're very expensive.

And they only do it for a short period of time because they only have so much money. Right. Right. And they say, aha, it worked. But will it heal? Will it have a sustainable benefit?

So most of the time when it comes to neurological issues, we rarely will cure. So like a cut. If you stimulate a cut with a magnetic field, it'll heal in half the time.

When you stimulate the brain for PD, you're going to get improvements in PD function. Some of those improvements can last hours to days. Rarely do they last months, and rarely are they permanent.

So in the clinical setting and the research setting, you're limited how much you can do. The results are therefore limited. But results often show us that you need to repeat the treatment over and over and over again.

For example, we discovered with depression, that initially the treatment programs, the protocols that were FDA approved were short term, like a week. And they're looking for benefits in a week.

But they discovered, though, is that people had basically regressed after the week. After some amount of time, they regressed. Often within a week, they regressed.

So then they started extending the protocols and started extending the protocols. And now the protocols are going

out to 70 treatments instead of five.

But what that's showing us is that we need often for many conditions, particularly chronic conditions, like in the brain in particular, you're going to need treatment over a long period of time.

So that brings us to a very important point, which is now these devices are available for you to purchase, to bring value to your condition, the healing journey that you're on, and you can not only get one of these devices for yourself, but you can get some guidance on choosing the device, using the device, etc.

So as we start to wrap up our outstanding interview with Dr. Pollack, I want him to explain a little bit more about what I'm talking about these consultations that folks can get, because ultimately, you gotta understand what you're getting, you gotta be able to use it properly to get the benefit.

Very important, you're making an extraordinarily important point. People are being sold PMF devices by representatives, salespeople essentially. The most common ones are multi-level marketing companies.

And the salespeople know very little about PMF therapy. All they know is their machine. And they know very little about medicine or how to apply it and get the most benefit from it.

So basically, and I already mentioned that intensity matters. If your machine that you're getting is not 15 gauss, it's not even more than 15 gauss, don't get it.

You're going to spend $6,000 for a machine that's going to help to stimulate your acupuncture points, but it's not going to do anything deep. It's not going to work deep in the body.

So you have to ask whoever you're buying it from, what's the intensity? And then ask yourself, in the case of Parkinson's disease, we're talking about intensity having to go into the brain, deep into the brain, at least, well, let's say three, four inches from one side to the middle.

Yes. Now you can treat from the other side because magnetic fields drop off. You can treat from the other side as well. Or you can get one machine that's going to be able to treat the whole brain at the same time.

Okay. And that requires about 4,000 cups. So we provide consultations. The landscape is very, very, very confusing. Even when you read my book Supercharge Your Health, you can still end up being confused because it's not about you, your specific situation, your specific problem.

And more importantly, I don't know how many people with Parkinson's didn't have other problems. Yeah, it's common, right? So speculation problems, you name it.

We've got to be very careful. We've got to be very careful for sure. So folks need to find out and they should find out. I'm going to tell you that more.

How can they how can they reach out to you? Well, first of all, I would recommend getting the book Supercharger Health. Supercharger. Dr. Pollock.com.

Dr. Pollock.com has a ton of information. And that may be confusing by itself, but it'll show you that there's a lot of science here, and there's a lot of value to this equipment beyond the Parkinson's.

And then number three, we provide consultations. So if you go to DrPollack.com on the homepage, you'll see something on the right side that says apply for consultation.

Consultations, Purchasing Guidance, and Closing

So people can get free consultations from our team, from my medical team. And then we can advise you on what the best magnetic therapy machine is going to be for you.

Warning. Warning. If you expect to heal yourself with a $10 machine, forget about it. Hey, I'm from New Jersey, too. So I had to say, forget about it.

I lived in New Jersey, too. So you're really going to probably have to get a piece of equipment. It's going to be probably going to be expensive for you.

And when I say expensive, we're talking minimum of five thousand dollars. Right? But this is something you're going to use. This is an investment. This is something you're going to use for the rest of your life.

And when you have Parkinson's, you need it for the rest of your life. So folks, yes, you're going to have to make this investment and you're going to have to use it.

You're going to have to use it. Purchasing that and letting it collect dust in the corner has no therapeutic benefit whatsoever. So there is a time commitment.

It's not great looking furniture. Well, Dr. William Pollack, this has been a fascinating discussion about pulsed electromagnetic field therapy, or PEMF for short.

There's so much I'm sure that we could discuss further on this subject, but another time, as they say. I so much appreciate you coming on the Parkinson's Solutions Summit, and I know this information is gonna help folks suffering from Parkinson's disease.

I appreciate your inviting me to communicate with your group, your summit audience, and hopefully they'll get benefit. Have a wonderful day, Dr. Pollack.

We'll talk again soon. Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights, and inspiration to take control of your health.

If you enjoyed this episode, don't forget to subscribe, leave a review, and share it with someone who could benefit from PEMF therapy and holistic healing.

Your body has the power to repair, recover, and thrive. Sometimes it just needs the right charge. Until next time, stay curious, stay proactive, and keep powering up to better health.

you