Discover How PEMF Therapy Supports Healing in Children Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to PEMF Therapy

And I've got the Supercharger Health book, which has a lot of formulas in there and a lot of advice on how you should use PMF therapy. So it's very safe to do on your own.

You don't need a physician. Because first of all, you have to find one who knows anything about it, which is not easy. And doctors, conventional doctors, certainly pediatricians as well, know nothing about this stuff.

Because as we know with a holistic medicine or functional medicine, there aren't that many doctors who do this. Certainly not in pediatrics. And I think that that's hard, hard to find someone.

But I think at least my personal opinion on a lot of this stuff is like, I would, if I could, if I was, you know, doing this, I would love to find somebody to at least do a couple of sessions or even one session, you know, just to kind of show me how to use it and, and, and, you know, kind of work with somebody or maybe a couple of sessions just to make sure that we're, we're doing it right.

And then, but yeah, I think there are a lot of, you know, there's so many things out there that you can do on your own, but, but as always, it's nice if you can do it in guidance of someone that really knows what they're doing.

Welcome to the PEMF Effect, where breakthrough science helps take control of your health. I'm Dr. William Pollack, and I'm here to guide you in tapping into the power of PEMF therapy for recovery, vitality, and total body wellness.

From overcoming chronic pain, optimizing brain health, boosting energy, and aging with strength, this podcast is your path to cutting edge solutions for lifelong well-being.

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

Welcome back to the ADHD Autism and Chronic Disease Parenting Summit. I am here with the awesome Dr. William Pollock, who is an author of multiple books, one being Magnetic Therapy in Eastern Europe, another Power Tools for Health and Supercharger Health with PEMFs.

He's also the host of the Pain Solution Summit and Healing with PEMFs. Thank you so much for being here. You're very busy. Thanks for inviting me and having me share with your family now.

From Family Medicine to Magnetic Therapy

This is your bigger family, extended family. Exactly. Exactly. So let's start with PEMF because I'm not sure that everybody even knows what that is, Paul's magnetic field.

So let's, I think, important to start with the basics. And I also think it's really interesting because you were just telling me you started as a, you know, you are a family physician and you moved into this.

So let's learn a little bit about that. And then I'm going to be curious about your transition into this work. Let's start with the basics. Sure. Start with the basics of where I came from and let's say what people know what that means.

Start with that. So EMF stands for pulsed electromagnetic fields. So people have heard about EMFs often. They probably have heard more about EMFs than they have PEMFs and EMFs are cell phones, Wi-Fi.

all that kind of communication, Bluetooth, etc. That's the kind of things that we worry about. And in a sense, that's the elephant in the room. So that's a good thing to get that out of the way first.

So PEMFs are completely different than EMFs. EMFs are designed to be broadcast. They're broadcast into the environment. So they're what we call open loop.

They don't come back. And because they're broadcast, they're designed for other purposes. They're designed for communication. And most of those signals tend to be microwave signals.

And a microwave signal broadcasting the environment doesn't impact us the way a microwave signal does in a microwave oven. But they're the same. The difference is in a microwave oven, it's all enclosed in a place where you can cook things.

Well, essentially, microwaves cook. And so even in the environment, they cook. And the reason they cook is because they get absorbed by the body. The microwaves are extremely short wavelengths.

And because they're extremely short wavelengths, they cook. If humans are exposed to very long wavelengths, like light typically, then they go through the body.

They all get absorbed. The difference then is absorption versus non-absorption. Now, PEMFs, pulsed electromagnetic fields, are created by current flowing through a wire, and that wire could be shielded.

In other words, it's not touching you, so it's not going to burn you or electrocute you. But instead, the current flowing through that wire then produces a magnetic field that's perpendicular to the flow of the current.

If this is the flow of the current going like this, Then the magnetic field is being produced perpendicular to it. So every time the wave of the current goes up, the magnetic field goes out.

So they go together constantly. So you can't separate them. Impossible to separate them. But we know that magnetic fields have actions in biology. And because they have actions in biology, then we're using the principle of the magnetic field being produced by a current flowing through a wire to go into a person.

you do a body and then that action then creates all the benefits of PMFs or magnetic fields in the body in a controlled way. So one is an open loop and one is a closed loop.

So basically the magnetic field is produced with a wave going out through the wire and the magnetic field goes out and comes right back on itself. It collapses, goes out and collapses, out and collapses.

So it's a closed loop system. Again, that creates safety so you don't have the same risks that you could do with open loop systems. Now we do have microwaves that we use in medicine to burn warts, to burn lesions on the skin, et cetera.

So we use that principle even though it's produced in a way that essentially emulates what happens in a wire. Although most of the devices that do burn are really NSS broadcasting as well.

So they're really not PEMFs in the same way. Take it basically the bottom line is the PEMFs are extraordinarily safe and they're designed for healing purposes.

I want to come back down a second because I think that's going to be really interesting to chat about. I'm curious first. I mentioned it before. So how did you, what was your path from being a family physician?

Do you transition to really work with a lot of money because they not for me as an integrated practitioner. I don't feel like i'm very we were out there i just really feel like this integrated medicine stuff really called to be it was really interesting and i'm curious if you know there's an experience or what kind of led you to start working in this field was it some research that you did something that happened for you a patient that you saw.

Sure, exactly. So as a family physician, I started a medical group of family physicians.

How PEMF Works and Why Itu2019s Safe

I had 14 family physicians that worked for me or with me. So we were a group of 14 family doctors. And as a family physician, I did pediatrics. I did pregnancy, you know, work with women in pregnancy.

Now, at that time, I was trained in McMaster University in a family medicine program. So I did family counseling. I did the whole nine yards of family.

McMaster in Canada? Yes. Oh, yeah. I'm from Toronto, actually. I didn't know that. It's Toronto for six months. Then I went to McMaster for about four years, spent about four years at Mac and drifted into the U. S.

because of our job opportunities at that time, 1970, 74. So moved to the US and I was working in a group practice setting and we had a couple patients who almost died from gastric bleeding.

So we rounded as a group on our patients. And we had, again, in a very short period of time had several of these incidents. And I said, well, this is stupid medicine.

We're almost killing people with ibuprofen. The common cause was ibuprofen. And we're almost killing people with ibuprofen to manage their pain. Well, the pain won't kill them, but the ibuprofen will.

Not everybody, obviously, but these were chronic ibuprofen users. And we now know that there are about 16,000 people a year die from ibuprofen with gastric bleeding and kidney damage.

So it's not innocuous at all. But I said, well, that's a stupid medicine. What do I do instead of using ibuprofen? Or at that time in the early 80s, codeine or narcotics.

In the early 80s, we went like this with narcotics. I mean, that was the last resort is a narcotic. And then the government decided that nobody should be in pain.

And it said we should have everybody be pain free and then use whatever you need to do to have them be pain free. Well, that started this whole sort of epidemic of codeine use and narcotic use.

Well, I said, well, I don't want to do all that. How could I do pain management if I can't use these things, these tools. And I said, I'm going to study acupuncture.

So I went through a UCLA program for doctors for acupuncture, spent about a year, took two years doing the training. And at the end of that, in 1990, I'm going to go out and do acupuncture on it.

solve the problems of the world and take care of all these pain problems with acupuncture. And everybody said, what's that? I said, well, acupuncture is an oriental Eastern European, Eastern Asian practice.

Well, I don't want needles. So I said, well, I can do acupuncture. I spent all this time doing training, but people don't know what acupuncture is and they don't want needles.

So how do you do acupuncture without needles? So I discovered, again, in the Eastern cultures, they had discovered that magnets worked on acupuncture points as well.

They said, okay, so I started working with magnets and discovered that they had other properties and other values and other benefits that needles did not have.

So I could still do acupuncture, but I also got additional benefits and did further investigation and discovered that magnets actually heal tissue. Acupuncture doesn't heal.

Acupuncture has other benefits that are more diverse and more remote and secondary in a sense. All of a sudden madness were healing things. I had a wound on my leg.

I had a spider bite. I was going to read on my back porch and I got a magnet and put it on the spider bite. That spider bite just happened. I didn't even realize I got bit and all of a sudden this big wealth showed up on my leg.

So I put a magnet on it. Three hours later, looked down. Gone. Healed. Gone. How long does it take for a spider bite to get healed? Yeah, I don't know.

Well, it depends which one, but at least a couple of days usually. Usually most of these wounds tend to take a week to two weeks to fully heal. It was gone.

So magnetic field therapy does something else. That's something in addition to acupuncture. It does acupuncture too, but it does other things in addition.

And that sort of started me down that whole journey of the path. And I met up with a doctor from the Czech Republic at MD-PhD who got his PhD in magnetic therapy in rehab.

And so he had translated a lot of that Eastern European science. So this has been around for a long time in Eastern Europe, but it's in journals that are in the Cyrillic alphabet or they're obscure remote, you know, journals.

He had translated a lot of that science and he produced a manuscript, but it was not very well written because he's Czech, he's not English. And so we redid the manuscript and produced a book called Magnetic Therapy in Eastern Europe, a review of 30 years of research.

Clinical Uses for Pain, Wounds, and Inflammation

So at that time in the mid-80s, it was 30 years of research already in Eastern Europe about magnetic fields. Like what? We did not know about this stuff.

So it just sort of blew the doors wide open and it really provided a mechanism or an understanding of the actions of magnetic fields and how they work in the body and why they can help.

And that started me down that journey. So that's the family medicine to adding modalities because, you know, we're all always try to solve problems. 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. Pulse 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 DrPolick.com PEMF systems. visit drpawuk.com, that's D-R-P-A-W-L-U-K dot com, to register and claim your savings.

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

Visit drpawuk.com today and let's get started on your healing journey together. Yeah, and that's just an amazing, you know, perfect story for this. And I always find it so interesting because and I've talked about this a few times in the past, you know, especially with integrative medicine, it's like all these other things that exist in the world forever.

And here, you know, in America, Canada, it's like way out there and we will until it is an acupuncturist woo woo and now it's in every hospital. You know something like magnetism why would that not affect the body of course it does i mean we know that like the moon affects the time right it's like obviously energy matters and yet you talk about some of this stuff and it's like oh you know this is crazy who out there stuff but it's a no no we just don't understand it yet it obviously affects us we don't know.

always how to use some of these tools appropriately, or maybe we're just not there yet. But actually, there's a lot of research on a lot of this stuff, and it's been used for a long time, like you said.

You know, something like magnetic fields have 30 years of research, and nobody knows about this as many years ago. And imagine if we were just talking about this where we could be, as opposed to giving opioids.

What if we had been doing that kind of research on magnetic fields for 30 years? Where would we be with this? You know, who knows? And acupuncture is 3,000 years old, at least.

Right. It was a long time, but they explain it in terminology that we don't understand. What's chi? What's moving chi? What's yin and yang? All those concepts are very valid.

They're basically, we're discovering now, they're electrical concepts. They didn't call it electricity because they didn't have electricity. Right. When that was developed originally.

Right, exactly. I didn't understand. what we understand today, but we shouldn't throw that all out. We have to understand what they understood and make it relevant for ourselves, which I think is happening, which is great.

I mean, I think we are moving in that direction, which is wonderful, but we still have a long way to go. But I'm curious about your experience. I'm sure you have worked with some kids.

and lots of different individuals with different conditions. So how do you find that this is helpful and how do you use it in your practice or when you're teaching about it?

Do you find it helpful for autism, ADHD, chronic conditions? What does it seem to be helpful for? So it's probably, it's better to go back to how does it work?

Cause if you understand how it works, so we understood, okay, that magnets can do acupuncture. So we know that's a mechanism, but we also know that magnetic fields, as they pass through the body, they stimulate the body to produce energy.

And that energy is used by the body to do what the body should have been doing in the first place, right? So in other words, it's producing energy. And then the body basically uses that extra energy to do whatever healing it needs to do.

I had a three-year-old girl, three-year-old. Father calls me. My daughter just cut off the end of her thumb in a door jam, right behind the nail. And he said, what do I do?

So well, the surgeons wanted to, you know, basically clean up the wound and put a graft on it. That's what the plastic surgeons would do. I said, hold off.

I heard that in the UK, sometimes they just sew the end back on and cross your fingers and it'll regrow. I just heard that as a story. I'd never seen it happen.

Never did anything like that. So I said, let's just put the piece back on again. And I've got pictures of this. So sew it back on, it'll serve as a bandage anyway.

It closed the wound. We did that. She did one and a half hours to three hours a day of a magnetic field that you put on her thumb. She wouldn't do more.

I wanted to do more, but she wouldn't do more. Three year old, you know, she's not gonna sit still for much, right? Yeah. So 12 weeks later, she is regrowing her nail.

Amazing. Re-grew her thumb. Nothing, passive, completely passive. No injuries, no complications, no infections, nothing. The magnetic field helped that wound grow and it kept it safe while it was growing.

So it helped the bone to grow, it helped the nail to grow, it helped the skin to grow, the nerves to grow. This is a normal thumb now. If she had been grafted, she would have been what?

Had an abnormal thumb for the rest of her life. It's biology. It's not kids. It's not adults. It's not males. It's not females. It's biology. A lot of the research on magnetic field therapies has been done in animals.

And the animals respond extraordinarily well to magnetic fields. So kids are as sensitive as animals are to magnetic fields, depending on the age of the child.

Of course, right? So I have a blog on my website. So my website is drpauluk.com, D-R-P-A-W-L-U-K dot com. And there's a blog there about kids using magnetic fields in children.

Most of the time, the children who come to magnetic field therapy are coming to it because they have fairly significant health issues, right? Because this equipment is not cheap and you have to use it regularly.

In her case, she used it for only an hour and a half to three hours a day.

PEMF for Autism, ADHD, and Brain Regulation

She would have healed a lot faster if she'd been using it six hours a day. Nevertheless, she got something amazing happened to her even with that amount of treatment.

So the way it works is basically at a basic cellular level. So magnetic fields increase tissue regeneration, they decrease inflammation, they increase stem cell production, they increase ATP, increase nitric oxide.

In my book, Power Tools for Health, I outline 25 mechanisms of action of magnetic field actions. with the science. I actually have 500 references in that book.

It gives you the science on how it works. And then I review about 50 different health conditions that magnetic fields work for. Wounds are clearly one of the most important ones, but beyond wounds.

So now to go back to your question, how do you deal with the kinds of things that we often deal with that are difficult in medicine to deal with? So infections, clearly magnetic fields help those tremendously.

So you can heal an infection in typically about half the time with magnetic field therapy. You can treat the brain. So we have, in autism, the problem with autism, let me ask you this question.

Is there a cure? I mean, I think in some cases there are things that we can do to improve the symptoms or get them to, you know, take away the diagnosis.

I think it depends on what the reason is that they have the symptoms in the first place. So basically, my understanding, the way I look at it at least, autism is basically an intrauterine problem that manifests when the children are, after the children are born.

And we know that women who are pregnant have over 200 toxins and chemicals in their bodies. First haircut in the baby, you do the same testing and that first haircut is over 200 toxins and so on in their hair.

It's locked in already. So we know they're in a sense being poisoned. But we also know that everybody, all of us, have to detox. We have to metabolize and detox.

And we know that a lot of children with autism, and that's been pretty well established now, they have detox problems. They can't methylate adequately, or they have other sort of detox pathways that are blocked or incapable of doing the work they need to do.

And so therefore, all this stuff backs up and then poisons the brain and it produces the autism. So the autism then

is aggravated by life. aggravated by sensory inputs, and we have a huge amount of sensory input in our environment these days, right?

And then aggravated by EMFs and so on, and food sensitivities, and the list goes on and on and on. So you can help the symptoms, but you can't reverse the problem because it started in utero, and the biology, epigenetics, and to some extent genetics, but epigenetics on top of genetics that is causing all of these changes in these children, Then what we're doing then is basically managing symptoms, right?

We're managing behavior, managing symptoms. And so PMS can be very helpful for that. We have a device called the FlexPulse on DrPollack.com. FlexPulse has 10 frequencies in it.

So the frequencies are designed to modulate brainwave frequencies, brainwave patterns. So if you have a child that's anxious or angry, acting out, if you use the magnetic therapy, apply it to the brain, I had a woman, actually this is not a child, but a woman who was in my office who had horrible anxiety and she had it for most of her life.

I put one of these coils in the back of her neck. She sat down and within two to three minutes she was pacing. She was up and pacing. I put the coil in the back of her neck and literally you could see the elevator going down.

She sat down and did the rest of the interview. And what we did is we used seven hertz, which is a thick theta frequency to cause the brain to quiet down.

and her brain just sort of really settled down. She bought a machine and she's been using it ever since. She uses it every day to help her with her anxiety and her agitation.

So, so with autism that we can basically wake people up. So brains that are in brain fog and too sedated to hypomanic, well, not manic, but hype to the activity levels too low that you can wake them up or you could put them to sleep.

I have a personal experience where I had to pick up my daughter at an airport at two o'clock in the morning and normally in bed at 10. I had to stay awake, but I didn't want to have coffee because if I had coffee, I'd be awake the rest of the night.

So what I did is I took that Flex Pulse, put it on 14 Hertz or 23 Hertz, which is the wake frequency for the brain, put it in the back of my head, did it for 23 Hertz, and it kept me awake the whole time.

As soon as I got home, I took it off, went back to sleep. I'm like a drug. Your body was designed to heal, but illness, Chronic disease, stress, injury and time can slow that process down.

What if you could restore your body's natural ability to recover? Recharge and feel its best. The key to healing is giving your body the energy to repair itself.

PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals, and helped thousands of people reduce pain, regain energy, and take control of their health.

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

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

It's fantastic. And I'm curious, I guess, you know, just to finish up here. You know, people might be listening to this and they're, you know, curious about doing it for themselves or for their children.

And I am curious for me how many practitioners or how easy it is to find somebody to work with. It's probably not

super easy. And I'm also hearing from you there's some things that you can kind of do on your own.

So is this something where you would recommend working with a practitioner and then maybe continuing on? with something that you have on your own or is there something that people can actually just do on their own if it's safe enough or what what do you what do you recommend for ordinarily safe?

PMF therapy is extraordinarily safe because it's essentially activating the body's own processes. It's stimulating the body to do what it couldn't do or shouldn't be should should be doing on its own.

So you're waking things up and as I said with the healing work as you stimulate the tissues you stimulate for a while and you back off. Doing treatment in a doctor's office works for short-term benefits.

So you could do treatment in a doctor's office to show you that it's doing something.

Using PEMF at Home and Finding Guidance

For autism, it's a lifetime condition. So you're probably going to need help for the rest of that person's life. So they should own something and they can buy equipment on our website.

You can go to doctor's offices and there are lots of doctors who are doing this. You have to find them, unfortunately. And they're not widespread and often they're not pediatricians.

They're not necessarily doctors who have a particular specialty in this. But we have a huge amount of material on DrPauluk.com and I've got the Supercharger Health book, which has a lot of formulas in there and a lot of advice on how you should use PMF therapy.

So it's very safe to do on your own. You don't need a physician because first of all, you have to find one who knows anything about it, which is not easy.

And doctors, conventional doctors, certainly pediatricians as well, know nothing about this stuff. Because as we know with holistic medicine or functional medicine, there aren't that many doctors who do this.

Certainly not in pediatrics. Yeah. And I think that that's hard, hard to find someone, but I think at least my personal opinion on a lot of this stuff is like, I would, if I could, you know, doing this, I would love to find somebody to at least do a couple of sessions or even one session, you know, just to kind of show me how to use it and, and, and, you know, kind of work with somebody or maybe a couple of sessions just to make sure that we're, we're doing it right.

And then, and then, but yeah, I think there are a lot of, you know, there's so many things out there that you can do on your own, but, but as always, it's nice if you can do it in guidance of someone that really knows what they're doing.

Well, it's depending on the problem. So if you have a child with cancer, that's one thing. If you have a child with osteomyelitis, that's a whole different problem.

If you have a child with irritable bowel or belly pain, that's easy. There are very inexpensive, small magnetic devices that you can get that are easy to use the battery operated.

Drpomp.com has a lot of that information. If you have any questions, you can always email us and we'd be glad to answer your questions. For children with more complicated problems that need more specialized equipment, that need more specialized advice, like children with seizure disorders.

Or again, deformities or chronic conditions, ulcerative colitis, Crozies. Magnetic field therapy in Crohn's disease is like, duh, why didn't we know about this before?

Aneurysis, magnetic field therapy is used for aneurysis. Yeah, I mean, it makes perfect sense that it should be

useful for everything. We just have to figure out or has been figured out, but I think we need better knowledge on how to use it for these conditions because why would energy and magnetic fields not be helpful for us?

I mean, that is just common sense to me. I appreciate that you're doing this. I appreciate that you're bringing this to the world. I appreciate that you have used your degree to kind of go beyond and work on something that is not even well aware of at this point.

But the fact that you have a background that you do gives it a lot more credibility and relevance, which I think is really helpful for people when they are searching out, you know, looking for practitioners, looking for information, which you're going to I think I'm at, especially from your website, at a good scientific approach that really does balance the best of both worlds, which is important when you're talking about anything in integrative medicine, not to get too out there, but to keep it within the realm of science.

And like you did such a great job, you did a review of the research, you're bringing this information to people. And I think that's really cool because the way that this is going to change in the future is by teaching other practitioners to do it.

and bringing credibility to it. And people directly, the public directly. Yeah, exactly. So thank you guys everyone for being here. Thanks for being a part of this and go check out drpawlik.com.

Fantastic resource for this. I don't really know of any others. So I think this is the go-to place. So everybody should check that out. And thanks for being here and we'll see you in the next episode.

Thank you very much for having me and I appreciate it and will hopefully help a lot of people. Thank you. Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights, and inspiration to take control of your health.

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

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

you