Addressing PCOS: Unraveling Causes, Symptoms, And The Role Of PEMFs Transcript

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Introduction to PEMF Therapy

Welcome to this episode of the PCOS SOS Summit. I'm your host, Dr. Felice Gersh, and we on this episode are going to be covering a topic you may never have heard of, but once you learn about it, you'll be so glad you did because it's a topic on pulse electromagnetic field therapy.

And I'm so excited because I have the world's authority on this topic with me. Dr. William Pawluk, welcome. Thank you so much for joining me, Dr. Pawluk.

And I hope you'll tell us how you got into this really unique field and how it applies to women with polycystic ovary syndrome. Thank you very much for having me on.

I appreciate having a chance to talk to you and your listeners, viewers, you know, whoever. Right. And the friends of friends, as we know, will happen as well.

Basically, I'm a family physician by background and a medical doctor, and I've been practicing for longer than I want to admit. And along the way, as happens to many clinicians, they hit walls, they hit problems or discover problems that they don't know how to deal with or they know how to deal with it in traditional ways.

But the traditional ways can cause their own problems. Now, that's what happened to me. So along the way, I was practicing my typical medicine and I was the medical director of a group of family physicians.

We had the biggest family medicine medical group on the whole East Coast of the U. S. We had 14 family doctors. And so I was the medical director of that group.

And we also shared patients. So we'd be rounding the hospitals. And anybody who got admitted to the hospital we'd share patients all the time. So I was basically in in charge at that point, rounding on patients who were admitted.

So as my rotation, if you will, to do that and in a space of a very short period of time, we had about two or three patients who were admitted to the hospital for gastric bleeding.

One of them actually died and one other one almost died. And we fortunately were able to save the third one. But the cause for this disaster was ibuprofen.

They were taking ibuprofen, chronically non-steroidal anti-inflammatory. And so I said to myself, this is insanity. This is truly the definition of insanity.

Doing the same thing over and over again, crossing your fingers and hoping that you get good results. And if problems don't happen, they almost always happen, particularly when people are taking it chronically.

From Conventional Medicine to Magnetic Therapy

And we now know that there are about 30,000 people a year die per year die in the US from ibuprofen are non-steroidal anti-inflammatory that used to be the recommendations used to be older people should be on aspirin to prevent strokes.

Now it's certainly being discovered that there's more morbidity caused by the aspirin. Then there is a huge benefit for stroke prevention. So that was more people have problems with it than people who have benefits from it in

terms of the stroke.

So this is this is this is the terrain that we're working on. And I said, I have to do something different. I know that my my consultants and my peers and colleagues, all of medicine at that time and this is back in the eighties, all of medicine at that time didn't have too many tools except natural anti-inflammatories, ibuprofen, opioids, surgery procedures, etc..

So, in fact, in the eighties we were more reluctant to use opioids than happened after that. So for about 30 years after that, the brakes got taken off because everybody started advocating people in pain to get any relief they could.

And the most commonly used reliever that was the most effective was opioids. Well, now we have now we know that that's that was a big mistake. And that was a policy decision at the federal government level as well, pushing doctors to do to prescribe opioids, essentially.

So I said, no, this is crazy medicine. I don't want to do opioids. I don't want to do procedures if I don't need to. So why don't I what do I do? So I decided to learn acupuncture, and that was in 1990.

I finished acupuncture training in 1990. There wasn't a whole lot of acupuncture around. And when I tell people I want to do acupuncture, they said, No way, stay away from me with those needles.

Go away, go away. So I said, Well, how do I do acupuncture? How do I take advantage of my training in acupuncture without using needles? And then I discovered they were using magnets on acupuncture points in the Orient.

So then I learned about magnets and I got magnets. I started using the magnets on a regular basis like fridge magnets. Little tiny round magnets are bigger, bigger magnets.

And then they were big flat magnets that were flexible. There's a multilevel marketing company that was selling a lot of that equipment, so I started using them and I discovered they were doing a lot of other things.

I actually tested the magnets on acupuncture points and meridians and discovered they do make a difference. You can do nerve conduction testing. You can see that the magnet affects the conduction of the nerves along the meridian.

So clearly it works. Why? And then I started delving into what? Because I'm seeing other phenomena like wounds would heal faster pain locally would get better, tissues would heal better locally where you had the magnets.

So I said, What's going on here? What's the phenomenon? What's the biological reason or rationale behind this? And so the more I studied, the more I discovered that that science that well, it existed, but it was hidden behind the Iron Curtain.

It was in the Cyrillic alphabet. It was in obscure journals in Eastern Europe. So along the way, when I was at a conference, I met a doctor, an M. D., Ph. D.

from the Czech Republic who got his Ph. D. in magnetic field therapy in rehab. And he said, I have a manuscript. I've translated a lot of that literature for my Ph. D.

thesis, my Ph. D. work. So he had a translation, and he basically offered me his manuscript. So we reworked the manuscript, and I published my first book called Magnetic Therapy in Eastern Europe, a review of 30 years of research.

That kind of really blew my blue the gates open. Now, I understood why it worked, how it worked. They had done all kinds of studies on animals in test tubes and humans, on the use of magnetic field therapy or static magnetic fields, permanent but permanent magnets, and also pulsed magnetic fields.

So that that, again, just opened the doors wide open. Now, I understood a lot more about why, and I said, well, why are we not using this more? It was known in Europe at that point when I wrote that book, it was 30 years of research that was like 50 years of research and so the reason is because the technology hadn't arrived here yet and the because it was obscure journals, there were no champions and there was no big money behind it.

So essentially I had to do my own learning. And then eventually we got pulse magnetic fields into the country and we started working with those and they started having all kinds of benefits and the rest, as they say in history.

So when I started working with them extensively, then I published my second book, which is called Power Tools for Health How Magnetic Fields Help You.

And that book I did that book from the perspective of people needed to know why it works. People need to know that their science behind this is not a sham.

I didn't make it up. I'm not just a salesperson. I am a clinician. And that's my that's what my heart is to to help people. But I need to know what I'm doing.

I can't just be just saying, here, take this. It's going to work for me. Don't worry about it. But you have to know how to use it properly for people to get the best results.

And then you have to find the right equipment for that, for the person, for their particular problems, and then teach them how to do that. They use it properly so they get the best results.

And again, along the way, I discovered all the things that magnetic fields could do and there are so many. The nice thing about magnetic fields is they pass through the body.

So let's talk about magnetic fields. We're surrounded by them. The earth is one giant magnet, right? We live in a magnetic field and our biology is completely dependent on this medical and this magnetic field.

Research is showing that when you go outside the magnetic field of the earth and the space station, they're still inside the magnetic field of the earth.

And if you go to the moon, you're outside that field. And if you stay in the moon long enough, you're going to have all kinds of breakdown of biological processes that are dependent on the magnetic field that we are living, breathing and all biology on the planet depends on that magnetic field.

So a magnetic field passes through the body like it was air. It's like a body didn't exist. There's nothing in the way of the magnetic field when it comes to a human body.

Metal will distract it or bend it or shape it or push it. But the body is completely transparent to it. And then as that magnetic field passes through the body, it stimulates all kinds of activity.

And so in the first book In Power Tools, I outlined 25 different actions of magnetic fields with the references to support those claims of actions.

How PEMF Works and Why It Differs from Harmful EMFs

So began to realize it's not about the disease, it's about the body and how the body works and how the body reacts when it has more energy. The human body is only about 25% efficient.

The energy that we take into the body, primarily in terms of food, has to translate into work. Otherwise what's the point of it? Right? So other than just looking good or feeling good, maybe.

But it has to it has to do something. But we're only 25% efficient. Our bodies are only 25% efficient and translating energy into work. So that's why disease happens.

That's why diseases and disease happens and lasts for long periods of time. That's why it takes a lot of work to recover from a surgical procedure. The body has to do a lot of work to recover, but it needs energy and the body is not that efficient.

So magnetic fields increase the energy, the efficiency of the body dramatically, no matter what, no matter what tissue organ you're talking about. But every tissue of the body is equally transparent to a magnetic field, doesn't matter with bone or brain or muscle or fat skin.

It doesn't really matter. White blood cells, red blood cells. So it's a phenomenal technology. And it does, as you said, a lot of stuff. So the way when it goes into the body, it increases charge production, increases the production of energy in the body at that energy, that charge that's produced in the body then begins to be used by the body for whatever it needs.

So at the very least, it's increasing the efficiency. So if you don't have a problem, you're just basically just increasing efficiency. And one of the ways it does that is through ATP increases ATP production, and ATP is the energy molecule of the body.

So if it does that, but if it if you have a problem, if you have a fracture, magnetic fields can heal the fracture in about half the time. If you have a skin wound, it'll heal the wound in about half the time.

It doesn't matter whether you're a rat, a mouse, a dog, a cat, an elephant or a horse. All biology is relatively equally affected by magnetic field therapy.

So I think this is so fascinating, but I know there must be some people out there saying, but but wait a minute. I thought EMFs are harmful. You know, like, oh, my gosh, I'm living near a cell phone tower or, you know, I'm putting the the cell phone near my head, you know, listening.

And that can give me brain cancer. Like, wait minute. I thought that these were dangerous, these electromagnetic waves. So how would you know how to use them in a therapeutic modality in a way that it's going to be beneficial as opposed to harmful?

And is there like a fine line between the two? And what's the difference between the pulsed versus the non pulse? So this sounds so complicated. It's actually it is more complicated to try to understand it than it is to use it virtually.

To use it is relatively easy, but it depends on the problem and the person and so on. So to go back to your question, the elephant in the room is EMF.

As you said, everybody scared of EMF, five, G, ten G, whatever the G's are. Right? So what happens then is that these the GS, the Iems, I call them environmental magnetic fields.

They are electromagnetic fields, but they're environmental. They're designed for other purposes. They're designed for communication primarily. They're not designed for health.

So an EMF is a very high frequency and it's a waveform this broadcast into the environment is broadcast from a tower, from a transmitter out into the environment and basically whatever, you know, it just goes on and on and on and on.

This is what we call open loop. And these very high frequencies are absorbed by the body. So when the body gets in the way of these these EMFs, the body actually begins to heat up and it penetrates the body minimally.

So it's a very shallow level of penetration. This is the basis behind microwave ovens. So when you use a cell phone to your ear, almost always you will notice when the person takes the cell phone away from the ear, the ears read it and it's not because you have to take a cell phone to put up against you, hear?

And it's not doing anything. The air doesn't turn red, it turns out minimally just slightly red, but not significantly. But

the ear becomes significantly red because it's being cooked by the EMFs coming out of the cell phone.

And if you have wi fi in the house, those EMFs are being broadcast throughout the house. The broadcast out into space essentially. Now that's EMP designed for other purposes pre EMF which stands for pulsed electromagnetic fields are different.

They are produced by a device that produces a current and that current then is pushed through a wire and then that wire and basically creates a coil or a loop.

And then that loop I can show you one. I hope I don't have one here, but that loop, basically the wire goes, the current goes out, goes in through the loop, and then it comes back to the source.

So that loop, when you widen that loop from a wire like this to a loop, then basically the current and that loop produces a magnetic field that then can go into the body.

So it's a pulsed magnetic field. So my thumb is the wire current flowing through the wire and the magnetic field is being produced at the pulse rate of the of the device goes like this.

Right. It doesn't leave its source. It always comes back. So that's called a closed loop. That's not EMF, it's not high frequency, it's a pulse. And it goes again, it goes into the body, it goes back to the source, and it's very, very safe.

So these pumps are designed for healing. EMFs are not designed for healing. Well, I think that's a really important distinguishing group of features there, because it is confusing because they sound so alike, you know.

So in terms of women with PCOS, they have such a wide array of symptoms and metabolic issues, reproductive issues. So this sounds like it would offer maybe a great deal of potential for women with different issues with PCOS.

What would you suggest would be the use of this amazing new tool? It's not really new. It's like new to us, you know. But it's been around for a, like you said, you know, decades.

But how could women with PCOS potentially benefit from using this new form of energy to apply it to their bodies? All right. So women are organic. Men are organic, males are organic, women are organic.

We can have a lot of discussion about gender identity versus gender. You can't fix gender. You can try to manipulate it, but it's still gender. So what it is biological tissue wise.

So women have all that, all the other problems of any biological organism. They are slanted towards the female because of the chromosomes. But basically it's still tissue.

It still has to hit, it has to heal. You break a bone, it has to heal. And women may heal somewhat differently. But when they have injuries or challenges, but not a whole lot differently, fundamentally, we essentially are equal as far as males and females.

So women are still subject of heart attacks, subject to strokes, it's subject to arthritis. They're subject to, again, broken bones and wounds and so on.

Potential Benefits of PEMF for PCOS

Autoimmune diseases. So that aside, take that as a as a commonality that all biology has to deal with. So I use a topic where they buy a magnetic therapy system, they don't own it, the house owns it, including the dog, the cat and the plants.

All biology could benefit from it. So relative to PCOS, which is a feminine problem, although in a sense actually males could have PCOS to in a somewhat different way, maybe not at the same extremes as women can have

because of the hormone milieu that exists in a female body.

So if PCOS is caused by Hyperinsulinemia having insulin levels that are too high and what causes that too many carbs fundamentally and that insulin resistance is part of that problem.

So now what you you raise your glucose levels which causes the body to produce insulin and then the body produces too much insulin and eventually the body's crying wolf too much.

And so you begin to develop insulin resistance and that leads to type two diabetes. And so because of the flood of hormones are being created by all these physiologic changes due to hyperinsulinemia in particular, then you get all kinds of hormonal effects.

And so in PCOS, clearly we know that women produce way too much androgen and then that then causes that. And that's the cycling of the estrogen and progesterone and the androgens in the body then ends up causing polycystic ovary.

So what do all those changes in the physiologic physical changes in the body cause then it cause all the symptoms of PCOS. So menstrual irregularities, painful ovaries, the problems of excess androgen acne or oily skin weight gain with fertility problems because the ovaries again are not working properly because of the both the hormonal milieu, but also because of the cystic ovaries, depending on how bad the polycystic ovary problem is and how many cysts you have.

So you have too many cysts. It comprises the tissue, so the tissue can't work as efficiently as effectively as it should to do what it's supposed to do, which is to produce eggs and and hormones.

So but all of this then ends up creating mood issues. So pain mood issues, menstrual irregularities, and then metabolic syndrome. We've got pre-diabetes or diabetes.

So magnetic field therapy that basically helps the tissues to normalize themselves. You still have to do the metabolic work that you need to do. But the damage caused by this, these metabolic and hormonal irregularities then could be managed by the magnetic fields to make the tissues healthier, to make the tissues more balanced and more normal.

So you might be able to in fact, a woman who's developing polycystic ovary at the early stages of it, if she starts doing magnetic field therapy to the ovaries, they probably will become as cystic.

It doesn't take care of the metabolic issues, it doesn't take care of the hormone issues, but it does help physically with the tissues and magnetic therapy.

One of the key benefits of magnetic field therapy is it's great for depression, it's great for anxiety. And there are tools that we have available as well to help with sleep.

Well, I'm glad you brought that up. I was just going to go into that area. I know in psychiatry they've been using electronic magnetic radiation for a while and it's FDA approved.

I mean, it's like not it's not out in the fringes anymore at all. It's really mainstream. And women with PCOS have very significant rates of mood disorders, anxiety, depression and as you mentioned, sleep.

So I'm thinking that, you know, and I'd like your your feedback on this. One of the things that women with PCOS have is problems with their circadian rhythm because in terms of hormonal imbalance is the.

Yes, yes, the master clock. Yeah. The master clock that sits atop the optic nerve has receptors for these different hormones and, you know, including estrogen and of course cortisol and so on.

And when these hormones are not being produced in the proper amounts and rhythms and so on, you end up sort

of living a life of jetlag, which is really harmful for the whole metabolic system.

So I was wondering if the the PM EMFs are helping perhaps at the brain level. In addition, you know, it helps that all the other different tissue levels but within the brain itself to maybe help normalize their circadian rhythm, which then can lead to a cascade of benefits in terms of mood and sleep and also appetite regulation, because there's this interplay between the nutrient sensors and the master clock and the hypothalamus that puts out the little signaling factors that go to the pituitary, that puts out the genetic trope.

And, you know, the all of the system which is in such disarray and women with PCOS, maybe this could help normalize it. And there's a chance that it could help them not only feel better emotionally and sleep better, but maybe help regulate, get them more regular menstrual cycles at any experience with that.

Yeah. So there's so PCOS has been studied a little bit. I mean magnetic field therapy has been cited a little bit in PCOS, but not a whole lot. We get a lot of information about what the magnetic fields are doing from all the other research has been done on what magnetic magnetic fields do in the body biologically.

But yes, the clocks are very important and we not only have the master clock, which is the circadian rhythm, but we also have tissue clocks, um, the metabolic clock so that tissue that don't really relate necessarily directly to the master clock.

So part of therapy, one of the things I discovered very early on, as I mentioned in my initial comments, is that I started learning therapy because I was trying to do acupuncture.

What I discovered then is that magnetic field therapy actually treats the acupuncture points and meridians, and there's plenty of research now to show that.

And I taught a six hour workshop for acupuncture and how to use pumps in acupuncture. So every time you do a magnetic field therapy, it's not as long as there's a meridian or an acupuncture point in the area of the magnetic field, the whole meridian system is being influenced.

So that means you're doing acupuncture at the same time you're doing magnetic therapy. But the difference between acupuncture, magnetic field therapy is acupuncture is indirect in the way it works.

And acupuncture works on mood disorders, it works on the brain, works on thalamus. That's one of the reasons people feel good with acupuncture and it increases endorphins.

And then Catherine's they feel good hormones. Right. So magnetic fields will do that, too. But the aim and magnetic field at a pituitary gland or hypothalamus or our limbic system, it begins to produce energy in that system that then begins to rebalance it.

So this is, as you mentioned, this is where the FDA approved devices for treatment resistant depression, which are now covered by insurance companies to a great extent.

So that improves not only the mood, but it has all these other downstream benefits as well. So PCOS is a in a sense, it's like an elephant in and that's maybe a horrible analogy, but the idea is that you got blind man touching the elephant and each person touching the elephant sees a different part of the elephant.

So this is what the elephant is and that's what the elephant is. So you can focus on one aspect of PCOS and you're still going to get benefits on other aspects.

Sometimes when you do one aspect, everything else begins to fall in place as well. So often you just by doing any kind of PMF treatment, you're going to get a benefit overall.

So improves mood. Sorry. No, go ahead. So we know it improves mood. We know it affects the circadian rhythm system. And there are different kinds of magnetic field systems that we do we use depending on what the problems

are.

So you mentioned the high intensity devices that are FDA approved. While the PEMF devices that we use that I recommend to treat the brain to appear in general are considered very safe.

I can't claim that my device does what the FDA approved devices do, but they're very close and what they do. And the good thing about it is you can do it at home.

Brain, Sleep, Mood, and Circadian Rhythm Support

You don't have to go somewhere and pay somebody else to do it for you. And then you may have to wait two or three days before you could do another treatment.

So what I might add, what I advocate is daily home treatments, because then then you can keep up with the effects, the benefits, so you don't backslide in your benefits if you get any treatment somewhere else, you have to pay for it if the insurance doesn't cover it.

And other than treatment resistant depression, insurance does not cover these high intensity machines for the brain. So that means that you're on your on your own pay on your own, and you could be paying $150 a treatment.

So how long is that going to last? And now, even in depression, we're discovering that people's we thought initially it's like five treatments or ten treatments.

Well, now it's up to 70 treatments in order to maintain the benefit. So if you're going to have to do 70 treatments again, you might as well own your own system, but you're going to be willing to spend some money to do that because to get that kind of benefit, you're going to need a higher intensity machine.

And one of the key problems in PCOS is inflammation. That's all the metabolic syndrome stock, advanced glycation end products attached to tissues attached to the brain and they cause inflammation.

So and then weight gain is a major issue and weight gain is associated with inflammation. So a PCOS magnetic whatever. But it doesn't stop the PCOS process.

It helps the body to be able to adapt to it and when the body feels better, the body gets better, the person thinks better, feels better, then the PCOS process begins to settle down again.

Hopefully you start that therapy early because the more advanced the PCOS is, the more difficult and challenging it is to deal with it. And then you often have to resort to hormone therapies to get some degree of control.

So for the circadian clock, we can use magnetic devices that are small, portable, battery operated. We have a we have two that I recommend for this. One is called a flex pulse and has ten programs in it which controls brainwaves.

So you can wake the brain up, you can make the brain relaxed, or you can put the person to sleep. So you have ten programs. You can also get into what we call gamma, which is a meditative state.

So I routinely use I sleep program at at in bed three hertz delta. So that's a deeper sleep we have during the night. So if you present the brain with Delta all night long, it causes you to sleep faster, fall asleep faster, stay asleep longer, stay asleep deeper, and then hopefully wake up a more refreshed.

So that's that's one of the programs in the Flexbox. So we designed another machine called the X Parser. So it's x pollster.com and we have a separate website for Flexbox called Flex Pascal.

And that explains all the different programs in the Flex Pulse. So the Flex Pulse has more flexibility because it has more options. The X posture only does the sleep option.

So if you can sleep better, if you can, and it costs $699. So how much is a night's sleep worth? Is that $25? I'm sorry. All right. So these devices can help with sleep.

If you help with sleep, a lot of other things begin to get better. Mood certainly gets better. Energy levels get better. Your ability to function during the day gets better, headaches get better.

And because these devices actually tune the brain, you may be able to begin to tune the cycling processes of the body and the hormonal cycles and, you know, male or female bodies for that matter.

Now, the higher density machines will do better with that, but it's hard to find higher intensity machines that have those the flexibility of those different frequencies.

And that's due to the engineering and the and the the physics of it. So to treat mood, you can use the high intensity systems that may or may not help you with sleep directly.

They may help you with sleep indirectly. However, I find I just had a consultation with somebody yesterday saying I have a problem with sleeping. When I use this high intensity machine.

It's helping me with my pain, it's helping my body in general. I feel a whole lot more energetic. My life is better, but it's around me for sleep. I said, Well then don't do it so close to bedtime.

And even because that increases energy so much in the body, that again, that carries over into sleep. So then you may need to have a separate piece of equipment like the X boxer just for the sleep part.

Part of it, the high intensity machines cost a lot more. Well, it's a fascinating new way of thinking of applying a therapeutic approach to women with PCOS, because, like you said, you know, I do actually think that your elephant analogy resonates with people because a lot of women go to multiple doctors and each one just treats one little piece of the pie.

You know, one little part of her problem is addressed and usually just symptoms not really getting to root causes or underlying issues on like what you're talking about a cellular level, talking about like ATP production of energy, which is a big problem like women with PCOS are very good at the skill set of making and storing fat, but not so good at the skill set of burning fat and creating energy.

So like you live in a sea of energy, but you can't properly access it to create energy and then feel good, you know, and energized. And then of course, you need energy.

That's the differential between life and death is producing energy. Right. And that's why, you know, you look at the brain, they do EEGs, right? Look at the heart.

They do EKGs. Right. Looking at electrical pulses. So, you know, it's like getting to the root issues of how the body actually functions. And and, you know, I always talk about all living creatures on Earth have evolved to live on Earth.

So we are working in conjunction with the 24 hour rotation of Earth, you know, the circadian rhythm. And we all live on Earth in the electromagnetic fields of Earth, right?

And sometimes when things go awry, we need some help in all of these departments. So this is like amazing. So in terms of like using these devices, I mean, do you actually like put something next to your skin or they're actually visible magnets or like, how did these devices get actually used by the individual?

How to and does it cause any kind of pain? Or do you feel like little like like little like electrical, like, oh, it's like a spark or something. Like a little shock or like what does it feel like and how do you actually use the devices.

Before we go into that? And I think that's really a critical question, and that ultimately is going to determine whether

you get a benefit or not. Right.

So if you don't buy the right equipment, you're not going to get that benefit. So you have to get the right equipment in the first place and then use it properly, but just as an intro, in a sense too, that magnetic field causes you to experience something.

Generally, right away you have a physiologic reaction as you continue to use the magnetic fields, then begin to make functional changes in the body. So as they start to stabilize the hormones, they start to stabilize mood.

You start to improve your sleep, then you start to have functional changes in the body. In the long run, what we're the most interested in is healing.

So PCOS, autoimmune diseases and you know how many women have PCOS who don't have something else going on too? Like an autoimmune disease like Hashimoto's or lupus or rheumatoid arthritis.

The list goes on. So you're helping the whole body with all the different things that could be going on in that body. Healing in the long run is the most important thing.

Because if you have pain and you take an aspirin, you can get temporary relief of your pain. Right. But it's not going to it's not going to heal anything, typically.

So you want to be able to heal off. You want to be able to get the other benefits, but in the long run, you want to heal. So the healing process, more time so people will have fractures that won't heal.

Choosing the Right Device and Using It Safely

So a fracture that hasn't healed for six months is called a nonunion fracture, will be a forearm. It could be a bone in the hand. And those fractures take 9 hours a day of treatment to heal that three months, 9 hours a day of treatment to heal in three months.

That's how much work you have to do to get that healing going with magnetic fields. Speed it up. We don't do the magnetic fields is good. You can go six or seven years without healing that form.

The magnetic fields can kickstart that healing process. Having said that, then again, what devices do you do most? A lot of devices that are available in the market today, and we have to be careful.

People are being sold through a multi-level marketing company. They're being sold devices that are extremely low intensity. So intensity of the magnetic field matters.

For example, we know to decrease inflammation in the body, you need 15 Gauss. So Gauss gave us, as is the measure of a magnetic field intensity. So you need 15 Gauss at the adenosine receptor.

So adenosine is a molecule that helps the body fight with inflammation. We know it's part of the molecule that creates energy ATP, so adenosine triphosphate, so if you have to deliver 15 Gauss at the adenosine receptor and then you have to calculate the dose that you need to start with to be able to deal with inflammation deeper into the body.

So superficially in the skin you only need 15 gauss but across the brain or into the ovaries which are deeper into the body or into a uterus or into a liver or pancreas, you're going to need a much stronger magnetic field.

So for example, you need about 4000 Gauss to be able to treat across a brain to decrease inflammation throughout the brain, you need the right magnetic field density, having the right magnetic field.

Then you have to figure out how to use it. Daily use is critical if with fracture healing, what they found would be nonunion fractures. If you didn't do the 9 hours a day, you want to do 3 hours a day at two people standing out.

They may say what, 3 hours a day? I don't have that kind of time. Well, you don't have a nonunion fracture. If you had a nonunion fracture, you probably would because it's messing up your life completely.

So if you typically did half an hour to an hour, twice a day, you're going to be able to solve a lot of problems in that body. There are people are selling these multilevel machines.

Don't tell you what the intensity is. It's less than one gauss and you can spend $6,000 for a machine that gives you one gauss. But what good is that going to do for inflammation?

It's going to treat the acupuncture points because it's very superficial, but it's not going to do deep healing work. So again, be careful what you buy.

Always ask what the magnetic field intensity is so that you can do that calculation. On my website, drpawluk.com, there's a blog about identity and inflammation, and that blog gives you a table that tells you what the magnetic field intensity needs to be to reach deeper into the body.

So getting the right machine in the first place and then using it appropriately every day and depending on the problem you have, you have osteoporosis as well or you have osteopenia.

And you're going to have to not only treat your PCOS and your ovaries and your uterus that your liver and your pancreas you're going to and your brain, you're also going to have to treat your bones.

And that means you have to treat the whole skeleton because of osteopenia, not the process involve every bone in the body and the big bones. The hips and the spine are the ones we test for with bone density testing.

But it's the rest of the skeleton that breaks more often. A small, small fall onto your forearms. You can break a bone if you have osteopenia as a process.

So regular use daily is the right machine. And then and then keep just keep using it. And the body heals begins to heal itself. Results happen usually within days the most of the healing is going to take place over a longer period of time.

Months, two years, depending on how far the body has gone or how bad how bad things are in a body, how much inflammations in the body. So this is something is going to take patience.

But I think the key for for us is not to just treat PCOS, not to just treat insulin resistance, not to just treat inflammation, this for general health and to slow down aging.

All these other factors speed up aging as well typically. Oh, absolutely. In fact, I view PCOS as a state of accelerated aging. Exactly. You know what that some clever person termed metabolism aging.

You know, the inflammation and aging that relates to metabolic dysfunction as opposed to chronological aging. And yeah, it's a huge problem. So I know that there's unfortunately so little research compared to other medical conditions that involve PCOS.

You know, it's like it's the most common endocrine disorder of women in the reproductive years. And yet the amount of research that's dedicated to it is so low.

And so I'm just thinking you and I should get together and maybe start doing some research projects because like when you look at women with PCOS and you think, well, this modality generally helps the whole body, you know, it helps every cell to work better, to reduce inflammation, to regenerate better, to to do everything better.

And, you know, by reducing inflammation, you you lower pain, you lower cognitive problems, mood problems, you know, like obesity, you know, cardiovascular risk.

You know, you can go on through every organ system. Is there any data at all on fertility because so many women struggle with fertility problems with PCOS?

Well, and also a lot of women with fertility problems have endometriosis. Mm. And women with PCOS have higher rates of endometriosis as well. Exactly.

And that's part of the whole inflammatory cascade of things that happen with PCOS or gynecologic disorders in general. And so that therapy could be dramatic for all this.

But again, we still have to solve the problem of the causes of PCOS typically, which is metabolic syndrome. That's the primary root component of that now, yes, you could have genetic issues, you can have ovaries by the by themselves are just doing crazy things with with cysts and so on that may not have nothing to do with metabolic syndrome.

Well, that's a whole different ballgame. That's a whole different issue in a sense. And then you can really target the ovaries directly to get the ovaries to decrease the inflammation to stabilize the hormonal.

Yeah. And then so that things all sort of cascade out of control. So you could use it for that. But I think the key thing with PCOS is, is helping the body to generally be healthier, decreasing the inflammation.

Now you can decrease insulin resistance with PCOS, you're making the cells, the receptors of the cells be able to use sugar better. You can decrease the irritability and inflammation in the pancreas that overproduce this insulin.

That leads to a lot of the hyperinsulinemia issues with PCOS. But mood is one of the key factors, right? If you can change the mood, because often if you change the mood, the hormonal cycling in the body also significantly improves too, right?

Oh, absolutely. Because all of these things are interconnected. In fact, a lot of the pregnancy related complications are, of course, related to the underlying metabolic dysfunction, the inflammation in the ovaries themselves of women with PCOS are related to poor embryo quality, poor ovulation and you know, the eggs themselves age more rapidly and they're not as functional.

They don't make as good an embryo because of that. And then, you know, you don't get as good an implantation. And so until you have higher miscarriage rates.

So just working on funding mental health, like you're saying, will help all of these different factors to become much improved. So I take it there's no pain involved in the therapy whatsoever.

It's simple. Would you maybe just a quick overview of how someone would use this? And then the next thing is because we could talk all day about this, you do seminars on these, you know, so we're just barely touching, you know, the topic and, you know, just scratching the surface.

So then I want to get into how can people who I'm sure the majority of everyone out there hearing this says, I want to learn more. So before we get to that, just a quick little overview of how they would use the device.

All right. So just like athletic training, you don't get off the couch and run a marathon tomorrow. All right. Magnetic fields are causing the body to work.

The body will try to stabilize the body, trying to restore balance in the tissues that balance and the hormones balance and the endocrine system and the nervous system and so on.

Well, that takes work in order to move or shift a body into balance, whereas whereabouts and obviously the farther out of balance it is, the more work is going to take it to get back into balance.

So it's like athletic training. You're doing this all the time and you're gradually increasing the intensity and the

treatment time. I call that going low and slow.

The risk that you run into by going to a practitioner's office for treatment is that because you're paying for the urge to treat rapidly and and with high, high doses of magnetic field and that can be a mistake.

And if you have other conditions like multiple chemical sensitivity or mass activation syndrome or fibromyalgia, so you have any other sort of conditions that complicate the PCOS, then that makes it even more important to go low and slow.

So what you're doing now is you're discovering what your body could tolerate. Then you don't run a marathon tomorrow you train, and then you do have to do 15 minutes of training.

Then you do half an hour of training, then you do an hour of training. So I gradually build up until finally you can accomplish what you're looking to accomplish.

Now, some people can do that rapidly and some people have to be really slow depending on how the body reacts. So I have on my website and in the book I recommend for people to get it is called Supercharge Your Health with our therapy.

So the Supercharge Your book is very practical. Do you want to geek out on the science? You get the power tools for health, but the practical book is Supercharge Your Health, and then that has an appendix in it about the adenosine receptor.

It has an appendix about going low and slow, and it has an appendix on something called the Magnetic Sandwich, which is layering magnetic fields so it won't slow as the key gradually build up.

Ultimately, the goal is to get to the highest intensity for the longest time. If you can do the highest intensity for 30 minutes to an hour at a time, then your cells are basically happy and healthy.

What you'll find, though, is if you back off, you'll find you lose ground because again, it's making the body more efficient than it already was. And even if you're already very healthy, if you're 45 or 50, then the body needs a lot more work to maintain itself at a really good level.

So backing off, usually you'll discover that you lose ground because you haven't solved the problem completely until you're fully healed. You haven't solved the problem so low and slow, get get to your maximum intensity and then maintain.

And that's where daily use becomes very important. So the intensity, the magnetic field I mentioned already is important. And that adenosine blog or drpawluk.com and it's also in in the book teaches you then the intensity that you need or where you want to work in your body.

Low intensity devices, whole body low intensity devices that have crystals in them or have sauna in them. They're nice. The sound, the sound, gimmicky and nice, but they have very low taxes.

So you might feel better because of the acupuncture effect, but It's not going to do you much good in terms of healing deeper into the body. So getting the right equipment now, the way to find out where you get the right equipment is the book Supercharge Your Health has tables.

It has charts that show you for different problems. This is the magnetic equipment that you need. And then I have a review about 80 different health conditions and protocols for each of those conditions, which magnetic system is probably the best for that and how best to use it?

And then adding nutrition, You can't build a house without bricks and mortar. You can't support a body without nutrition. If you want to if you want to build tissue, you need collagen.

You need fat for the nerve cells and the membranes of the cells. You need minerals for bone healing. So you need the nutrients in the body to be for the body to be able to repair out.

Practical Guidance, Safety, and Closing Remarks

If you provide the nutrients but you can't absorb them properly, then that's a problem, isn't it? So magnetic field therapy can help you to absorb as well and utilize the nutrients that you are taking in.

And for those people who have to be on medication, magnetic field therapy makes the medications work better. And very often women who are on lots of mood, elevating medication or sleep medications with magnetic therapy gradually I don't recommend quickly being able to taper off or get off the medication.

So we provide guidelines in the book. And for those people who are who feel they need it, we provide free consultations. I have a medical team, a doctor, Qualcomm, that who does consultations with people and they're free.

The reason we provide free consultations is because it's so important, I feel, to get the right magnetic equipment in people's hands, because I've heard this many, many times, magnetic therapy doesn't work for me, whether they bought the wrong machine and they didn't use it right.

So they buy machines online and then the people who sell it to them don't do proper training or they can't because they're they're salespeople, they're not clinical people.

So then they say magnetic therapy doesn't work as it works. You just got the wrong machine. You don't use it right. That seems pretty basic, but I think that's really key.

You know, it's like like anything it's not just the theory, it's the actual, you know, brick and mortar, like you said, building the proper machine, using it properly, using it at the proper intervals and so on to get the proper result.

So, you know, you don't want to just look for the the biggest bargain or the most expensive or, you know, you got to go for quality and you got to go for backed by science, you know.

And so I'm so impressed with what this whole new new to most of us you know, area of medical therapeutics is really offering to virtually everyone and very much for women with PCOS who really suffer so greatly.

And and the same treatments that have were offered like 30 years ago seem to still be the mainstay in most practices. And it really obviously, if it worked for them, we wouldn't have this problem because unfortunately, although they do have some benefits for some symptoms, they obviously don't cure anything.

Like you said, aspirin doesn't doesn't cure people. And, you know, getting back to what you started with, I actually know someone personally who died from NSAIDs.

So we do know that some of the most common therapeutics that are used do have some potentially serious side effects. And it sounds like there there really aren't when used properly, you haven't really mentioned any serious side effects from this modality.

So we talked about infertility, as I mentioned, And and let's talk about that in endometriosis, magnetic fields in endometriosis produce about 25% fertility rate, which is better than in vitro and a lot less expensive and a lot less traumatic to go through.

So studying the research on the brain, studies that allow the brain treatments to be approved by the FDA found that even extremely high doses and very high amounts of treatment over time, over a short period of time, produce almost no side effects.

Well, magnetic fields magnetic fields are extraordinarily safe. They the rule is magnetic field therapy doesn't cause

problems. It reveals problems. And when you're doing a magnetic therapy session and you have a problem, show up because of that.

Then it's revealing that there is a need that needs to be fixed and we could take magnetic fields and put them on different parts of the body elbows, shoulders, backs, hips, knees, etc.

and high intensities. And then if you have a problem in that area that the magnetic field is now showing you, then that area needs treatment now that you have a problem extraordinarily seeing whether it's mice or babies or pregnant women or animals of any kind.

Animals routinely gravitate to the person getting their magnetic field therapy routine. They'll be on top of. Well, this is such critical information that everyone needs to understand.

You know, I. I got involved early on with the whole concept of, you know, grounding and earthing and this is really going to a way bigger level than than that, just like walking barefoot.

Not that we don't just we definitely encourage that, but that this is really the real like going to the next level of therapeutic approach and like, I would love to talk with you more and I definitely am going to be reading your books and, and so on.

And I can't thank you enough for joining me for this particular interview. It's been so enlightening and opening doors for so many people to a whole new area that they can look into for therapeutic benefits.

So thank you so much for joining me. And I know everyone is going to be looking at your website and reading your books and learning so much more about this for us.

New Therapeutic Modality. Thank you again for for coming on with me for this really informative session. It's my pleasure. I'm glad to help and I'm sure that we can help a lot of women do a lot better now.

They still should use the other therapies. I'm not saying that magnetic therapy is the sole therapy. You still need to do nutrition. You still probably need to get some help with mood issues, maybe, at least temporarily.

So, yes, magnetic field therapy is works along with virtually everything else you're going to do. So it's something you can rely on totally. I don't normally recommend it because you still have to do as I said, nutrition.

I may have to do hormones, too, right? Absolutely. We always say, you know, it's it's never one thing, right? It's the total package. And this now can be added to the package for approaching the true healing of PCOS.

So thank you. And we look forward to continuing to learn more about this topic. Thank you. Have a great day.