NSAID Bleeding Risks and the Move Toward Alternatives

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And we fortunately were able to save the third one. But the cause for this disaster was ibuprofen. They were taking ibiprofene chronically, nonsteroidal anti-inflammatories.

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, A, and the problems don't happen.

But they almost always happen, particularly if people are taking it chronically. And we now know that about 30,000 people a year die, per year, die in the US from ibuprofen or nonsteroidal anti-inflammatory.

In fact, it used to be the recommendations, used 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 than there is a huge benefit for stroke prevention.

And there was more people have problems with it than people who have benefits from it in terms of the stroke. Welcome to the PEMF Effect, where breakthrough science helps take control of your health.

I'm Dr. William Pollack, and I am here to guide you in tapping into the power of PMS 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.

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 pulsed electromagnetic field therapy.

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

Um, well, basically I'm a family physician by background, a medical doctor and, uh, but practicing for longer than I want to admit. But 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.

Dr. Pollacku2019s Background and Discovery of Magnetic Therapy

Or they know, how do deal, with it in traditional ways, but the traditional, ways can cause their own problem. 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 wasn't medical, director, of that group.

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

It was 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 submitted to hospital for gastric bleeding.

One of them actually died. At two, 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 ibiprofene chronically, non-steroidal anti-inflammatories. 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, A, and the problems don't happen.

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from ibuprofen or non-steroidal anti-inflammatory. In fact, it used to be the recommendations used be older people should be on aspirin to prevent strokes.

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So, okay, this, so this is the, 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 was back in the eighties, auto medicine, at the time didn't have too many tools, except nausea, oral anti-inflammatories, ibuprofen, opioids, surgery, procedures, et cetera.

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 for people in pain to get any relief they could.

And the most commonly used reliever that was the mostly effective was opioids. Well, now we have, you know, how we know that that's, was a big mistake.

That was 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 opioids, I didn't wanna do procedures if I need to. What do I do? So, decided to learn acupuncture. And that was in 1990, finished acupuncture training.

In 1990 there was a whole lot of acu-puncture around. When I tell people I want do acuplcture, they say no way, stay away from me with those needles. Go away, go away.

So I said, well, how do I do acupuncture? How do take advantage of my training in acupunture, um, without using needles. But then I discovered they were using magnets on acu-puncture 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 or bigger, bigger magnets And then there were big flat magnets that were flexible.

There's a multi-level 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 that they do make a difference. You can do nerve conduction testing and you can see that the magnet affects the conduction of the nerves along the meridian.

So clearly it works. Why? And then I start delving into why because I was seeing other phenomena like wounds would heal faster, pain locally would get better, tissues would feel better locally where you had the magnates.

Um, so I said, what's going on here? What's the phenomenon? And what the biological reason, the rationale behind this. And so the more I studied, they more discovered that that science, well, it existed, but it was hidden behind the iron curtain.

It was in the Cyrillic alphabet. There was an obscure journals in Eastern Europe. So along the way, when I was at a conference, I met a doctor and MD PhD from the Czech Republic who got his PhD in magnetic field therapy in rehab.

I've translated a lot of that literature for my PhD thesis, my Ph. D. work. So he had a translation and he basically offered me his manuscript. But 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, blew the gates open. Now I understood why it worked, how it works. They had done all kinds of studies on animals and test tubes and humans on the use of magnetic field therapy.

both static magnetic fields, permanent magnets, and also pulse magnetic field. So 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 research, And so the reason is because the technology hadn't arrived here yet.

And 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 post-magnetic fuels into the country and we started working with those and they started having all kinds of benefits and the rest, as they say, of history.

What I started with them extensively, then I published my second book, which is called Power Tools for Health, how magnetic fuels help you. And that book, I did that from the perspective of people needed to know why it works.

People needed know that there's science behind this. It's not a sham. I didn't make it up. And I'm not just a salesperson, but I am a clinician and that's what my heart is to help people.

But I need to what I doing. Okay. Just be helpful. Here, take this, it's going to work for you. Don't worry about it. You have to how to use it properly for people to get the best results.

At that you have find the right equipment. for the person for their particular problems, and then teach them how to do the user property so they get the best results.

And again, along the way, you discover all the things that magnetic fields can do. There are so many. The nice thing about magnetic field is they pass through the body.

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

The research is showing that when you go outside the magnetic fuel to the earth and the space station, they're still

inside the magnetical field of the Earth.

But if you order the moon, you're outside that field. And if stay in the Moon long enough, You're going to have all kinds of breakdown of biological processes that are dependent.

On the, the Magnetic field that we are living, breathing and all biology on the planet depends on that magnetic. 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 fields. When it comes to a human body, metal will distract it or bend it, or shape it.

Or push it like the, body is completely transparent to it and then as that magnetic feel passes, through to the it stimulates all kinds of activity. And so in, the first book and power tools, I outlined 25 different actions of magnetic, fields with the references to support those claims of actions.

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

the energy that we take into the bodies, primarily in terms of food, has to translate into work. Otherwise, what's the point of it, right? Other than just looking good.

or feeling good, maybe, but anyway, it has to do something. But we're only 25% efficient. Our bodies are only 20% percent efficient in translating energy into work.

So that's why disease happens. That's what disease is and disease, happens and lasts for long periods of time. that is why it takes a lot of work to recover from a surgical procedure.

The body has, to, do a, lot, of, work, 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 tissue organ you're talking about, every tissue in the body is equally transparent to a magnetic field. Doesn't matter whether it's bone or brain or muscle or fat, skin, it doesn't really matter.

How PEMF Differs From Harmful EMFs

White blood cells, red blood cell. So it is a phenomenal technology and it does, as you said, a lot of stuff. When it goes into the blood it increases charge production.

It increases the amount of production of energy in your body. And that energy, that charge that's produced in the body, then begins to be used by the party for whatever it needs.

So at the very least, it's increasing the efficiency. 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.

ATP is the energy molecule of a body. But if you have problems, if have you a fracture, magnetic fields can heal the fracture in about half the time. And if they have skin wound, It'll heal wound in half of time, It doesn't matter whether you're a rat, a mouse, dog, cat, elephant, or horse.

All biology is relatively equally affected by magnetic field therapy. Oh, I think this is so fascinating, but I know there must be some people out there saying, 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 cellphone near my head, listening and that can give me brain cancer.

Like, Wait a moment. These electromagnetic waves were dangerous. So how would you use them? in a

therapeutic modality in 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-pulsed. So this sounds so complicated. It's actually, it is more complicated to try to understand it.

That it needs to use it, of course they to us it as relatively easy, but it depends on the problem and the person and so on. To go back to your question, the elephant in the room is EMF.

As you said, everybody's scared of EMF, 5G, 10G whatever the Gs are, right? So what happens then is that these, the GS, that the EMS, I call them environmental magnetic fields.

They are electromagnetic fields, but they're environmental. they are designed for other purposes. There are design for communication primarily. there are not designed to help.

So an EMM is a very high frequency and it's a waveform that's broadcast into the environment. It's broadcast from a tower, from our transmitter out into the environment.

And basically whatever, you know, it just goes on and on, and this is what we call open loop. and these very high frequencies are absorbed by the body.

So when a body gets in the way of these EMFs, the actually begins to heat up and it penetrates the bottom minimally. It is 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'll notice when the person takes the cellphone away from the ear the ears red.

And it's not because you have, if you take a cellphone and put it up against your ears and it is not doing anything, the air doesn't turn red, it turns out minimally just slightly red but not significantly.

But the year becomes significantly red because it being cooked by the EMFs coming out of the cellphone. And if you have Wi-Fi in the house, those EMFs are being broadcast throughout the House.

They need broadcast out into space, essentially. Now, that's EMf. It's designed for other purposes. Key EMs, 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 then basically creates a coil or a loop.

And then, that loop, I could show you one I hope, no I don't have one here, but that loops basically the wire goes, the current goes out, goes in through the loop and that it comes back, to the source.

So, what you widen that look from a wire like this to a look, then the basically current in that looks produces a magnetic field that then can go into the body.

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

Right? It doesn't lead its source. It always comes back. So that's called a closed loop. That's not EMF. it's a pulse. and it goes again it, goes into the body and comes back to the source.

And it's very, very safe. So these PEMFs are designed for healing. EMF's are not designed. 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. The 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 drpawlk.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. Just manage pain, transform your health.

Visit drpalak. com today and let's get started on your healing journey together. 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. 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 has been around for, like you said, decades.

But how could women who PCOs potentially benefit from using this new form of energy to apply it to their bodies? All right. Women are organic, men are, organic males are.

Women organic. We can have an odd 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 biologic 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 heal.

You cut it, It has the heal, you break a bone, and it has a heal and women may heal somewhat differently when they have injuries or challenges, but not a whole lot different.

Fundamentally, we essentially are equal as far as males and females. So women are still subject to heart attacks, subject of strokes, they're subject arthritis, the subject too, again, broken bones and wounds and so on, autoimmune diseases.

So that aside, take that as a commonality that all biology has to deal with. I usually tell people when 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 PEOs, which is a feminine problem, although in a sense, actually males could have PCOS too.

in a somewhat different way, maybe not at the same extremes as women can have because of the hormone milieu that exists in the female body. So 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 in other words, you raise your glucose levels, which causes the body to produce insulin, and then the by produces too much insulin and eventually the bodies crying wolf too.

And so you begin to develop its little resistance. That leads to type two diabetes. Because of the flood of hormones that have been created by all these physiologic changes due to hyper insulinemia in particular, Then you get all kinds of hormone effects.

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

So what do all those changes in a physio physical changes of body cause? Then they cause all the symptoms of PCOS. So menstrual irregularities, painful ovaries, the problems of excess androgen, acne, oily skin, weight gain.

PEMF for PCOS, Mood, and Circadian Rhythm

with fertility problems because the ovaries, again, are not working properly because of both the hormonal milieu, but also because, of the cystic ovary, depending on how bad the polycystic problem is and how many cysts you have.

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

But all of this then ends up creating mood issues. So pain, mood issues, menstrual irregularities, and then metabolic syndrome, pre-diabetes or diabetes.

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

So you might be able to, in fact, a woman who's developing polycystic ovaries at the early stages of it, if she starts doing magnetic field therapy to the ovary, they probably won't become as cystic.

It doesn't take care of the metabolic issues, it doesn' t take of hormone issues but it does help physically with the And magnetic field therapy, one of the key benefits of magnetic therapy is it's great for depression, it is great 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. In psychiatry, they've been using electromagnetic radiation for a while and it's FDA approved.

It's not out in the fringes anymore at all. Women with PCOS have very significant rates of mood disorders, anxiety, depression, and as you mentioned, sleep.

I'd like your feedback on this. One of the things that women with PCOS have is problems with their circadian rhythm because in terms of hormonal imbalances, the master clock that sits atop the optic nerve has receptors for these different hormones.

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 and you end up sort of living a life of jet lag, which is really harmful for the whole metabolic system.

So I was wondering if the PMEMFs are helping perhaps at the brain level. In addition, it helps at all the other different tissue levels, but within the brains itself to maybe help normalize the 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 hypothalamus that puts out the little signaling factors that go to the pituitary, that put out all of the system, which is in such disarray in women with PCOS.

Maybe this could help normalize it and there is a chance that it could not only help them feel better emotionally and sleep better, but maybe help regulate get them more regular menstrual cycles.

Any experience with that? Yeah, so PCOS has been studied a little bit. Magnetic field therapy has studied it a bit in PCOs, but not a whole lot. We get a lot of information about what magnetic fields are doing from all the other research that's been done on what the magnetic field do in the body biologically.

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

So PNF therapy, one of things I discovered very early on, as I mentioned in my initial comments, is that I started learning PFT 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.

I taught a six-hour workshop for acupunctures and how to use PMFs in acu-puncture. So every time you do magnetic-field therapy, as long as there is a meridian or an acuplature point in the area of the magnetic fields, the whole meridan system is being influenced.

So that means you're doing acupuncture at the same time you doing magnetic field therapy. But the difference between acupunture and magnetic fields therapy is acu-puncture is indirect in the way it works.

And acuplcture works on mood disorders, it worked on the brain, works with the hypothalamus. That's one of the reasons people feel good with acrupuntures and it increases endorphins and enkephalins.

They have feel-good hormones, right? So magnetic feels will do that too. but if you aim a magnetic feel at a pituitary gland or a hypothalamus, Our limbic system, it begins to produce energy in that system that then begins that rebalance it.

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

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

And that what's the other idea. So you could focus on one aspect of PCOS and you're still going to get benefits on other aspects. Sometimes when you do one aspects, everything else begins to fall in place as well.

Often you just by doing any kind of PMF treatment, you are going get a benefit overall. Sorry? No, go ahead. So we know it improves mood. We know that it affects the circadian rhythm system.

And there are different kinds of magnetic field systems that we do and we use depending on what the problems are. You mentioned the high intensity PMF devices that are FDA approved.

Well, the PMD devices we used that I recommend could treat the brain too. PMS in general considered very safe. I can't claim that my device does what FDA-approved devices do.

But they're very close in what they do. And the good thing about it is you can do it at home. You don't have to go somewhere and pay somebody else to do for you.

Then you may have two or three days before you could do another treatment. What I advocate is daily home treatments. Because then you keep up with the effects, the benefits, so you don' backslide your benefits.

If you're getting 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 are on your own, paying on you own. You could be paying $150 a treatment. How long was that going to last? And now even in depression we're discovering that people's, we thought initially it was like five treatments or 10 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've got to be willing to spend some money to get that kind of benefit. You're gonna need a higher intensity machine. And one of the key problems in PCOS is inflammation.

That's all the metabolic syndrome stuff. Advanced glycation end products attach to tissues, attach the brain, and they cause inflammation So, and then weight gain is a major issue and weight gained is associated with inflammation.

So PCOS, Magnetic Field Therapy, it doesn't stop the PCO process. It helps the body to be able to adapt to it. And with a body feels better. The body gets better, the person thinks better feels, better than the pcos process begins to settle down.

Again, hopefully you start that therapy early. Because the more advanced the PCOS is, the 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 operate. We have two that I recommend for this. One is called a flex pulse.

It has 10 programs in it, which controls brainwaves. You can wake the brain up. You can make the brain relaxed or you can put the person to sleep. So you have 10 programs.

You could also get into what we call gamma, which is a meditative state. I routinely use a sleep program in bed. Three Hertz, Delta. That's the deepest sleep we have during the night.

If you present the Brain with Delta all night long, it causes you to fall asleep faster, stay asleep longer, sleep deeper, and then hopefully wake up more refreshed.

So that's one of the programs in the FlexPulse. We designed another machine called the Xpulsar. It's xpulser.com. And we have a separate website for Flexpulse called flexpults.

com. That explains all the different programs of Flex Pulse, so Flex pulse has more flexibility because it has a more option. The X Pulser only does the sleep option, 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 us sleep, a lot of other things began to get better. Mood certainly gets better, energy levels get.

Your ability to function during the day gets. Headaches would get and because these device has actually tuned the brain, you may be able to begin to tune the cycling processes of the body.

the hormonal cycles in male or female bodies for that matter. Now the higher intensity machines will do better with that, but it's hard to find higher-intensity machines that have the flexibility of those different frequencies.

And that's due to the engineering and 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 me with asleep indirectly. However, I find, and I just had a consultation with somebody yesterday who's saying I have a problem with sleeping when I use this high-intensity machine is helping me and with my pain.

It's helping my body in general. I feel a whole lot more energetic. Um, my life is better, but it's aroused me for sleep. And I said, well, then don't do it so close to bedtime.

and even because it 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 expulsor just for the sleep part of it.

The high intensity machines cost a lot more. 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 bodies 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, 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.

Well, it's a fascinating new way of thinking of applying a therapeutic approach to women with PCOS.

Choosing the Right Device and Using PEMF Safely

Because like you said, 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.

One little part of her problem is addressed and usually just symptoms, not really getting to root causes or underlying issues on what you're talking about, a cellular level.

Talking about ATP, production of energy, which is a big problem. Women with PCOS are very good at the skill set of making and storing fat, but not so good as the skillset of burning fat and creating energy.

So like you live in a sea of energy, you can't properly access it to create energy and then feel good 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, look at the brain, they do EEGs, right? Look at their heart. They do EKGs. Right? Looking at electrical pulses. So, it's like getting to the root issues of how the body actually functions.

And, I always talk about all living creatures on earth have evolved to live on Earth. 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. In terms of like using these devices, I mean, do you actually like put something next to your skin or, or they're actually visible magnets or like, how did these devices get actually used by the individual?

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

Before I go into that, and I think that's 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 get that benefit.

So you have to get the equipment in the first place and then use it properly. But just as an intro in a sense to that magnetic fields cause you to experience something generally right away.

You have a physiologic reaction. As you continue to use the magnetic field, they begin to make functional changes in their body. So as they start to stabilize the hormones, they started to stabilized mood, you start improve your

sleep, then you started 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 auto immune 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.

So 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 for your pain. Right.

But it's not going to heal anything. Typically. You want to be able to get the other benefits, but in a long one you want the heal. The healing process takes more time.

People will have fractures that won't heal, So a fracture that hasn't healed for six months is called a non-union fracture. It could be a forearm, it could a bone in the hand.

And those fractures take nine hours a day of treatment to heal in three months. Nine hours of day treatment, to healed in 3 months, that's how much work you have to do to get that healing going.

With magnetic fields, speed it up. If you don't do the magnetic field, you can go six or seven years without healing that bone. The magnetic fields could 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 told devices. That are extremely low intensity. So intensity of the magnetic field matters. For example, we know to decrease inflammation in a body.

You need 15 gauss. So gaus, G-A-U-S-E, is the measure of a magnetic field intensity. You'd need fifteen gauses at the adenosine receptor. The adenosine is a molecule that helps the body fight with inflammation.

We know it's part of the molecule it creates energy, ATP. It's adensine triphosphate. If you have to deliver fifteen gauze at adenesine receptors and then you had to calculate the dose that you need to start with to be able to deal with the inflammation deeper into the bodies.

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

So for example, if you need about 4,000 gouse to be able to treat across a brain to decrease inflammation throughout the. Right. You need the red magnetic fields.

Having the Red Magnetic Field, then you have to figure out how to use it. Daily use is critical. So with fracture healing, what they found with the non-union fractures, if you didn't do the nine hours a day, you only did three hours.

And to people, sitting out there, they may say, What? Three hours? A day? I don't have that kind of time. Well, You don' have a non union fracture. If you had a Non-Union fracture, probably would.

Cause it's messing up your life completely. So if he 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.

People who are selling these multi-level 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 What good is that going to do for inflammation?

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

Always ask what is the magnetic field intensity. You can do that calculation. On my website, drpaulak.com, there's a blog about adenosine and inflammation.

And that blog gives you tables. It 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.

Depending on the problem you have, you've osteoporosis as well, or you're osteopenia. Then you're going to have to not only treat your PCOS and your ovaries and uterus and liver and pancreas and brain, you are also going have treat bones.

And that means you have the treat the whole skeleton. Because osteopenia and osteoporosis involve every bone in the body. 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. All right. A small, small fall onto your forearms. You can break a bone if you have osteopenia or sclerosis.

So regular use, daily use the right machine, and then, um, And then keep, just keep using it and the body heals, begins to heal itself. Results happen usually within days.

Um, most of the healing is going to take place over a longer period of time, months to years. Depending on how far the, body has gone and how bad, how, bad things are in a body, How much inflammation is in the.

So this is something that's going to take patience, but I think the key for us is not to just treat PCOS, not just to treat insulin resistance, and not treat inflammation.

It's 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 some clever person termed metaflame aging. 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, 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.

It helps every cell to work better, to reduce inflammation, regenerate better to do everything better. By reducing inflammation you lower pain, you're lower cognitive problems, mood problems like obesity, cardiovascular risk, and you can go on through every organ system.

Is there any data at all on fertility? Cause so many women struggle with fertility problems with PCOS. Well, and also a lot of women with, with fatality problems have endometriosis.

And women would PCOs have higher rates of endomatrioses as well. Exactly. Then that's part of the whole inflammatory cascade of things that happened with the PCO West.

Our gynecologic disorders in general. So, you know, magnetic field therapy can 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 sort of component of that. Now, yes, you could have genetic issues. You can have ovaries

by themselves or just doing crazy things with cysts and so on.

that may not have nothing to do with metabolic syndrom. Well, that's a whole different ball game. But that is a different issue in a sense. And then you can really target the ovary directly.

to get the ovaries to decrease the inflammation, to stabilize the hormonal milieu. And then so that things don't sort of cascade out of control. So you could use it for that.

But I think the key thing with PCOS is helping the body to generally be healthier. Decreasing the information. Now you can decrease insulin resistance.

You're making the cells, the receptors of the cell be able to use sugar better. you can decrease the irritability and inflammation in a pancreas that overproduces insulin.

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

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 dysfunctions.

The inflammation in the ovaries themselves of women with PCOS are related poor embryo quality, poor ovulation. and 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 don' t get as a good implantation and so on, so you have higher miscarriage rates. So just working on fundamental 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. 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, so we're just barely touching the topic and 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 wanna learn more. Before we get to that, just a quick little overview of how they would use the device.

All right, so just like the athletic training, you don't get off the couch and run a marathon tomorrow. Magnetic fields are causing the body to work. We're trying to stabilize the body, we're try to restore balance in the tissues and balance and the hormones and balancing the endocrine system and nervous system, and so on.

Well, that takes work in order to move or shift a body into balance when it's way out of balance. And obviously the farther out a balance it is, the more work is going to take it to get back into the balance, so it slightly athletic training.

You're doing this all the time and you're gradually increasing the intensity and 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 it, the urge is to treat rapidly and with high doses of magnetic field.

And that could be a mistake. If you have other conditions like multiple chemical sensitivity or mass cell activation syndrome or fibromyalgia, so we 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 then is you are discovering what your body can tolerate. Then you don't run a marathon tomorrow, you train. And then you do 15 minutes of training.

You do half an hour of a training, then an hours of an training and so on. Gradually build up until finally you can

accomplish what are you looking to accomplish.

Now, some people can do that rapidly and some 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 is called Supercharger Health with PEMF therapy.

So the Supercharger book is very practical. If you want to geek out on the science, you can get the Power Tools for Health, but the practical book SuperCharger Health.

And then that has an appendix in it about the adenosine receptor. It has a appendics about going low and slow, and it has appendic on something called the magnetic sandwich, which is layering magnetic fields.

So low and slow is the key. Gradually build up. Ultimately, the goal is to get to the highest intensity for the longest time. If you can do the high 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 find you lose ground. Because again, it's making the body more efficient than it already was. And even if your already very healthy, if were 45 or 50, then the body needs a lot more work to maintain itself at a really good level.

But backing off, usually you'll discover that you lose ground because you haven't solved the problem completely. Until you're fully healed, you hadn't solve the problems.

Fertility, Safety, and Final Takeaways

So low and slow, get to your maximum intensity and then maintain. And that's where daily use becomes very important. The intensity of the magnetic field I mentioned already is important and that Adenosine blog on DrPollack.com and it's also in the book, teaches you then the intensity that you need or where you want to work on your body.

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

So you might feel better because of the acupuncture effects 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 supercharger health has tables. It has charts that show you for different problems.

This is magnetic equipment that you need. Um, and then I have a review of about 80 different health conditions. And I would protocols for each of those conditions, which magnetic system is probably the best for that.

On how, how best to use it. 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 build tissue, you need collagen, You need fat for the nerve cells and the membranes of the cells.

You needed minerals for bone healing. But you needed nutrients in the body to be able to repair. To provide the nutrients, but you can 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 nutrition 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, you know, quickly being able to taper off or get off the medication.

So we provide guidelines in the book. For those who feel they need it, we'd provide free consultations. I have a medical team on DrPolick.com. who does consultations with people, and they're free.

The reason we provide free consultation is because it's so important, I feel, to get the right magnetic equipment in people's hands. I've heard this many, many times.

Magnetic therapy doesn't work for me, where they bought the wrong machine, And they didn't use it right. So they buy machines online, then the people who sell it to them don't do proper training, or they can't because they are salespeople, they aren't clinical people.

So then this magnetic therapy doesn't work. And so it works, you just got the wrong machine, and you don't use it right. That seems pretty basic, but I think that's really key.

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

So you don't want to just look for the biggest bargain or the most expensive or you got to go for quality and you gotta go back by science. And so I'm so impressed with what this whole new to most of us area of medical therapeutics is really offering to virtually everyone and very much for women with PCOS who really suffer so greatly.

And the same treatments that were offered like 30 years ago seem to still be the mainstay in most practices. If it worked, then 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' cure people. you know, getting back to what you started with, I actually know someone personally who died from NSAID.

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 really aren't.

When used properly, you haven't really mentioned any serious site effects from this modality. We talked about infertility. I mentioned peace 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 lot more traumatic to go through.

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

Magnetic fields are extraordinarily safe. 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, that it's revealing that there is a need that needs to be fixed.

And we can take magnetic fields and put them on different parts of the body, elbows, shoulders, backs, hips, knees, et cetera, and high intensities. And then if you have a problem in that area, that the magnetic field is now showing you, then that areas needs treatment.

It's just showing that you that have problem. Extraordinarily safe, whether it's mice or babies or pregnant women or animals of any kind. Animals routinely gravitate to the person getting their magnetic fuel therapy.

Routinely, they'll lay on top of you. Wow, this is such critical information that everyone needs to understand. I got involved early on with the whole concept of grounding and earthing, and this 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 the

real like going to the next level of therapeutic approach and like I would love to talk with you more and and I definitely am going be reading your books 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 for us, new therapeutic modality.

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

Now, they still should use the other therapy. i'm not saying that magnetic therapy is the sole therapy, you still need to do nutrition. You still probably need get some help with mood issues.

maybe at least temporarily. So yes, magnetic field therapy works along with virtually everything else you're going to do. So if 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 do hormones too. Right. Absolutely. We always say, you know, it is 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. 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, be proactive and keep powering up to better health!

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