CLIP 17

Commentary on literature + research

[Dr Harshfield]

Peter, thank you for that presentation. This is a perfect group for you, as you must know. As a radiologist, we play around with magnetic fields all the time, intentionally and accidentally, I must say.

Maybe one thing we should do is that the literature kind of reminds me when we first started using stem cells, a lot of the information came from the early 1900s, 1904, when they started drawing blood, putting it back in to cut some wounds, but nobody wrote anything down.

So in the 60s and so forth, when we figured out how to do endoscopic knee surgeries and how to do surgeries in general, **there was no literature to show any of these orthopedic surgical procedures were effective**. And even today, there's **less than 20% of the surgical procedures we do that have any literature to back them up**.

So when I say this, **I'm not being pejorative about magnets. It's everything.**

It's lifeway patches, the **things that we use every day** and we know **that work**, **but don't have a lot of literature to back them up,** and therefore the people in the mainstream can say, **well, where's your literature**?

Now, we can't say the same thing, apparently, although we're getting to where we're at. Push it back a little bit. The thing about magnetic fields that's so interesting, they're very subtle.

The Earth's magnetic field, one tesla is kind of a unit of magnetism named after Nikola Tesla. And MRI systems, think about your donut-shaped MRI that you go into a torpedo tube. That's about 1.5 tesla in strength. Okay, so what does that mean? There are some open MRs that are 0.3 tesla and refrigerator magnets, 0.0001 tesla. And the Earth's field is only 0.001 tesla itself. We live in a magnetic environment and we start monkeying around with our molecules. And when you go lay in an MRI machine, it has a static magnetic field. So SMFs are what we're talking about.

These are magnets made in the neodymium. **NASA**'s used them. They use them for the astronauts. The push-pull effect of magnets create muscular contraction. That's our problem. We get in space, we don't have enough. We don't weigh enough. So these things are very safe. Now, having said that, let's think a second about what we're doing.

And remember that when Röntgen, Wilhelm Röntgen in 1894 discovered the X-ray, we couldn't see it. And we saw how it generated a picture when he put his wife's hand in front of a phosphor plate and ran a cathode ray through it. And in a minute or so, it showed a figure of her hand with her ring finger.That's the first X-ray taken. We couldn't see them, so we called them unknown X-rays. And later in life, 40 years later, we realized this radiation is dangerous. Not all of it, but we have to pay attention to some of this stuff. Because when we throw you in a magnetic field, that's not nothing.

It's safe. It's not ionizing radiation like an X-ray. On the other hand, it's a magnetic field. And our bodies are, in fact, we've got magnetite in our brain. Remember, there's little dots of magnetic substance, ferrous and ferric oxide. Birds have it to navigate with. I don't know that we use it that way. It's in their brain, but it's very subtle. And so that we start playing with these things like transcranial magnetic therapies and so forth. We get some fantastic results.

My deal is this, we gotta write this down. This cannot be anecdotal. Because you can't publish 100 patient testimonials. So when we're using these magnets, we need to push the manufacturers to, hey, write this down, do a study. It won't take that much time. And we're all doing it anyway. Maybe we could all be little guinea pigs for the magnetic treatment. One of the best studies they've done so far was on the wrist bands for magnets. They couldn't find any scientific reason that they work, but they did for carpal tunnel.So they just attributed it to placebo effect, which is very powerful. It's very real. So even if that's true, it's a great way to