Can Electromagnetic Therapy Reduce Anxiety, Brain Fog & Depression? Transcript

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Introduction to EMF, PMF, and the Guest

Hello! Welcome to this episode of Bioidentical Hormones and Mental Health. Overcoming anxiety, depression, brain fog and ADHD in women. I'm your host, doctor Cassie Smith.

I'm a board certified holistic endocrinologist. Today I am interviewing Doctor William Park, and we are going to be talking about EMF frequencies and how this can affect you as you progress through age and with hormone depletion.

We're also going to focus on how EMF frequencies can help with mental clarity, mental health, anxiety, and depression. So Doctor William Park is a holistic doctor near Baltimore, Maryland.

His previous academic position at Johns Hopkins and the University of Maryland was where he was prior. He did some training in acupuncture, nutrition, herbals, energy, medicine, homeopathy, hypnotics, body work, and multiple other therapies.

He's interested in a new solutions to stubborn, chronic, and frustrating health problems. He wants to try to resolve the cause of the problem and not to simply put a Band-Aid on it.

Most controversial treatments for pain rely on numbing and dumbing that simply make the perception of pain better, but don't heal the cause on the doctor.

Also, they both agreed that pain management should be focused on healing the cause. After 25 years of seeing the risk and side effects of traditional health solutions and approaches.

And after studying various healing approaches, he discovered that PMS provides the most benefit and allowed safe, nontoxic, self-directed, self-controlled at home pain management.

To this end, Doctor Park has worked with magnetic field therapy for 30 years and established an authoritative website, Doctor Poxon. He's authored two comprehensive books on healing with magnetic fields called The Power Tools for health, and this year, Sir Charger Health with PMF therapy.

The Supercharge Your Health book describes how PMS can be used for over 80 different health conditions, how to select a PMF system to help, and how to use it properly to get the best benefits.

How EMF Differs from PMF Therapy

This work is supported by over 500 scientific research, 500 scientific references, and is the most authoritative yet readable and unbiased book on the topic available today.

So today he is going to talk to us about EMF therapy and also about hormone replacement therapy. So thank you for joining me on this episode of The Bioidentical Hormone Summit.

You're very welcome. I look forward to our discussions. Yeah. So I think where we should start, because most people listening to this are going to be like, what is PMF, right?

Like, what does that mean? So can you start by just giving us a little like brief what is M PMF and in general. Okay. So there's a lot of confusion. There are basically two terms that have been thrown around.

EMF and PMF. Now EMF in the PMF is the same thing. Electromagnetic fields. But EMF is basically what I call environmental magnetic fields. So in other words, they're broadcast in the environment.

They're broadcast from antennas, microwave antennas or other towers or other kinds of energy that they're being broadcast directly out into the environment.

They don't come back and broadcast out. So EMF basically is designed for communication purposes. So EMF is basically cell phones, Wi-Fi and radar and radio and television signals.

All of this is basically environmental magnetic fields. But EMF in particular is designed for communication. And most of the EMF for communication is microwaves.

And because it's microwaves, we know microwaves because we use microwave ovens, most of us. Right. Most people do. So what does a microwave oven do? It heats things.

Why is it heating? It's heated because microwaves are then absorbed by whatever's in that oven. And that causes the contents of that oven to be heated.

Well, theoretically, the same thing happens with us when EMF hit us wi that those microwaves are absorbed by the body, and when they're absorbed by the body, they create heating.

So if you have a cell phone to your ear, you watch somebody's ear after they take their cell phone off. If it's bright red while you've just been cooking your ear, it's not as powerful as cooking it in a microwave oven, but you've been cooking it nevertheless.

And people will have a cell to their heads for hours and hours a day have been found over time to be able to create risk to their brains and the potential for acoustic neuroma or tumors of the brain.

So you don't want to do that. It's cooking. So even a cell phone is cooking your ear. It's minor cooking. It's not severe cooking. You're not going to burn your ear with it.

But over time again that that absorption causes cellular damage. Pmfs are designed in a very different way. Pmfs are designed by current flowing through a wire and there is a wires conducting the current.

So think of it this way. My thumb is the current is the wire, and it's the wires passing through that the current is passing through that wire. The magnetic field is generated with every pulse.

So it's going out and coming right back down out and right back down. So this is part of this pulsed electromagnetic field. It's still a magnetic field, but it's basically not microwaves.

So they're very low frequencies. They're very low wavelengths. They're really not wavelengths per se because they're going out and coming right back. You can get really technical about this, but basically it's out and back down.

So pmfs are designed for healing purposes primarily. They are designed for communication, and they just happen to have a heating effect on the body. So there they have risk.

They create risk for the body depending on the exposure and depending on the length of exposure. In other words the dose of the exposure. So the dose includes the intensity of the EMF and also the amount the amount of time that you've been exposed to it, whether it's minutes or seconds or hours.

Okay, those are the big differences that pmfs are completely safe. Okay, so pmfs are safe. They're pulsatile, but they're for healing. And then EMF are those pesky things like our cell phones and microwave, different things like that.

So I actually had a podcast guest on my personal podcast a couple months ago, named Justine. And she's very like anti EMF and she's. So she kind of explained to me all the issues with cell phones, and I have all these protective things on my cell phone.

Now I have a different, color scheme and all these, these things. So I sort of understand some of this. But what I'm excited about is you're going to talk to us about how we synchronize PMF therapy with bioidentical hormones and help balance our health, right?

Right. Sort of kind. Okay, so we've got the difference in Pmfs and EMF. So EMF. So again think about microwave. Think about cell phones. What else emit EMF. That's bad.

Wi-Fi. Okay. Again microwaves and the environment generally speaking.

Cell Injury, Inflammation, and Healing

So it's going to be it's not necessarily just cell phones. It's not necessarily just cell phone towers. But like 5G is broadcasting. So 5G is not just for cell phones, but it has other utilities as well, a whole other set of purposes.

And, you know, there's no point to talking about it because our exposure to EMF, I think, is I think it's hugely exaggerated. It's not totally exaggerated, but it is hugely exaggerated because most people do not have really significant exposure to EMF, the people for whom it's dangerous are the people who have environmental sensitivities, people who have had a lot of viral exposures, who have a lot of toxins in their bodies.

That was their nervous system. And their body's immune systems are hot. And because they're hot, they're jangled and irritated very easily. So the PPM in that level of exposure that most of us are exposed to, the 5G that we're exposed to wandering around the world are not sufficient dosing to really hurt us dramatically.

Now, it can be cumulative. True. So it's like the dose of aspirin. You take one aspirin and half an aspirin. It's not going to hurt that much. You take five aspirin. Well it's good.

Could be a problem for you. Same thing with medication. So that's the total dose. So we have to take the total dose of EMF and see how much harm it is for us.

If we're passing by a cell phone tower, our exposure is going to be a lot higher and passing by. I a WiFi transmitter in our home can't be a high dose, so the dose is really important.

But again, we're not AMP. And that's actually in a sense undo the damage of the EMF if there is damage. So the under the risk of the EMF. So EMF is coming into the body, the cells are jangled by it, the cells are irritated by it.

And if we're really in close proximity to a cell phone tower, we're going to get a big dose. And if you do ping EMF therapy right after your big dose of EMF exposure, the p m F is going to start healing in the body.

Its job is to heal the job of EMF. EMF is not to hurt you, but the job message is to communicate. And incidentally, it hurts you in the process, potentially hurt you.

So PMF offset the the the negative effects of EMF. So then is that kind of what this cell injury model that you talk about is, is the like the offset of PMF with EMF or what is this the cell injury model.

So cell injury is anything that hurt yourself right. So it could be radiation. It could be the sun laying out in the on on a beach for hours at a time.

That's, that's damaging you. That cell injury. But so is cold. So is radiation. So is infection. So, so significant imbalances in the body of any kind of thing that causes of cells to not be normal anymore.

And the damage in the cell then basically goes downhill to a point where now you're the cell is beyond recovery.

And we have about 100 trillion cells in our bodies.

So to die you have to damage a lot of cells. Right. But if we're doing PMF therapy on a regular basis and we're doing adequate nutrition, we're doing adequate rest and sleep and recovery.

So anything that helps us to recover, it's going to help us to repair a cell as it's going down that slippery slope of damage. When it's damaged enough, we begin to see the, biochemical changes as we see begin to see ultra microscopic changes in the cells of tissues, in the membranes.

And then eventually, if there's enough damage in enough cells, we start to see biochemical changes. They're released by the biochemistry is released into the body, and then we can see that damage basically biochemistry biochemically.

So if I have an an S got elevated or an elevated or other liver enzymes elevated or C-reactive protein, it's elevated. Then we're basically diagnosing the damage in the body from that, from all those cells that are cumulatively damaged.

So a single cell is not going to produce a whole lot of change biochemically, is it? In cells in our bodies, you know, a lot of cells to be damaged begin to begin to show up in in biochemistry.

So that's the cell injury model. And again, anything that injured that cell has a chance to be recovered before reaches the the the place of irreversibility.

And we have enough cells that are irreversibly damaged that you have tissue damage. So I have a mate you can see my eyes a little red on the left side.

I have a little cyst in my eyelid and it was significantly infected recently. A few days ago. And I did magnetic field therapy on a continuous basis overnight.

And I had some erythromycin, locally, topically on the eyelid. And it made a big difference. So I'm still recovering, but that's damage that's irreversible, so that a lot of those cells are going to die and not not going to come back.

But a lot of them are not that they're reversibly damaged. And that's what I'm hoping to do is to reverse the infection, by doing the combination of things so that therapy can help with the reversibility.

So the impact of pmfs on stem cells. So tell us about that. So, PMF stimulates all kinds of growth factors. It stimulates RNA and DNA. So any damage in the body and part of the process of causing reversible injury.

So the PMF therapy then basically stimulates the stem cells in those tissues cementing RNA and DNA. And then it stimulates the repair process of cells.

And you know the process goes on. So wound healing is a major, major component of PMF benefit. And the PMF therapy benefit. So stem cells are an important part of that.

Now when you stimulate a tissue with pmfs, stem cells will be generated by that stimulation regardless of the tissue. The amount of time that you stimulate for is important.

So I tell people about stem cell therapy. Stem cell therapy.

Stem Cells and Tissue Repair

It is governed by the problem of you can't grow a garden in a swamp. Okay. If you have a huge amount of edema and swelling and tissue, you don't have adequate circulation.

You have a lot of inflammation. If you have a lot of inflammation, it's going to kill whatever stem cells are coming

into that area, into that swamp. So ideally you have to clear the swamp first.

But my therapy has been discovered to clear the swamp decreases inflammation, increase the circulation, the tissues and then it stimulates RNA. DNA stimulates heat shock proteins, stress heat stress proteins or cellular stress proteins.

So it stimulates those to recover the cell as well and the list goes on. So PMF therapy basically, causes stem cells to be generated. So increases the production of stem cells.

It then causes the stem cells to differentiate into the tissue that you want them to differentiate into. If I give you an injection of stem cells into your bloodstream, cross your fingers.

You're relying on those stem cells to circulate and to go where you want them to go, where they're not all going to go, where you want them to go, and you have to have enough stem cells injected into you that hopefully some of those will go to the tissue that you want.

And then when they go to that tissue, they have to differentiate. So they have to migrate to that tissue. They have to differentiate and then they'll differentiate itself, have to survive.

So they have to survive and they have to thrive. So PMF therapy that's a whole spectrum controls that whole spectrum studies done on neural stem cells.

So neural stem cell culture we're stimulated by PMA therapy. And they had over 150 growth factors stimulated. They had a of about a 400% increase in the stem cell cultures.

This is not in the body. Now this is in a culture. This is actually done by NASA. So PMA therapy does the whole that goes through the whole process. So every time you do stem stimulation, a PMF to the body, you generate stem cells.

Now if you're doing whole body stimulation you're going to be generating some amount of stem cells throughout the whole body. So if you do mesenchymal stem cells, which is what what are typically used for stem cell therapies, they're there throughout the whole body, there in all the tissues of the body.

Now when you focus it locally, like say for the eyes to do stem cell therapy, you're going to get an increase in stem cell production temporarily locally.

But you want whole body stem cells. Then you have to do whole body stimulation so you can quantify it. So if I'm going to stimulate a heart, say somebody had a heart attack.

With a heart attack because we want to stimulate stem cells in that heart to regenerate and and heal that heart tissue that's been damaged by the skin event or whatever it was.

Right. So we do magnetic therapy locally. Then you're going to significantly accelerate stem cell production locally. You have to have a strong enough magnetic field to be able to do that locally.

But then you also have to have a strong enough magnetic field to do that systemically to the whole body. So then how can PMF therapy enhance the effectiveness of hormone treatments?

Well, what causes the hormone problem? It's a good question. So typically as we age we go through menopause. So those organs stop to make not making hormones right.

Some of it is inflammatory based you know. So there's lots of things. Some of it is gut based. But ultimately is that the cells that make those hormones are no longer working.

So you're saying from a, you know, PMF standpoint, you can start to help those cells re stimulate and regrow?

Okay. So there is a there's a spectrum. Right?

Okay. You've got you have the menopausal transition. So you're just beginning to go through menopause. They have all this hormonal craziness going on right.

Then the more you enter menopause the less south of yourself you have producing hormone from the ovaries and from and the stimulation hormones from the brain.

Right. And then the tissue effects themselves. But if inflammation is a cause of that, the hormone changes. So where is that inflammation. Is it in the pituitary.

Is it in the thalamus or is it in the ovary. Is it in the endpoints, the AD organs, the receptor sites right for that for the hormones. So it's actually it's actually the spectrum.

The whole spectrum is actually involved. You can stimulate research has shown that you can stimulate the pituitary and the thalamus and the hypothalamus to be to be to be more active.

So a thalamus that's going downhill, that's also aging, or a pituitary that's also aging can be stimulated to produce more hormone. But you haven't stopped the aging process.

But we don't stop it. We slow it down. Yeah, we decrease the entropy to some extent, but we don't stop it. So you're buying more time and what you do, hopefully by more time that you finally end up having a point of actually menopause through menopause and you hopefully will have transitioned more, more, more easily.

So if you're stimulating the brain with EMF therapy or stimulating the ovaries with PMF therapy, you can produce more hormone.

PMF Therapy and Hormone Regulation

But in addition to that, magnetic fields have actually been discovered to open cell membranes. So it's not just local, it's not just the productive side of things.

It's also the receptive side of things. It's the ability of the body to use those hormones, even at low levels. So you may be able to actually get more hormone, receptivity through the hormone receptor sites in the cells, at as the levels are decreasing, the cells are actually responding better to the amount of hormones that is available.

So you're basically increasing the absorption. So if you're doing external hormone replacement right, then you're going to be able to have those hormones being, more readily accepted into the cells and then more readily used by the cells.

So that makes a lot of sense. I talk about this a ton with thyroid hormone and gut health. So with thyroid hormone it's very similar. A lot of times you're making T3 but it's the T3 can't actually get into the cells because cells are so inflamed.

Right. So because you have insulin resistance, because we live in a world full of toxins, because we don't sleep, because our cortisol is high, you have all this inflammation that causes inflammation and lipid bilayers of cells.

Right. And so then those receptors get really, really tight instead of being in a, you know, a happy lipid bilayer. And so then those receptors are trying to receive the hormone the T3, the estrogen, the testosterone.

And although the hormone may be present at the receptor, it can't come into the actual cell membrane because of this inflammation in the cell membrane.

So you're saying that PMF therapy can actually help lower the inflammation in cell membranes and help those cells actually accept the hormone? In addition to that, you're also saying, yeah, in addition to that, you're also saying that

if there is something with the ovary or with, you know, the pituitary or with the adrenal, that's, that's got some information that's going to help kind of push those hormones out, which is also awesome.

Right. So it's going to help and understand osteoporosis. Yeah. So it's going to help make that hormone. It's going to calm down the inflammation. And that actual organ.

But then if that organ actually if we've. So that was my next question. So somebody has actually entered menopause. You know everything. Their FSH is high. They're making no hormones.

We're probably not doing it. The function of their, you know, ovary or their adrenal gland. But what we will get is if we're giving them systemic hormone therapy, that hormone therapy is going to come into the cell easier is what you're saying the cells going to be able to accept it.

Correct? Correct. Okay. So I'm on board with that. I'm totally I understand that from a hormone perspective from a gut perspective. Very well. Okay. So let's go back to the inflammation issue because this is a really critical point.

Yes. Who doesn't have inflammation. No one newborn's like no one and nobody. Yeah right. Because they're totally traumatized on the way out the birth canal.

So yeah, everyone's inflamed. Yes. And I say this to my patients all the time. I truly believe that the the reason for all chronic disease, illness and ultimately death is just uncontrolled inflammation.

The more inflamed you are, the sicker you get. And we call that inflammation. Yeah inflammation. All right. So if you end up therapy one of the most important functions of PMF therapy is to decrease inflammation.

Research has shown that you need an optimal magnetic field intensity of about 15 gauss. So Gauss is a measure of magnetic field intensity in about 15 gauss.

Optimally to decrease inflammation. There's a problem with that idea is that it's not just 15 gauss, it's 15 gauss at the receptor site. So this is the information receptor site, which is governed by adenosine.

So adenosine is part of ATP. So it's not only makes ATP but it's also the adenosine receptor that's responsible for chronic inflammation in the body. And peanut therapy has been found at 15 gauss to optimize the reduction of inflammation.

But you have to calibrate the magnetic field at the target tissue. So if the target tissue is the skin, you only need about 15 gauss at the skin. If the target tissue is the hypothalamus or the pituitary or the ovary, then your or the pelvic area that you're going to have to increase the magnetic field intensity to deliver 15 gauss deep into that body.

That's a principle we understand in medicine. When we talk about radiation therapy, you have to calculate the dose of the radiation therapy for the dose you're trying to deliver deeper into the body.

So magnetic field therapy is not ionizing radiation, but it's still subject to the same rules of physics that ionizing radiation is subject to. So you have to calculate the dose.

So for example, if you tried to treat four inches into the body you're going to need probably about 3000 gauss. If you try to go six inches in the body, let's say you're going to try to radiate with magnetic field therapy for healing purposes.

The ovaries. How deep into the body are the ovaries? How deep into the body is the pituitary? How deep into the body? The thyroid. Thyroid is very superficial. So that's easy right.

But so the deeper you have to go to the body and then the liver is part of this problem too. Right. There's a how. Well the liver processes and metabolizes the different hormones and the different stages that the hormones go through.

So all of this becomes important in getting the right magnetic field intensity to do the job. Right. And the problem is that most people do not have adequate magnetic field intensity.

I've been doing magnetic field therapy for 30 years. I started out originally with very weak magnetic systems, and they started they help the body. People felt better.

What we're discovering is that those very weak magnetic systems don't have the power to influence inflammation, but they do have the power to influence the acupuncture points and meridians.

So you feel better because you're stimulating the acupuncture meridians, and that makes you feel better. And that does help the pituitary. But it's not going to help the tissue directly at the cellular level, whether it's a thyroid tissue or whether it's the end organ tissues of the whole body.

And what are one of the and organ tissues of the of the hormone replacement or hormones. Oh yeah. Your bones, your heart, your brain. That needs the whole body.

All the depth of the body. Yeah. Well, your brain, Your brain as well. Right. And. Okay. And how many inches across a brain? About six inches. Yeah. So you're going to have to have a strong enough magnetic field to go right across the whole brain.

So. Yes. So this is so I have so many questions. So I guess how do you do this. Is there like a one size fits all. There's like one tool and you just strap it on somebody and crank up a dose and let them have it.

Or there's different types of tools. How long do you have to do each treatment? How many treatments do you need for it to be beneficial? Do you have to do it forever?

I have so many questions. So, magnetic field therapy is not a one pony show.

Inflammation, Dose, and Treatment Depth

Okay. As you know, in the books, the power tools for health book are 500 references. I review only 2025 actions of magnetic fields in the body, only 25 action.

And there are many, many more. So think of it this way. The magnetic field then is passing through the body as if it wasn't even there. It's like the wind in the trees.

It's moving, the trees is jiggling, and we know the wind is there because the leaves are moving or magnetic fields passing through the body, and it causes the cells of the body of the tissues of the body to react to it.

And that's what produces energy. That's what produces ATP. So you need a strong enough magnetic field to go through the body entirely, stimulate all these processes, and then all those processes have all these actions.

I cannot dial a magnetic field to say, I only want it to stimulate T3 or the thyroid. Everything in the field, the magnetic field is going to get stimulated and basically it's going to get stimulated to the extent the body wants to be stimulated or needs it to be stimulated.

Healthy cells ignore the magnetic field. So how much treatment do you need? I don't have a good answer for that. The research gives us some answers, but the research is all over the place as well.

There are so many different magnetic systems, have so many different kinds of research studies. Generally speaking, the rule is that if we have 100 trillion cells in our bodies, right?

Yes, I agree with that or not, but 100 trillion South and every cell has about a million biochemical processes per second. How much treatment do we need?

No idea. All they all day, every day. As long as our cells are alive, they need help. It's not very efficient. A car engine is about 25% efficiency in converting fuel into work.

The body is about 25% efficient in computing and converting energy or calories or resources. Right? Food and so on. Fuel, in other words, fuel into work.

Most of the body's work goes to creating a body temperature, so most of it is wasted energy. From a work perspective. So you have to deliver a lot of energy to keep that body efficiently functioning, because the body's sloppy.

I really if you break a bone, it takes about 8 to 12 weeks to, to get the bone well enough for you to take a cast off. It's not fully healed yet, so you have to keep treating until the bones are fully healed.

So what does this treatment look like? Is this like a mat you lay on? Is this like, something you stand in? What is it? There are different approaches to this.

Are local devices that will treat like a heart separately okay. Or a kidney separately or a pelvis separately or the brain separately? Those are not the most efficient and probably the best way to spend your money.

Because really, what we're trying to do is help the entire body. I don't feel great with this or not. The toe bone is connected to the head bone. Yeah, for sure.

I'm a whole list. I'm a holistic, functional endocrinologist at all. It's all connected. All connected. Right. So you really want to be doing the whole.

Treating the hand will benefit the rest of the body, but it's not going to be as efficient as treating the hand directly. So the more tissue you can stimulate with an adequate amount of energy, the more effects you're going to have in the body.

The body's going to use that energy to create more efficiency in the work that it does. So basically you're optimizing the function of body. So is this something that people that are listening can get and do at home, or is this something they have to go somewhere and find somebody like you to treat them?

What are and like what what do these machines look like? Is this like a grounding that that we hear about? Like what? What is this? So, there are all kinds of magnetic field therapy devices, and there are a lot of people selling them in the home setting.

There are multi-level marketing companies that are selling very low level intensity magnetic therapy devices that are not going to do a whole lot of good for you.

So the question for you, everybody's got to ask the question, what is the intensity of the magnetic field being delivered by that magnetic system? I already already mentioned it's got to be 15 gauss deep in the body.

So you have to do that calculation. And I get I have the tables for that in my book Supercharge Your Health. I also have it on the website under adenosine and inflammation gives you the tables for the intensity that you need.

So their whole body systems, there are local systems. Personally if you want to treat the whole body because the tailbone is connected to the head bone and you need a whole body machine, you need one that's strong enough to be able to deliver magnetic field intensities deep into the body and give you at least that 15 gauss that we talked about.

So on my website on Doctor Polycom, Dr. Newcomb, we have, basically a list of different devices that you can use for different issues for the body. I do strongly recommend that people consider whole body all the time, every time, if you're going to spend the money for that kind of system and you're not talking about a $3,000 machine, you're not talking about $50 machine, okay?

If you're only willing to spend 50 bucks while you're getting a 50 bucks worth of benefit, they might cheap. You get cheap to get an adequate magnetic therapy device for menopause.

That includes, the ovaries, that includes the brain that includes all the tissues of the body, the organs of the body and the bones. You're going to need a magnetic therapy device.

It's going to be probably 6 or $7000. And we do have financing available. So you can see on the website you can see all the different devices that we carry.

And we have the one I recommend the most often it's called the palm meds multi flash. So it's the permits flash families apartments multi flash premium flash or ultra flash if you have osteoporosis, if you're a -3.5 or so on your card, you better have a high intensity machine because those bones are not getting any better.

So magnetic field therapy doesn't restore the bones and recover the loss. So if you start earlier in menopause, I do strongly recommend women know about you.

I strongly recommend women at age 50 get get their bone density down. And if you have a family history, you probably need to do it even sooner. Because if you get it at 50 and you have a osteopenia already, you're going to be a big trouble in the next 5 to 10 years.

So you want to start with osteopenia, and then you need a high enough intensity machine to do that. And so the palm is ultra flash. If you have osteoporosis palm meds, ultra flash is going to be the strongest machine to take care of.

A lot of health issues, a lot of the menopausal issues, a lot of general health issues, because women in menopause have multiple health conditions as well, usually, typically.

So how long are they laying? And this is the machine you just lay in for. So this is a big part of the problem is how much treatment unit. I mentioned that we have 100 trillion cells in the body right.

So my recommendation typically is a half hour twice a day. Pardon me. For how long. Forever half an hour. Well how long does aging happen, man.

Devices, Whole-Body Treatment, and Home Use

So is is the machine you just lay in. It doesn't look like a tanning bed. Or just a regular mattress pad. Okay, let's take a minute to think of it as a, a, let's say an inflatable mattress.

The thing on this pad, it's not inflatable, but you're laying on this path and you're doing whole body treatment. And so is this something you could sleep on?

Could you just sleep on it? And there are some devices that you could sleep on that are low intensity. I don't recommend them for heating purposes, but for basic health purposes they're okay.

Better than a $6,000 machine. That's only about a thousand. So ideally you should be laying half an hour on a whole body pad, and then you could use smaller applicators to then treat local areas.

If you have problems with your heart or your brain or your shoulders or your hips or your back or whatever. So can you do other things while you're laying on this?

That's my thought. I mean, that's an hour a day. Can I do my notes while I'm laying in there? Can I what what can I do while I'm laying on it? Good luck.

Okay. The reason I say good luck is because you get very relaxed. When I lay on a whole body system. I try to read. I can't read, my brain says I want to check out.

I want to get relaxed. But yes, you can't. Theoretically you can't. You can't be on a cell phone or an iPad while you're doing magnetic field therapy because they can interfere with the electronics.

All right. So this is this is rest time. I would suggest that you consider this restaurant. However, when you're doing local treatment, you will be sitting in a chair at a desk, etc.

the whole body treatment requires you to lay flat, relatively flat for, maybe half an hour, okay. A day. And so from your experience, what are the mechanisms through which this therapy supports hormonal regulation?

Is it basically like we talked about the it allows stuff to get into the cells better and then it helps your tissues actually repair. Is that what we're looking at here from a hormone perspective helps your bones actually take in, you know, calcium vitamin D the hormones that production.

Assimilation, metabolism and then all the secondary effects that they have through the rest of the cells of the body. Now, the tissues in the body. So the hormones are not only just hormone receptor treatments.

Right. There are other do other things as well. And inflammation is really the key. Is this something that if people use it, they're going to actually feel like I'm going to lay on it for a couple weeks and I'm going to feel differently, or is this something because I tell people, like with inflammation, right.

So when I'm treating inflammation in my clinic, typically you feel better, right? You're less swollen, you sleep better. Maybe your gut is not inflamed.

Are they going to feel just like generally better? How long does it take for those effects to kick in? Depends. Usually a month. Okay. Couple months. So that's what I suggest.

But the PMI therapy does other things too okay. It increases ATP right away. Immediately. So right away you can start feeling energized and powered up.

In fact, that could be an issue if you're using magnetic therapy when you're going to bed. And you may be jazzed up because everything's now revved up a bit.

So if you don't get sleepy, that's fine. But most people who wait on it before they go to bed sleep much better than they did before. So this is this could take a long time.

This could take a little bit of time. It could take a day or two days. Pain relief. It happens almost, almost immediately. Some amount of pain relief.

So magnetic field therapy has a natural painkilling effect like Tylenol codeine okay. They don't heal anything, but they decrease the pain. So PMA therapy has that function along with a healing function in the long run.

You want the healing for the tissues. When you stop the therapy, the pain doesn't come back. So all of this is sort of cascading, and the body itself decides what the benefit is going to be.

So some people get amazing results right away. Some people take a lot of time depending on the amount of healing has to happen in those tissues. That's the key to the healing in the tissue.

So you can get some pain relief immediately. The inflammation, you know, the swelling, the just in general, fatigue, lethargy. Some of that may take 2 to 4 weeks.

Not ATP happens right away. Yeah that's true. So it should help some some of that. Does it. Does it affect your sleep at all. Like I find with lowering inflammation a lot of times it helps people sleep.

It helps with anxiety. Things like that helps their gut. A lot of GI symptoms. So it'll help all of those things as well. In addition PMF therapy increases neurotransmitter production, neuro neurochemistry, production.

So serotonin it increases Gaba, increases serotonin. A lot of serotonin is produced by the gut. 70% of our serotonin here. Right. Then you're going to produce more serotonin.

So you're going to feel better generally. Right. It's complex. So PMA therapy is not like a one horse pony or one pony show. It does so many things in the body.

And I do strongly recommend that if you're going to invest in a device, get the book, get the Supercharge Your Health book for 29 bucks. You learn a lot about what magnetic field therapy does.

It's not just one thing. You may buy it for your diabetes, or you may buy it for your broken toe, but you're going to get a lot of other benefits, okay?

Whether you want them or not, you're going to get the other benefits. So it's going on my list. I'll buy it as soon as we're done and all listen to it.

Is there an audible version? I love audible. Audible version of the book, the ebook. Supercharger. My table. There are so many tables in the book. Okay, we'll I'll still get it because I'm very intrigued.

Are there any contraindications to this therapy? Is there anyone that can't do it? Yes. Not many. Tell me about that one. Absolute contraindication is transplants.

Okay. Any organ transplant, including corneas. If you're on immunosuppression with your organ transplant you should be doing magnetic therapy because we can't predict how the body's going to react. That's immune system.

So you're on immunosuppression for a reason. So you don't want to be stimulating the immune system okay. That's the absolute second is a is a concern.

And that is implanted electronics. So pacemakers pacemakers defibrillators cochlear implants even a CGM glucose monitoring. You have to be careful around those.

Now many of these devices are nowadays there are compatible. They're more conditional, which means that they be designed to be able to withstand the ability to go through an MRI.

And if you can, if they're MRI conditional, most likely you can do the magnetic field therapy. Okay. What are some practical tips for individuals currently undergoing bioidentical hormone therapy to incorporate m or p mf into their therapy for like optimal results?

Benefits, Contraindications, and Practical Use

What would you recommend for like the lay person that's listening to this? What can they do besides get your book Supercharger Health? Okay, so I guess it depends on where you are in the spectrum.

If you're 45, let's say you're 38 or 40. Let's start with this because I have a lot of people. Let's start with like PCOS or like 35 year old PCOS owners who are having irregular cycles and maybe even trying to conceive like fertility issues.

It seems to me like this would be beneficial because a lot of that is inflammatory based. But I would like to get your opinion. It can be amazingly helpful for PCOS.

A lot of the symptoms with PCOS could go away. So not only the brain, the ovaries as well. So the side effects from PCOS are to treat the brain. So people depression happens and all these other things happen.

If therapy helps, depression. So in endometriosis, research in the Eastern European countries has found a 25% increase in fertility in people when women with endometriosis 25.

That's huge. That's massive. Okay. Right. Which makes sense because it's it's all inflammatory based. It's all in Silent Hill and high cortisol I mean that makes sense okay.

So if you are in the spectrum of PCOS and fertility issues obviously helpful, you're thinking more of like this ultra multi strap or. Maybe a flash machine. Yes. Okay.

What about in our perimenopausal women who are starting to go through the change, it would make sense for me that again, similarly, they would benefit because it's going to help preserve the function of their ovaries, their adrenal glands, their pituitary gland, fibroid balance, their thyroid probably help their gut.

Everyone's gut is a train wreck in this country, by the way. I mean, it's all I look at gut studies all day long, and it is sad how terrible they are.

Myself included. I just did one recently. I was very upset with myself, but. So it would make sense that with perimenopause it's going to help a lot. Not only maintain function of your actual gland, but then also help lower inflammation.

So again, what your gland is making, which is probably a lower amount as you transition into those wonderful menopausal years, what you are making is actually able to go into the cell and be utilized.

Is that what you're saying? Better. So the combination of all the different things, you can't just focus on one mechanism. It's a whole body thing. This is classical holistic medicine.

Yeah. You know I yeah. And then in menopause the same thing like it's going to just help you take those hormones into the cell. And so I love this because I actually focus on a ten step approach with my patients.

So that modern endocrine we use this ten step approach to wellness. And we start number one is mitochondrial membrane support. Because if your mitochondrial membrane is taut and it doesn't work and your mitochondria are not functioning, it doesn't matter how much hormone I give you, it doesn't matter how much thyroid hormone I give you.

It doesn't matter how it doesn't matter what you do. If your mitochondrial membranes are not working in your cell, membranes are not working. I tell people this all the time.

I can back up a truck and load you full of levothyroxine. Synthroid it can be thyroid testosterone. It doesn't matter if it's not going into the cell.

We're not getting anywhere right. So there's a lot of toxicity right in the environment, whether it's mold infections, chronic Lyme disease, chronic we've all that stuff causes all kinds of damage in the mitochondrial chain of the body.

Pmfs have been found to increase ATP production by mitochondria by upwards of 400%. Wow. Okay. So so I'm actually ashamed to say that I hadn't really heard much about this prior, but now I'm so intrigued and I'm glad that we met, because we do talk about this from a mitochondrial standpoint.

I, I talk to patients a lot about lipid like phospholipid bilayer, right. We talk about a lot of the supplements that you can do. Important. Yes. We talk about you know what you can take to help your phospholipid bilayer membranes.

And we talk about you know there are some peptides out there you can use. But then after we focus on that, then we move to gut health because that's really important.

And then we move to hormones. But now you're giving me this whole new light and patients a whole new light on, hey, we can actually go back and actually focus on the mitochondrial membrane.

Not only that, we can focus on the actual organs ability to do what it's supposed to, which is make the hormone.

And even before that, we can go back and look at the actual stem cell, right.

Or the cells that are supposed to be helping to generate the organs that make these hormones. So that's actually really exciting because you're saying this is even something that works in somebody like me, like, you know, I'm almost 39 years old, so I can even continue to generate hormones and hopefully, you know, not go into menopause at 4243.

Because the other thing I see, doctor, is like, women are going into menopause that much earlier ages. I don't know if you've kind of know this. And, you know, I've only been at this for seven years now, but what I can tell you is 50, 51, 52.

That is very uncommon. I am most commonly seeing women 44, 45 some women in their 30s. I have several patients, 35, 36, 37 who are just going. All right. Yeah.

Yeah. And I'm thinking like, your bones are going to be terrible. Your heart's going to be terrible. You're going to have terrible, you know, that and all health.

You're going to be demented. All of this by the time you're 55. You know, if we don't fix this. I have a I have a joke, okay? I warn people all the time that when you're using the right magnetic field therapy, you may get the urge to put on a cape.

Okay. And then I say, that's okay. You can have as many capes as you want, but if you get an urge to jump over something tall, call me first. Okay? Okay, I like that.

Well, I think that this has been actually very fascinating. I'm so glad that you agreed to join me and help educate our listeners about this type of therapy.

So I think obviously PMF therapy is very beneficial with hormones, very beneficial in general. I'm super excited to have met you. I'm definitely going to get your book Supercharge Your Health.

And then this may be something that modern endocrine needs to integrate into our clinic. You know, I have a clinic that I am so proud of. We are a functional medicine clinic.

We do red light therapy, we have cold plunge therapy, we do ozone, we do lots of peptides. We talk about mindfulness. We do gut health. We do this. It sounds like something that we might need to put in an exam room and have available for patients to use, because I just want people to live their best life and to work on lowering inflammation.

That's like all we talk about inflammation, gut health, live a long time. And so I agree with you about putting it in your office.

Applications for PCOS, Perimenopause, and Menopause

How how long do the benefits of in your office treatments in your office last. Yeah. Just while they're there. They're going to have to come a lot. But we have people who do come a lot because we have people who come in cold plunge every day and red light every day.

I mean, you know, because these are people that can't afford to maybe have all of these therapies at their office. And so what we do is memberships where you can come in and use it as much as you want.

So that's that's a good idea. And I also suggest that you could become an affiliate with our program, and I'd recommend that equipment to people. So they should get often, very often with chronic problems.

In particular they should own their own systems. Oh for sure, I completely agree. I'm sitting here thinking I don't want at my house, right? I have a sauna.

I have all the things. My morning routine just keeps getting longer and longer and longer, like the things that I do in the morning is crazy. But this, I mean, yes, this is amazing because you know my thing with people is like, I want you to feel better. Yes.

And I want you to feel better as quickly as possible. But I want to find out why you don't feel well. And I want to fix that, like I'm with you. You know, I don't want people to come back to me every three months, or every four months or every six months and be in miserable and be in pain and be on more medicine and be sicker.

That's why I got the that's why I got out of traditional medicine. Right? I was so frustrated with that chronic just hamster wheel of they come back every three months. They're sicker.

I give them a medication, they come back, they're sicker. I give them another medication. Now I'm giving them medications to negate the side of patients I'm giving them.

You know, when I see people, I'm the first thing I'm thinking is like, how do I get you off of some of your medicine? How do I get you to start making lifestyle changes so that you don't need all this crap and then how quickly can I get you out of my clinic, where you're coming back once a year to do routine blood work and living your life and being functional?

Because that's what I want. You know, I tell people this my why, the reason I get up every morning, I have this vision in this dream that maybe everyone in the world could just be 10% healthier.

And if everyone in the world was just 10% healthier because of education, imagine what this world would be like. Just 10%. How would you like 20%? I mean, I would love that, but you know what I mean?

It's just like, I just want people to because I feel like I take care of some really sick people. You know, I have the privilege that so many people trust me to do that.

And, I mean, I hear I hear stories that just break my heart. And I think, how is somebody live like this for so long? And it's because they're just used to it, like they have no idea what it's like to actually feel, well, you know, they have no idea what it's like to lay down, go to sleep, wake up.

I mean, when I get up in the morning, I feel very blessed. But like, I wake up in the morning at 5:00 in the morning, I'm ready to go. I'm happy, I'm excited.

I'm on my way to the gym. I'm cold, plunging. I'm, you know, and then sometimes it's 9 or 10:00 before I go to bed because I'm working on whatever. But like, I never, like, hate my life and feel like crap, you know, I'm never like, I'm just energized and ready to do it.

I can't imagine living my life just feeling crummy all the time, you know? Well, I would one of the things I've discovered, having worked with magnetic therapy now for 30 years, I've gotten smarter over that time.

Hopefully, what I found is the magnetic field therapy can often replace many other therapies. Which is awesome. Last time, everything it's doing is doing at a cellular level.

It's not just not just generally, it's at a cellular level. It's helping things at the same level. That's why you have to expose the whole body adequately.

Now, the other thing I should say is that magnetic therapy can't fix it, can't build a house without bricks and mortar needs the nutrients you need. You need the air. You need the sleep.

You need all the other things that make you well. Then when you do that, that's just the beginning. Because that magnetic field therapy adds on top of that to make all the cells optimized, to get to that 20%, 25%, 30%, 40% level of functioning.

Yeah. And I would completely agree. That's why we have ten steps in after gut health and after, you know, hormones is nutrients. We talk about nutrients. We talk about diet.

We talk about exercise and movement. We talk about light therapy, going outside, seeing the light. We talk about sleep, stress management, relationships, sexual health.

Like we talk about all of it. Because you're right. You can't just do one thing and expect it. You know, just like there's no there's no miracle drug.

You know, there's no one size fits all to a cure. You have to put in the work to, but it sounds like this is something that would be a great baseline and then allow people to be able to to put that work in.

You're giving your body the tools that it needs to actually be able to to help you, because it's hard when you don't feel well. I understand that to go and do things, you know, to go force yourself to go to the gym, to do all these things when you don't have the energy to do it, you know, that's like asking your car to drive 200 miles when it doesn't have any gas or oil, like it's not fair.

So this is something that would just kind of start the process of helping you help your body feel better. And it's meditation time. If you're doing a half an hour twice a day of whole body treatment, and because you it's hard to read, it's hard to do work when you're doing that therapy.

This is your time. Yeah. This is a good time for people to meditate. Yeah. Have meditation in their programs. And if you don't, you probably should. Then this is a time for you to be able to do that.

Yeah, I'm thinking meditation when I do it in the morning and then nap when I do it at lunch time in between patients, you know, like a good little solid 30 minute nap.

Never killed anyone in the middle of the day, right? Like that's what I'm thinking about. Okay. Well, thank you so much for coming on and taking this time to explain this to everyone.

We'll make sure that we link all your stuff, obviously with this summit. And then everyone, please make sure that you tune in for the next episode of the summit.

Thank you very much, Doctor Park. It was a pleasure.