Explore Magnetic Field Therapy (PEMF) In Chronic Stress & Trauma Healing Transcript

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Introduction to Trauma and Movement

Welcome to the Biology of Trauma Summit 3.0. I'm your host, Dr. Aimie. We're here talking about the trauma disease connection. And in this interview, you're going to learn a very practical and transformative tool.

I'm excited to share this information. Those that I know who have applied this specific modality have found it extremely helpful. So I'm excited to share this with you.

I think it could make a big difference in your life. Now, when we talk in this interview about the trauma physiology, the trauma response, and how the body responds to trauma, there's something that's important for you to know because we talk about movement.

Now, what does movement have to do with trauma response? Actually, quite a lot. So let me review with you. What is the trauma response in the body so that then you can see the movement piece that we need to understand going into this interview.

Here is essentially both the stress response and the trauma response in the body. And parasympathetic is one of the states of our autonomic nervous system.

This is what you might know as the social engagement system rest and digest. And this is where we truly want to be when it's the right time to be. There are times when it is appropriate to be stressed and we need to have a stress response because we don't just want to be so chill and relaxed that anything happens and we don't respond to it.

So it's not that we always want to be in parasympathetic, it's that we want to have the right balance and the right flow and the flow of our states back and forth in response to life as it is happening.

So here's what happens then. That will ultimately lead to the trauma response. So we have a trigger. We have some type of trigger. It's different for everyone.

We're not going to have time to go to that now. And our body, our physiology, our autonomic nervous system goes up into this stress response. This stress response is fueled by adrenaline, and it is intended to make you move.

So this is when if you were a firefighter, you'd be running towards the fire. This is something that gives you superhuman strength. You are stronger than what you thought you were.

That happens all in the stress response. Now, of course, as you can imagine, that is unsustainable. You can't maintain that high level of energy.

Autonomic Nervous System and Trauma Response

And so what happens and it's different for everybody based on your biology and based on even the patterns that have been developed a new from early in life is that at some point your system goes into a overwhelm response.

Now, this is the third state of our autonomic nervous system. And this another word for this is the freeze. But there's this whole response that is mediated by the dorsal vagus nerve, not the ventral vagus nerve.

That's the parasympathetic. There is a dorsal vagal nucleus that generates a message of the trauma response to the whole body, which is to shut down. And when this response, when this signal goes out to the body, it literally

makes everything still.

It's almost like you can imagine the shock of an impact and and you can feel everything just constrict and go dead inside. So when we talk about movement inside of the system, in this trauma response, there is not going to be movement.

Movement stops. And our ability to take action for the problems in our life stops. So it's on a behavioral level as well. That movement stops, but it is also on a organ and system level, a tissue level.

So our lymphatic flow slows down, our digestive system slows down, everything slows down. And it is doing that to conserve energy. And so as we talk in this interview and we use words like energy insufficiency, that's what this is.

That's how this relates to the trauma response. And so why this tool that we'll be talking about is so helpful and transformative for those who have been in a chronic stress or what you may now be identifying as a chronic trauma response, being in that place of overwhelmed.

And I'm just getting through life, but I'm not in that high energy. I'm superwoman, super hero. And I'm taking action for the problems in my life. So down to a systems tissue and even cellular level, we're going to see a lack of movement in the body in this trauma response.

And our bodies can go into a trauma response every day of our lives. It doesn't need to be a big event that triggers it. It just is the unsustainable stress response.

And we get overwhelmed by that. Too much, too fast, too little for too long. And your body will go into a trauma response. And for most people, that's happening every single day.

So let's not stop. Let's not look at the events and be looking for big events in our life. Let's be looking at how is my body doing every single day of my life.

Now there is a specific sequence. So once we have identified that our body goes into this place of trauma response. And again, this is just our biology.

So there's nothing bad or wrong about that. In fact, it's the intelligence designed to keep us alive. But once we have that pattern, this is what we call stored trauma in the body.

And that's what we then need to kind of reverse engineer. And so there is a specific, essential sequence in order to do that. And let me share where you can get that resource for you so that we can jump into our interview and you can come and find this resource later.

So on my website, Trauma Healing, it's over 8:00 PM. If you scroll down, you'll find a resource section and here is where you will see the essential sequence guide.

And so I walk you through in this guide exactly what is that process that I just walked you through for a trauma response happening in our body? And then once that is happening, and especially once it's become our default, then this is the essential sequence for walking us out of that.

Now, that is exactly what I do in the 21 day journey, is I actually walk you through that essential sequence. There's three steps to it, so there's three steps to the essential sequence.

We take one step for each week of that 21 day journey. And in fact, you can read about the 21 day journey and how I walk you through that process up here on the website.

So again, trauma healing accelerator dot com. And here's your resource for the 21 day journey. And with that, I am excited to be able to introduce to you my friend, Dr.

Will Pawluk, and he has now worked with PMP and seen amazing results such that he now this is all he does. He is trained as a physician, but also has a number of other trainings under his belt, including acupuncture.

He is a holistic doctor, lives out in Maryland and he has held previous academic positions at Johns Hopkins University of Maryland. And he has had training now in acupuncture, nutrition, herbs, energy, medicine, homoeopathy, hypnosis, body work and multiple other therapies.

And he is now considered the foremost authority on the use of host electromagnetic field p EMF pulsed electromagnetic field therapy in North America and being able to use this for all kinds of things from syndromes, especially from pain, TBI or concussions, head injuries, inflammation.

And we're going to dove all into that in this interview. And so with that, let's jump into this interview and learn about this tool p MF for chronic stress and trauma.

Dr. Pawluk For those who are here and they've they've had a life of stress, they've had a life of chronic stress, most of them have had trauma responses.

They don't probably recognize all that. They've had trauma responses. I'm teaching them that. So they're they're catching on to that.

How PEMF Supports Energy and Balance

But what from your perspective, what tell us about the MF and how it really can make a big difference for a body that's been just in chronic stress and even trauma.

So magnetic field therapy or PMS is called policy. Like a magnetic field. Therapy is a way of inducing energy in the body. So it knows when you introduce a magnetic field into the body, it passes right through like the wind in the trees.

It has to stay in the trees. And, you know what's there on it because the leaves are moving or the branches are moving. The bigger the wind, the more the movement.

Right. So it's such a that applies to magnetic therapy, too. So as the magnetic field is passing into the body, it's causing motion, it's causing movement, it's causing energy, it's causing reactions.

And those reactions we know physiologically using the right magnetic fields, those physiological reactions then help the body to rebalance itself by training is an acupuncture.

And we all know about yin and yang and, you know, positive and negative and so on. So the body is constantly and the state of homeostasis, its cost to try to rebalance itself.

Now, if a brick falls on your toe, it's going to do what it can to deal with that trauma. That's another form of trauma, right? But if if and of course, that leads to a secondary form of problem.

But what happens is the body has to respond to that trauma, and it's going to introduce all sorts of mechanisms to deal with that trauma. But it won't immediately get rid of it.

It can't. Right. If you break a bone, no matter what you do, it's going to take time for that bone to heal, unless somehow you're really extraordinarily special and have a direct connection with the big the big power, if you will.

And I don't know too many people who have that. I haven't met one personally yet. I've never seen someone's body bounce back that fast after an injury.

Never. Not as a medical doctor. I know it can happen. I know it can happen. And there are some people out there who can do that. Like there are yogis. Right.

Who bury themselves and then they they lower their metabolism and they get buried the ground for a week or so. And they get revived basically to get unburied.

And then they have to revive their bodies, their body energy pathways have to build back up again, back to normal. So you don't just instantly do that, at least on this planet, in this timeframe and this 3D energy program that we're.

So helping the body get back to a balanced state. A healing state, basically. So if you issue a few, assume that the brick on the toe is happening to a body that's already balanced, then that body is going to take it out of balance and then it has to bring itself back into balance as gravity will work to do that.

Right. So pain maps that basically do that, they create charge or energy in the body to help to shift that balance back to the extent the body can. Unfortunately, at this point, still, we know that ain't nobody getting out of here alive.

At least not the way we normally think of it. Right. So my body who's who's been under chronic stress, I mean, stress for as long as they can remember, they've never remembered not being stress and anxious and overwhelmed. And they're they're hearing this word balance and they're like, wouldn't that be nice?

I'm not even sure that I've ever experienced that balance, but that is essentially where we need to bring their body in their physiology. And they cannot remember that, but they have those resources to do that.

And so when we provide the magnetic field therapy that what we're doing is we're increasing the resources that are available in the body. Now, obviously, a body that has been in training for athletics or for yoga or, you know, prayer status, etc., those kinds of bodies are probably already in a better state and so they can move better, faster.

But if you're already significantly depleted, you're just incredibly stressed. Your microbiome is thrown off the gut brain axis all gone. Right? Your blood pressures are wicked.

Your heart rates are wicked. Your your your blanched, your tight, your muscles are tight. Right. In fact, there's tightness between the ears, not only in the neck, tightness.

You're just tight all over the place. Well, when you're at those states that you have a lot of work to do to get to shift you back, it can happen quickly if you do it right and you put the right amount of energy in it.

But again, the better the starting state, the faster that you're going to be able to get those results. But the key is that you don't give up. The key is that you have to know your physiology well enough to know, okay, I'm moving, I'm moving, I'm shifting.

But it's not fast enough. It's not fast enough. It never is fast enough right now for any of us. It's never fast enough, but it's moving. So if you're moving, you're improving, you're moving, you're improved.

And I find this so fascinating because what I teach around the trauma response in the body is that it is an energy problem and that it leads to this stillness, this lack of movement.

It's not a peace or stillness. It's a lack of energy. And so lack of movement in the systems, in the body. And so to be able to have this pulsed electromagnetic field come in and be able to bring in some movement, it's almost like then the body can use that movement to then help start its own momentum and its own inertia of movement.

And these systems that have kind of in the shock of it and the impact of it or in the deprivation of it, have just become with no movement. And it gives you a little bit of a movement, right?

That's big by itself. We are already very still. You're already almost dead. Magnetic field therapy does not raise the dead. It raised it. I have I am amazed all the time about what we could do with the Living Dead that the dead, the dead.

Dead is God's providence, right? So the living dead is where we begin to help so we can start to move and shift. If you have the capacity to repair and recover, then the magnetic fields give you one more tool to be able to do that.

And the nice thing about it is that it's important to have a good, positive attitude, good, positive outlook. It's good to be able to shake off the negativity that you may be carrying with you and the self-deprecation and the self doubt and the lack of confidence that you can improve.

If you have those, then that's even more work for you to do. But once we get that extra energy and the magnetic fields do that, regardless of your mental status, they just do it because it doesn't matter whether you're a flower or a dog, an elephant, a human.

It doesn't matter if biology and magnetic fields affect biology, all biology. And I've been fascinated by the studies that have applied the P mf to brain inflammation, especially even after a head injury or a TBI.

And part of what happens in the physiology of a true trauma response is microglia get activated, the glutamate get released, there is neuroinflammation that contributes to the brain fog and some of these other sensations that people notice when they're in a in a trauma response.

And MF has been shown that it really does help with brain inflammation. Tell us about that. So magnetic field therapy in general has tremendous impact on inflammation.

It's one of the key benefits of magnetic field therapy and one of the things I discovered in my research is that research has shown that you need about 15 gauss.

So Gauss to us, as is the magnetic field intensity at the cell, at the inflammatory cells. So basically the adenosine receptor on the white blood cell, they need 15 gauss optimally to maximally move or shift the inflammation process of the body.

Now, if it happens to be on the skin, that's easy. You don't. You only need 15 gauss. If it happens to be throughout the whole hand, you're going to need more because it's got to penetrate the entire hand.

But if you want to go across the brain, that's let's say it's about six inches typically on average from side to side, then you're going to need about 4000 Gauss to deliver 15 from one side to the other.

So science is now showing us that we can have tremendous impact non-invasively, non risk, no risk, low risk to stimulate the healing process in the body.

But the healing has to then move to transition to that lack of inflammation or the decrease in inflammation has to shift to healing.

Inflammation, Stress Relief, and Brain Effects

And the first stage is decreasing inflammation. The second stage. The third stage, of course, stage has to do with the healing process itself so it doesn't happen instantaneously.

But at top of that, magnetic fields just wake you up or they can make you relax. So if you're stressed, magnetic field therapy clearly decreases the size of the amygdala, decreases the size of the hour, it increases the size of the hippocampus, and it causes calming releases, all kinds of neurotransmitters and endorphins.

And Catherine's in the brain, so automatically it has a sedating reaction. I discovered this a long time ago when I did a whole body magnetic therapy.

I tried to read, so I tried to relax. I could read. I could never read. I start reading in about 2 minutes, 3 minutes, 4 minutes later, I'd put it aside.

I just chilled out to relax, to be able to read and concentrate. So magnetic field therapy is a major stress reducer. And if I ever told you that story about a woman in my practice who came in a friend of a patient, another patient of mine who was a friend of hers, brought her in because she was so stressed.

So she was so stressed that she actually started pacing about two or 3 minutes after she sat down. Two or 3 minutes wasn't very long. She started pacing.

I said, okay, this is this is this is a one hour interview. This is going nowhere. And so I put a coil, a magnetic coil on the back of her neck, seven hertz theta, 200 Gauss delivered to the back of the neck over the rest, which controls alertness levels right in the brain.

And you could literally she so she was pacing and she held it there to her head, to her neck. She was pacing and all of a sudden you could see the elevator coming down.

But wow, this is good. She sat down, sat there for the rest of the interview. So I asked her at the end of the interview, what was your stress level when you first put the magnet on your on your your head, on your neck?

She said seven out of ten. I thought she was 13 out of ten. Right. She had recalibrate it her own sense of stress response. She said she was only seven.

I would hate to see what she was like at ten. So it was amazing that magnetic field therapy actually reduced the tone of her neurotransmitters and stimulated the parasympathetic system.

It's the base of the brain, which then stimulates obviously the parasympathetic system of the rest of the body. She showed right down. It just took 5 minutes.

Just showed her down. That was impressive. Right? Impressive. And what I understand of the PMF is that it not only does that effect that it can calm the system down if it's revved up and kind of out of control.

But it can also kind of put you in a peak flow state where you're you're in motion, in motion. You're in action. You're you're getting things done. You're you're focused.

It's not it's not just, oh, the PMF will only relax you. It also has this other effect on the nervous system, right? Yes. I at the end of my sessions, when I do consultations with people, I give them a warning. So I give this warning to everybody.

Does magnetic therapy, if you get an urge to put on a cape when you do magnetic field therapy, that's okay. You can put out as many cases you want, but if you get the urge to jump over a tall building, call me.

So yes, it produces peak stakes because it's basically just taking the stressors out of the body and making you more more balanced. Right now, unfortunately, sometimes it actually puts people to sleep like those me off.

So if you're already relatively well balanced, then you're going to notice yourself significant react reducing your stress level or your alertness level.

Now if you're really hyper like that woman was, then you're just bring her down to a more normal state. She's got a long way to go yet to get into those peak states.

So before athletes research is showing that athletes who do magnetic field therapy before performance, before a competition, before workouts are their nervous system has a lot less sway.

So our nervous system has cybernetic sort of way of working homeostasis, again, bringing you back into balance so the body doesn't like a lot of sway it prefers to keep that's way down.

And what they found is that magnetic therapy actually makes you much more still, which means that you react to

stressors, you react to demands very rapidly.

So your reaction system actually becomes better at dealing with, again, stimuli. And I would imagine that there that the performance, the exercise that they're doing is then less of a stress on their body because there's less way.

And so possibly they even need less time in recovery because it wasn't as big of a stress on their body. Yeah, we don't talk about performance enhancement that much with chemotherapy.

It's true. I know athletes who do this and they claim they do much better when they do before. But when you do it afterwards, then you're you're the stress response of the muscles being burned out.

You know, they are overuse and build up lactic acid. You decrease circulation because everything's tight now, you decrease your circulation. So I had that experience as well myself.

I would cut down a tree in my backyard, but next morning I would wake up with muscle soreness. I'd be aching at places I didn't even know. I had places, right?

So what I did magnetic therapy right after I take down the tree. Nothing. I wake up the next morning. Nothing. So, yes, it it decreases. It improves recovery.

And that's probably one of the most important things. Even if you don't see a significant improvement in performance, at the very least, what you're going to do is you're going to recover much better, much faster.

And if you recover faster, if you do repetitive stressors and you recover faster, that you don't build up as much stress. And between those stressors. Right.

And do you think that that would be the same as emotional stress, as psychological stress as it is for a physical stress like an exercise? Well, if you're in a PTSD situation, right.

Everything's a stress. Everything. Everything. If you're not if you don't think you're breathing. Right. That's a stress. Right? If you have a negative thought that you become afraid that that's going to you're going to fall off the mountain.

Right. Because of that negative thought. So everything is everything becomes a stressor. So you just tone down the system so it needs bigger and bigger and bigger stressors to trigger you after that.

Which is exciting because then you can be living more of your day without being triggered. And when I think of a lot of the people who come to me again, most of them I wouldn't say relate to being diagnosed with PTSD.

These are just people who who felt stressed their whole life. And when we start to unburden their body and we and we take a stressor away, like what the PMF helps with and it just takes the stress away.

There can be a time, like you mentioned, where they actually feel more exhausted because it's like, Oh, finally I can let go. I've been holding that up for so long that it's not an immediate like where would be?

I can go climb a mountain now because I have more energy. It's, it's, it's actually letting themselves go into the exhaustion and then the rest and recovery that their body actually needs when we take away a stressor.

Is that what you see with the PMF? Yes. And these are like it's like straws on a camel's back, right. If you have 100 straws and you feel better with 20 off your back, right, then the next time you're stressed, you can put one or two back and not another 20.

Right. So that caused the reduction of stress over time. So again, this is a time process. It's something it's going to take a while for you to integrate all of these.

You know that woman that was a seven out of ten.

Choosing the Right PEMF Approach

She said at the end of the interview, I asked what she was at the end three. Wow. She was happy with three? Yeah, I was not happy with three, but she was happy with three.

All right. So she at least left with a more than 60% reduction in her stress response. Yeah. Well, this goes back to your point that it's it's the movement that we're making progress.

And that's what's important to highlight is seeing that shift over time. Not a sudden shift. That's not no say what we're going for because when we're working with the body, those sudden shifts are not necessarily the healthiest.

Right. Right. Because our body still needs to maintain homeostasis as we are moving towards living more in a peak flow state than in a trauma state. Yeah. You want to crashing, right?

That's another problem, right, that you have to build yourself back from is crashing. So, Dr. Pawluk, can people actually use the P mf too much in this process?

Well, fortunately, my got to feel therapy. You're aware of TMS called transcranial magnetic stimulation, and it's now government approved for treating treatment resistant depression and OCD so people can get insurance coverage for those conditions.

But it's not been used that much for anxiety, but it certainly does work for anxiety. So TMS is extraordinarily high intensity magnetic fields. I'll give you a sense of how strong it is.

The team has process uses what we call a figure of eight coil, which then they put it up against the motor cortex of the brain and they crank up the magnetic field until the hand starts moving.

So in a sense, they're causing a little bit of a seizure. It's not actual seizure, but it's actually causing a seizure that causes those nerve cells to fire off, to cause the hand to trigger.

That's called the motor threshold. So that's a pretty powerful magnetic field. And then what they do is they crank it up to 120% and then they trade over here for depression.

It's left front of the forehead. And that's a powerful magnetic field that's been found to be extraordinarily safe. People have received literally in a day, 20, 30,000 shots, basically, of those pulses and the magnetic pulses without side effects without risk.

Some people can have a little bit of a headache following that. Some people can feel some dizziness following that. Some people get some tinnitus, but they're extraordinarily safe.

So, yes, the higher the faster, the higher, the faster the results, the faster the results, the better the results. So for someone who has never tried any PMF before, where would you recommend that they start?

What if you have someone who has a chronic illness of some kind, whether chronic fatigue or digestive issues, some chronic inflammation based condition or syndrome?

They've never considered PMF. They may have never even heard of it before. What would you say is, hey, this is the place to start for you? Well, in my book, Supercharge Your Health, I've got papers that talk about high intensity versus low intensity, whole body versus local.

And I think one of the things that we need to admit that most of the people who have chronic stress and trauma related problems have other problems. Right?

Everybody's carrying other stuff. So unless you're 21 and never had a problem in your life except for maybe that accident that you had. Right. You are.

And even with the accident, you've got a whole bunch of systems that are now affected by that trauma. Right. You've been perfectly healthy up until that point, but now you have a bunch of stuff to deal with.

And so the good thing about magnetic field therapy is it does a bunch of stuff. There's over 27 different actions of magnetic fields in the body. They can't say, I'm just going to treat this headache or I'm just going to increase circulation, or I'm just going to reduce this inflammation.

If you're giving the body the magnetic field therapy, just lay back and let it do his job because it's going to do what the body needs. The body is going to decide what it's going to take from that stimulus.

You don't decide. The body decides. Fortunately, you're probably going to end up getting what you want to. But basically the body has to do it in its own way for you to get the best results because it picks the low hanging fruit first.

The easiest thing to shift and move first, and then it can go deeper into the tissues and the organs that have to be repaired, whether it's the brain or neuroinflammation, which could take more time.

Not going to happen overnight. You need you may need 10 to 20, 30, 40, 50, 70 sessions with TMS. We are now discovering that for a treatment resistant depression, you need about 70 treatments that gets expensive and insurance won't necessarily cover 70 treatments.

They say we're just covering 20. Rest is up to you. So you have to own your own system. So you have to get the right system. And you could start off with a whole body because you do whole body.

If you have all these problems and all these different areas of your body, you're better off with a whole body. Now there are magnetic systems like that one with the that with the anxiety.

That's a small single battery operating system, which is not expensive, but it's going to do one thing. It's not going to cover your adrenals. It's not going to cover the back pain that you have.

It's not going to cover your sleeplessness problems. So you may need to have either multiple devices or preferably one device that's going to treat as much as you possibly can for the same investment.

Is the whole body mat also able to cover the brain or are you going to need a separate system for the brain and one for the body? All right. So that lady with the anxiety had a single.

She bought it, actually. She ended up buying it. And then she she used it so much. She she messed it up. She literally destroyed it. So she had to buy a new system that I want to say, this is it.

You're not getting another one. So but she said she toned it down. She told it down. So that's for local treatment, that there are devices that treat the like the whole chest.

There are devices that will treat the the whole belly. So most of the whole body systems have a whole body component and then they have smaller components that then you could treat local areas.

So you could do a whole body sort of decompression treatment. And then you could follow that up with with brain treatment. So if you have chronic pain syndrome, you have a chronic pain brain.

So in order you should be treated the whole body. They should also be focusing on the brain to get the brain to stop reacting as vigorously and as bad as strongly.

And so you have to do both, probably have to balance both. So most of all, body systems do both. But you have to

have right the right attention. So I shouldn't name names, but there are devices out there that are sold by multilevel marketing companies.

They are the reps. Don't tell you what the intensity is. And remember I mentioned you need 15 dose at the receptor, 15, you know, you can buy a $6,000 machine that gives you one gauss.

There are lots of reps out there selling these 6000, 5000, $6,000 machines that deliver one dose. It's just not going to work for you. Now. They will relax you because what they do is stimulate the acupuncture system there, too superficial to work deeper in the body.

But if you can relax, stimulate the acupuncture system, that's a benefit, too. It's not as good as getting deeper into the tissues of the body and dealing with the organs, like the adrenal glands or the thyroid gland by the local surrogates.

So you can buy different ones. And so that book then has a list of different devices. Charge your wish devices to get. And we also provide you with guidelines for about 80 different health conditions and how to use the magnetic therapy and what systems to get and how to use them.

Typically for those. And so someone's looking at I mean, this really sounds like why would you ever stop doing PMF therapy? It seems like this is something that would be a support to your body for the rest of your life.

And yes, you may need to use it more during an acute time of symptoms, but but even after those symptoms resolve to me, I'm asking like, why would I ever stop supporting my body in this way?

Is that is that the thinking with the PMF? Absolutely. So what people do, typically, they come to you with a problem. My head hurts or my neck hurts, my back hurts, but they don't kind of think about the rest of them.

So my job as a primary care doctor, holistic physician, is to treat the whole person. If you treated the whole person, then the part that you came in with as a problem is going to get better too.

But then so is the rest of you. And if you're if you have got a problem in your big toe because you stubbed it, then the brain is affected, your adrenals are affected, your other stress responses, the microbiome is affected.

So basically the whole body needs help anyway, right? Not just that particular spot. So I talk about entropy. We talk about entropy, right? Yeah. So I explain.

Explain, yes, explain entropy and how this relates. All right. So life is entropy. Aging is entropy. Entropy is the breakdown or the gradual loss of energy in a system.

So anything that's made a cup is organic. Well, is basically made of molecules. And those molecules have to do their jobs and they have to keep doing their jobs forever and ever for this to maintain itself.

And we know that physical systems, houses, buildings, books, whatever you name it, physical systems break down over time. That's entropy action.

Entropy, Resilience, and Recovery

So when we have an illness, when we have a disease condition, we all of a sudden have a major huge increase in entropy that's called insufficiency, so that you have an insufficient amount of energy in the body to deal with that particular incident or episode.

So then what you have to do is you have to catch up your entropy, you have to decrease the entropy, catch up your energy to support that, that loss of function.

Now what you're done, are you done because you still have entropy working after about age 25, we're all going

downhill. So the question of how fast nobody gets out of here.

So the question is how fast is it going? And typically it's not like this. It's not just a very gradual curve. It's like this as if we can keep up with entropy, not only repair what we have to compare with more energy, but we also have to maintain sufficient energy to battle entropy.

Now, if you have been a professional football player, what's your curve going to be like? It's going to be flat. They're going to be like this, or are they going to be like this?

At least while you're playing football? Right. So you have used up so much energy, you've had so many injuries, you've had so much trauma in that body that you you're going to have to have a lot of energy to prop yourself back up again so you can you'll never be able to stop.

Now, if you get your jump over tall buildings, call me. Makes so much sense and and truly from what I see and and the people and their health usually it's this accumulation over time and a long time until something happens.

And that something usually is is a stressor of such magnitude that it really does create that line between, okay, now we really are at a true insufficiency of energy, and that's what disrupts the system enough that now things are unmanageable.

They were able to get by okay before and now it's like all the systems broke because of this insufficiency, of energy, of insufficiency. So you correct this, what happens is the entropy is not like this entropy.

So stair step process and sometimes steps are big got covered. That's a big step. You had a flu like illness model? Well, it's a bigger step, but if you have a scratch, it's a tiny little step.

They had a fight with your spouse. Well, that could be a big step. It could be a little step. Depends on how how you dealt with it. Right. Those are all cumulative.

So it's this a down here downhill process, basically continuously, naturally. But also then because of the gathered demands that we've been putting on our bodies over over time, the more you can recover each step, the better off you are.

And the more prepared you are for the next step. And the more prepared you are for the next step. Then the insult is going to be minimal. So what we're talking about here is not just trauma recovery.

We're really stepping into resilience in someone's best life and going into life events that may have been so overwhelming. But because we're more resourced, our bodies are more resource going into it, it could have a lesser impact on us, could be a smaller step than what it would have been if we weren't resourced already on a societal level going into the event.

I absolutely agree with you. You have to you have to be prepared and observe life experience you have. And the more resources you have to deal with those life experiences, the faster you recover.

You learn from that experience and then you're prepared for the next time and you're likely to see it coming around the corner before it even hits you.

So this is a game changer for those people who have lived a life where they've they've always been stress and they've had some big stresses in their life, possibly even some traumas.

This could be a real game changer for them, not only on the emotional level, but to really bring in the cellular support that they need to not have the physical illnesses and symptoms and conditions that can come from a life of stress and trauma.

Well, actually made me think of an example. Let's say you do have a relationship that's stressed and who doesn't

have a stressed relationship. And we have teenagers in the house.

So what happens then is that if you bang your toe, you use that example, which is not a big deal, right? Not a broken arm or a leg or a significant trauma.

But you break, you bang your toe and you're dealing with your adolescent. Are you going to be as resilient in dealing with your adolescent when you have a toe that's damaging you, that's hurting you as well?

You don't have the resources there to be able to do both things at the same time as well. Right. That's life. That's again, that stair step process. And so in summary, this P MF is going to be able to help the body and the brain and be able to let the body do it at its own pace of healing so that we're not running that risk of crashing the system because we're trying to push the body too much than what it even has the resources for to do on a healing process.

But it allows the body to have the resources and it be able to take in the resources that it needs at its own pace and be able to accelerate the healing process.

No matter what other modalities and approaches a person is using. Absolutely. And I think that if your therapy, like the wind in the trees, has to also be used judicious.

You asked about that. So if you have a very high intensity machine like a TMS, there's only so much time that you should use it because it's putting a demand on the body.

The body has to react to that magnetic field. And I, I call that training.

Where to Learn More and Closing Remarks

It's like running for a marathon, learning to train for a marathon. You're going to push yourself and you're going to hurt. And when you hurt too much, you better back off and train some more and then you push yourself again.

So we're doing the same thing with magnetic therapy. We're letting the body tell us how much to advance it. So if you do too much, too fast, the body's going to say too much, too much back on.

So we have to learn how to do that, you know, judiciously, as well as the higher the intensity of the magnetic field, the more of that we're going to have to be able to do.

If you're lucky, you can be able to do one, two or three treatments that you're at the maximum time and intensity. But most of the time you have to be gradual about it, especially with high intensity and especially to the brain.

This is awesome. Dr. Pawluk Where can people find you? drpawluk.com. We have tons of resources on drpawluk.com we have the books I have. My first book was called Power Tools for Health.

For those of you who are scientifically oriented and references, you go to power tools, Health, over 500 references in the book. If you just want to say, okay, fine, you accept what I'm saying, this guy is okay.

I think he knows what he's talking about. So that's fine. Then go to the manual. Manual is Power Tools, Supercharge Your Health. So those two books have become resources.

There's lots of blogs, tons of blogs, tons of podcasts and other information on that podcast. Now, for people who are serious about getting better, you don't want to just spend $5 and expect $5 to cure their problems.

If you're serious, then you can get a consultation with either myself or one of my team. So we have myself, acupuncturist and a chiropractor who also do consultations to advise people what the best systems are for them for that particular situation.

As you know, not every system for everything. So ideally you should get the right system and use it the right way to

get the best results. Thank you so much for joining me for this interview.

Thank you for joining me for this whole summit. I'm excited to have you here. I'm excited to be able to share all of this information with you. Again, I am only sharing those things that I know to be life changing because I know how valuable your time is.

My time is I've been on my own healing journey. I am still on my healing journey. There are always more layers to uncover and this is the process of being able to share with you what I have learned along the way, and it's such an honor to be able to share that information with you, information that I wish that I had had when I was in your shoes.

And so with that, thank you for joining me. I'm your host, Dr. Aimie, for this Biology of Trauma Summit 3.0. Feel free to still invite your friends, family members, colleagues, anybody who would find this information helpful, valuable.

Don't hold back. Share the information that you're receiving here. And don't forget that you can purchase these recordings that you can have them wash them as many times as you want, especially this one where we're talking about specific numbers and and you need to know this stuff in order to be the best resource for yourself and be able to guide your own healing journey.

With that, I will see you on the next interview.