## Introduction to Chronic Gut Healing

What I think is really interesting about this is when you look at the landscape of protocols and tools available today for people with chronic gut conditions, so many of them either ignore how to deal with a body that is under-energized, inefficient, and in a state of poor circulation, poor cellular turnover.

and high inflammation. So they ignore that and they go in and try to do like say, hunt and kill protocols with like harsh fungicides and IV therapies that kind of take the body and go, wait a minute, where's this coming from?

You know, it's like a left turn out of nowhere and the bodies totally unprepared for some of these, what we call healing tools. Or at the other end of the spectrum, they are spending so much time in the protocol design, just fighting inflammation that effectively all you're doing is treading water.

And neither end of this spectrum is really creating lasting results, is reaching at the root cause the originating factors of the chronic conditions, because there's simply no capacity in the body to do that at either end.

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

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

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

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host Sinclair Canale and today I am joined by the wonderful Dr.

William Pollack, who is a holistic doctor near Baltimore and he has previous academic positions at Johns Hopkins and University of Maryland. He's got training in acupuncture, nutrition, herbals, energy medicine, homeopathy, hypnosis, bodywork, and multiple other therapies.

But the reason why I wanted him on this summit to share his wisdom with you is he's considered the foremost authority on the use of post electromagnetic field therapy in North America.

And he has a fascinating story about this. I also have to disclose that I myself went to see Dr. Pollack back in the day in a consult and it really changed the trajectory of my healing.

So I know we'll get into that today. And we really see him as an authority in being able to make major progress on stubborn, chronic, and very frustrating, even what we would consider mystery health problems.

So this is a phenomenal source of wisdom for you here on this. I'm so thrilled to welcome you today, Dr. Pollack. Thank you so much for being here. Thank you, St.

Clair, for having me on and being part of your tribe and sharing. I know we're going to have some fun. Yeah, absolutely. So I, I now that you didn't just happen into this, um, becoming the foremost expert on PMF therapy, uh, tell us a little bit about your story before we get into the nitty gritty of how this can help people and what are the different applications?

Well, don't really have a personal story that a lot of people have that shifted their path.

## Dr. Pollacku2019s Path to PEMF Therapy

Um, my shift, path shift was a sort of a gentle, more gentle process, but it was more alarming in a sense that what, you know, it's like any other impetus to kick in the butt.

And in Latin, we call that visa tergo. Kick in butt, so the kick of the bot was, uh, I was part of medical group and we shared patients that we went to the hospital, rounded on our patients on a regular basis.

In a very short period of time, two patients, one who died and one, who almost died, and who was very, very sick. And they died of one thing in common, or almost, died.

One thing and common. Gastric bleeding. What was the cause of the gastric bleeding? Our dear friend ibuprofen. Back in those days, back in the 80s, mid 80's, 90's.

That's what we used. We either used narcotics or we use the non-steroidal anti-inflammatories and Tylenol. Or we sent you to the surgeons. And they did their thing.

So I said, with that experience, I say, this is insane medicine. Insanity is doing the same thing over and over again, hoping you don't get a bad result.

But you keep doing it. And you cross your fingers that you don't get a bad result. Well, in this case, it turns out that three people almost simultaneously had a back result from something that shouldn't cause a problem, right?

It's supposed to solve a. So I said, this is bad medicine. I just said I gotta, I got to go outside the house of medicine to learn something new and different to be able to deal with the pain problem.

And from that, basically studied acupuncture. Having finished acupuncture, I was trying to practice acupunture around 1990-ish and I couldn't. People wouldn't let me near them with needles.

Stay away, stay away with those needles because they didn't understand acu-puncture at the time. And Madonna had not had ac-upuncture in her movie scene.

So we didn' t know about it yet. I said, well, how do I do acuplcture without using needles? I discovered magnets. that in the Orient, in Eastern world, part of the world which is a home of acupuncture anyway, they started using magnets on acupuncture points.

So you can stimulate ac upuncture points in a lot of ways. Needles is only one. And so magnets, I discovered the magnets started, using the magnet and I said, it was doing, out of seeing other things happening that I didn't see with needles.

Like what? Tissues would heal. Inflammation would go down. Pain would go away in that spot. So acupuncture works largely indirectly in the body. It's not as direct, it doesn't do tissue healing.

Basically, I started doing magnets more and more, and I starting getting tissue, healing more. In terms of gut healing, this is relevant. One day I was going to read on my back patio, had a book and was gonna spend three or four hours reading.

I felt an itch on leg, looked down my leg and had quarter size lesion. on my lower leg. Clearly to me, having that kind of experience as a doctor, I've seen so many of these.

It was a spider bite. I barely felt the bite, but already it was swelling and itching and sore and red and so on. So this is not a good sign. This is going to go bad quickly.

And so I said, what do I do? I got this reading to do and I have this lesion. Do I call a Doctor? I could have looked in the mirror and I know what the doctor said.

So what I did, I just had to put a magnet on it. Nice little thick block magnet. Watch it was a circular magnet but it's a thick magnet, taped it on my leg, sat down, read for the next three hours.

Finally, because I didn't feel anything from it, looked down. Gone. Go on. How long does it take a spider bite to go away? Usually days, if not weeks.

Days and weeks, yes. Gone. Wow, this is interesting. This is worth noting. Magnet bang does that. So Magnus then I started moving away from acupuncture purposes for the magnetics into the tissue healing aspect of it.

And eventually I gave up using acupunture at all. Cause I could do a lot more for people with the magnets. I can do the acupuncture as well, but I couldn't do along more with.

And the tissue healing became the most, most important part of this. Um, unlike acupunture, I had a little girl, three-year-old girl cut off the outer of her thumb and a door job cut right off.

The surgeons were going to do what surgeons do with it, which is to clean it up and so the, uh, and graph put a graft on it. which would leave that little three-year-old with an abnormal thumb for the rest of her life.

So I said, well, I heard these stories from England and from Europe where they, up to about age 11, if you go beyond that first joint, you can get regeneration.

I'd never seen it, but I say, what's the problem? Just put the tissue back on, sew it back, so it serves as a bandage. It covers the wound. And it is natural, it's biological, is not synthetic.

It's not going to cause any risk or harm. And if it does fall off, you're back to where you were before anyway. Right. All right. So she was using a small pulse magnetic field device, which we could talk about an hour and a half to three hours a day.

12 weeks later, she's regrowing her nail. What? 12 Weeks. She re-grew her thumb. What? That's what I said. What now that I say that is also notable. Yes, I would call that notable now.

Now you have my attention. Yeah, no kidding. I have never seen that happen in my life as a doctor. As a person, as And I don't know anybody else who's seen that happen, either that way, that kind of spontaneous healing, total regeneration of the extremity.

That happens at salivanders, I know, but this was not a salamander. So you mentioned this PMF device. What is this PEMF technology? And how can you, like, what are the basic physiological actions of it?

How does it work? All right, so backing up all the way if you will, we tend to think of ourselves as being tissue. Skin. That's what we are, is tissue.

And we got all kinds of stuff inside there that's doing whatever it does, right? We don't have any control over it, it just does what it doesn't. But we aren't just tissue, what makes tissue?

## How PEMF Works in the Body

Molecules. All right, so molecules make tissue so what are molecules? How do molecules work? molecules are basically made of physics material, physical material.

which is at a level of understanding that's subatomic or atomic or quantum, you know, whatever you got, but way below our level. Visualization. So physics control controls chemistry and chemistry controls tissue, any tissue in the body, guts, brains, skeletons, skin, and you name it.

And what controls physics? Let's say quantum physics. for argument's sake, or non argument sake. But what controls quantum physics? Energy. Spirit. That's in the spiritual realms.

Ultimately, all of that is a cascading effect of electromagnetics. The second force in universe is the electromagnetic. Second force. It's the biggest force of the universe.

Not necessarily the strongest, but it's the biggest. It's even bigger than gravity. Not strong, necessarily stronger than the gravity, and depending on the circumstances.

But it is the second force of the universe. So we are an electromagnetic being. Down to the most granular level you can get to. And that means you're subject to laws of physics.

that relate to electromagnetism. So where there's electro, there is magnetic. There's magnetic, and there are electro. You can't separate them. Hand in glove.

As a result, what we're doing then is we are using the principles of physics, maybe quantum physics as well, to then derive everything below that. We derive the molecules, then we derive tissue.

and a tissue will heal itself, given the right stimulus. So, electromagnetics is basically unseen. You can't see it. you can see the wind. It can only see wind by its effects.

We don't know it's there until the leaves start moving. Other branches start to move, or you start feeling cold in your skin, all those manifestations of it, but you cannot see.

electromagnetic waves. They're unseen, but we know them by their actions. And when you pass a magnetic field through a body, through anything organic, essentially, it passes right on through.

It completely ignores that there's a party there. Completely, totally. Only if maybe there is some metal in that body. Then maybe the magnetic fields will have to move itself, shunt itself a little bit.

by virtue of that metal, because it can't pass through metal as easily. So our human body then, without any metal in it, basically is completely transparent to magnetic field.

And as that magnetic fields passes through that tissue, through the body, that appears dense, right? It passes completely through body and keeps on going, as if it wasn't even there.

But as it's passing through, according to a law of physics called Faraday's law, As it is pulsing through a body Then it begins to create charge. It creates energy.

So a great discoverer, physicist, entrepreneur, whatever he was, his name is Faraday, discovered that if you take a circuit, copper circuit copper wire circuit and you put a light bulb in it, in that circuit with no energy, no power coming to it.

it's just sitting there waiting. And you take a magnetic field and you pass the magnetic fields past that circuit, past the wire, not the light bulb, but it's a wire.

Then all of a sudden the label lights up. Oh, so that's Faraday's law of induction. So that discovery basically educated us or informed us that as magnetic feels passed through a body that is able to be affected by charge movement, ions moving.

Then you create charge. You create energy. And that's what we're doing with magnetic fields in a body. We're going Faraday's law. Passing magnetic field, pass all these charge carriers.

Every single molecule in the body has charge to it. Right? And they're all talking to each other. So what happens is when we are sick, when they have an injury, we have temporarily disrupted the natural sort of functions of that

tissue or that body, And now that body has to react to that injury and produce resources, throw resources at the injury to be able to bring it back into some level of balance, preferably its original state.

You may not be to go back to the original estate, but you will create a new level balance. And so magnetic fields are basically stimulating the body. Fix yourself.

Right. I've given you the energy. Go fix yourself because the magnetic field therapy doesn't heal you. The body heals you Yeah. All you're doing is pushing the body to do what it's supposed to.

I really appreciate you taking the time to unpack this because it can seem hard to grasp and very abstract, but there's such a real physiological impact on the buddy when you actually provided the energy that's missing to what already knows how to and I think there is something about that for those of us who have been through serious chronic illness where it is It's almost salt on the wound to consider how smart your body really is, and yet it's somehow, for whatever reason, whatever your root causes are, not in a position to do what it knows how to, to maintain itself.

Especially with gut conditions, you know, because the gut is so resilient. You know we always hear these statistics and they're almost irritating when you're unwell to hear, like, oh yeah, the good lining replenishes itself every three days.

Really? Well, how come I'm down to three foods, So, I would love for you to share and really highlight what can this phenomenal form of therapy, the PMF work, actually do to support gut healing and even accelerate it.

So we all know that different tissues of the body have different healing rates. Right. Arne has healed at 24 hours. Violence can take years. Nerve cells, nerves conduct a sensation back and forth in the body.

They take months to years to heal. But the gut is connective tissue. It's all connect to tissue, it's not a bone, right? There are nerves, but it is all soft connect tissue it all very, very mobile.

And it has a tremendous amount of innervation. We know that the got is the second brain. Actually, there's more neurons in the gut than there are in brain.

The gut just thinks differently than the brain, right? It has a different set of rules that it lives by, but because it's so flexible and connective tissue, PMF therapy goes through it like lightning through a cloud.

In the connectives tissues, the soft tissues of the body, if you're conducting charge, nevermind going down a nerve. If you do this with your arm. You just there, just that action cause a nerve with a basically a conductive wave, a wave of energy to move down that extremity, that arm at the rate of 30 meters a second.

That's instantaneous. Yeah. Right. Effectively. So when you're passing a magnetic field through the body and you are producing more energy, all cells wake up, wake, up and the cells begin to wake.

Now, dead is dead. So one of the things I have a disclaimer, I do not raise the dead, but I work with the living dead. But not the death death. For that you have to go to G. O. D.

And you're working with me because G-O-D sent you here because I worked with a living death 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. policy electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on 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 drpaulk. com today and let's get started on your healing journey together. Well, that was certainly right about where I was at when we had our consult.

## PEMF for Gut Repair and Recovery

And I don't remember very much about it because those were my really bad line years. But I know that I had just gotten a diagnosis about Hashimoto's and the doctors I working with at the time were talking to me in terms of a life of pain.

and how we could maybe see some movement in that, but we would measure progress by years, not months, and that I would have to play a perfect game and have a zero stress life, which was fundamentally impossible for me at the time.

And I remember sitting in my car on the phone with you, writing down notes on a post-it. I was trying to take notes about what you were telling me to do and just like leaking tears because your presence and your compassion was so palpable and also the strategies you were talking about finally sounded doable, you know?

And luckily, I'll just make the story short. I rented the device he told me to rent. We got such good results that, you know, Michael ended up buying one, which for us was like the biggest purchase we'd ever made on my health before.

And I used it daily and it was a phenomenal expediting of, some of the work I had to do anyway with some supplements and things, but I know that I could not have gotten there in the same trajectory without that.

So that's part of what magnetic fields do, because they wake everything up. I have two books, I've written two book recently. So one is called Power Tools for Health.

And that is my first book that has all the references. It has like 500 references, so it teaches us the science of how magnetic field work in the body.

In that book I outline 25 mechanisms of action of magnetic filed in a body, for example, improving circulation, decreasing pain fibers from firing. Stimulating stem cells, tissue regeneration.

So we talked about the child with the thumb, right? It stimulates regeneration, decreasing inflammation, key to anything that's wrong with a body. Inflammation is at the root of everything.

And people often say, well, we want to have zero in inflammation. We want zero aging. I said life is aging, and death is, aging is death by a thousand cuts.

Each cut causes damage. Each cuts causes inflammation. And we rely on our bodies to eliminate that inflammation and the damage caused by the inflammation, but body needs help.

You know, how efficient is the body? Great question. As efficient, I guess, as you support it to be? That's important, not enough. It's not sufficient.

It is necessary, but not sufficiently. We are only about 25% efficient. Really? Our cars are about 20% efficiency. So what's efficiency? In that sense, efficiency is taking energy and putting it to work.

The food you eat. turns in energy. That energy then has to be used by the body to produce work. And the work in this case, we're talking about tissue repair, reducing inflammation or improving circulation, helping the neurons to work better, decreasing swelling in the tissues.

All of that stuff is work, but we need to convert the energy that we are taking in, in terms of food especially, and converting it to wear. So we were very, very inefficient.

That's why when you do magnetic field therapy, even if you're optimized, you are not. Interesting. You need more help. If you have a wound and the experiments have been done with rats in particular, they cut out a section of the back of a rat, and then they had a group of rats that were left to heal.

They had the usual care for wound care and so on. And they have had group rats, the usually wound-care work, AND they've had magnetic therapy. The rats with the magnetic field therapy healed in half the time.

I guess I shouldn't be surprised. That sounds pretty much par for the course with this. They weren't deficient. they just need, you know, more help. And you couldn't rely on chance alone.

So when you have surgery, will you try to heal a gut? We have surgery, you have your appendectomy or you'll have you're cyst removed or your diverticulosis cut out, diverticularities cutout, whatever.

All that has to heal. What does a surgeon do to help you to heel? Really? You leave the office and the surgeon crosses fingers, right? He says, okay, go, heal thyself.

Surgeon does nothing to you heal, he'll go heal by self. And so they have all this experience with people healing themselves, but there are people at all kinds of stages of ability to heal.

So like that, if you have therapy, you're removing chance. Talk about gut. I had to have an elective procedure for my appendix. When I did the colonoscopy, they found a little tumor sitting in the opening of the appendics.

what it was, it didn't biopsy at the time. So I said, well, I've got to take your appendix out. You wouldn't know what this is. I had elected for an elective appendectomy.

It had three stab wounds. With laparoscopic movement, right? Not the big open gut movement. Right. That's three stabbed wounds, but I put a magnet on two stab wound and left the third one as the control.

So this happened on midday on Friday. I was back to work Monday morning. What? What. That's phenomenal. Now, was I healed? No. But I had no swelling. And I have no pain.

The wound was clean. Right. Yes, my muscle was cut a bit. So I to be careful a little bit with my movement and so on. but I. Was able to go back. To work on Monday.

Normally what this, the doctor's surgeon will tell you what, it's going to take you two to six weeks to heal. Right. So we removed chance. Wow. So when you think about chronic gut conditions, and of course, it's a wide range of issues that we're addressing on this summit, you know, leaky gut on the way to food sensitivities, immune dysregulation, autoimmune conditions like colitis, Crohn's, there's wide, wide-range, right?

And I'd be hard-pressed to think of one that wouldn't be supported by PEMF, but is there any contraindications or certain gut condition that you would think would be particularly well-suited to PemF?

Therapy. Commonality with virtually all gut conditions, the commonality is inflammation. You have all kinds of other aspects to it. you could have dead tissue.

Uh, you can have neuromas. If you have tissues that's bound together and causing chronic pain, uh, You could, have a lack of circulation in the tissue where one of the most common causes of lack circulation of tissue is.

Inflammation. So you're having inflammation, and you decrease blood supply. You have what we call hypoperfusion. And we have hyper perfusion, you decrease the swelling.

All of a sudden the blood supply comes in and then you need the supply to bring all the nutrients in. You need that

blood supplied to bringing all of the immune factors that will help to heal those tissues.

If you have surgery, You're going to have swelling, because that's the first phase of inflammation. So heal that wound, right? But that the wound is on its own.

Wash your fingers. And it's going to heal right. And so what we're doing with magnetic field therapy is we are giving it the energy that it needs to, to give it, the right impetus and guards around it to heel properly.

So it doesn't matter what the tissue is, but inflammation is the root cause. Then that inflammation then causes lack of blood supply, cause of ischemia, right?

So that could be local or it could huge. You have a blockage of a blood vessel that basically destroys the entire gut. Um, so ulcerative colitis, Crohn's disease, um, irritable bowel syndrome, diverticulosis.

All of these are basic connective tissue issues. And then when you provide the right nutrients, provide right energetic support to the tissue, then the Tissue now has the capability of healing itself.

If you have a surgeon friend who in, uh, Virginia Beach, plastic surgeon who discovered over the years that People complained about the surgical results, but what he discovered, the most common factor to the poor results other than our expectations.

In classic surgery, you have expectations, right? Other than expectations? Nutrition. He took all of his patients from that point forward, he said, You have to be on a diet for three months.

Here's your diet. You've got to on this diet three for months before I will do surgery. And you've to prove to me that you're on it. that you're using it, we're going to be checking in on a regular basis, sort of like weight loss programs, right?

And what I found is that no problems, no complications. So the tissue, people went into surgery healthier. When you have the trauma of your surgery, your body already had the resources available to defend itself and to marshal its own healing.

Now, what he didn't do is magnetic field therapy. And we've actually seen this with plastic surgery, is that the wounds heal much faster. So we're talking about the wound again.

Whatever you've got going on in your body that's causing inflammation and breakdown and pain and discomfort and poor nutrition and a microbiome that is not working.

All of these are often related to the lack of energy in that system to do the repair work that it needs to. And if you could heal it on half the time that you have half of the available to get into trouble.

You know what I think is really interesting about this is when you look at the landscape of protocols and tools available today for people with chronic gut conditions, so many of them either ignore how to deal with a body that is under energized, inefficient and in a state of poor circulation, poor cellular turnover and high inflammation.

So they ignore that and they go in and try to do like say, hunt and kill protocols. But like harsh fungicides and IV therapies that kind of take the body and go, wait a minute, where is this coming from?

You know, it's like a left turn out of nowhere, the bodies totally unprepared for some of these what we call healing tools.

## Inflammation, Nutrition, and Healing Capacity

Or at the other end of the spectrum, they are spending so much time in the protocol design, just fighting inflammation that effectively all you're doing is treading water.

And neither end of this spectrum is really creating lasting results, is reaching at the root cause, the originating factors of the chronic conditions, because there's simply no capacity in the body to do that at either end.

What are your thoughts about that? Because it feels like to me, and this is why we incorporate BMF as much as possible into our practice and other regenerative therapies, depending on what the issues are, If you don't account for this lack of energy and this really intense inflammation, you're lost before you even get out the starting gate.

It takes a village. Most problems that we deal with, particularly chronic problems, and they can start with one problem. They could start again with having an appendectomy.

From there, your diet goes off. You're eating the wrong foods. You don't heal property. So one, one problem begins to cascade into the next problem, which cascades in the problem.

And then if you add conventional medical therapies on top of all of this, now you're adding another layer of conditioning. I learned it in homeopathy.

Everything's layered. Your life is layered, you are an onion. Right? And so your appendectomy or your reason to need an appendctomy is one more layer on a whole bunch of previous layers.

So you have to kind of peel away the whole onion. You can start with where you are and as you get better, you discover there's another problem. And you peel that layer away and then you discovered there is another part.

All these problems could be layered and hidden from being obvious. Nutrition is absolutely critical. Rest is absolute critical, right? Having a good attitude, hope is critical being psychologically well balanced, you're carrying a lot of anger in you, your body's diverting all kinds of energy to being angry away from healing.

So you really do need to take care of everything. Magnetic field therapy doesn't solve all problems. It's one more tool and it's a tool that will accelerate everything else you are doing.

Yeah, that's really important context, I think. But then it frees you from having to spend your supplement budget on anti-inflammatories that probably weren't even reaching the right tissues anyway.

Yes, right. And they're only one piece of that little puzzle. Let's take curcumin as an antiinflammatory. How good is curicumin is an antioxidatory? You tell me.

What do you say? Not very good. I don't use it. Why? don't see the clinical results. The reason is that it's only about 25% bioavailable. Interesting, yeah.

Right? Curcumin is very poorly absorbed. So now we use curcuma with BiOperate, and there are other kinds of curculin that are sort of molecularly fixed to be more bioabsorbable.

But it's still, you don't get the value from it that you need because it just not bio-absorbable enough. Now, is it, so it may not be sufficient, but is necessary?

You could argue that point as well. There are probably other anti-inflammatories that could work as, well or better than curcumin, But that's the one we know, right?

So everybody's on curing. A magnetic field therapy does one better. Does curicumin heal you? It's an accelerated healing process. No. Right. So you've got one tool that can accelerate the healing, process, um, help the tissues get nourished better.

Not only the tissue could use the nutrition, you give it better, and if you're using other therapies alongside it, like again, helping with the microbiome, fetal therapy can help with a microbiomes.

I don't know if he knew that, but if use stimulate your brain with magnetic field therapy. And why would you do that?

Stress. What does stress do to the microbiome?

What is stress due to their body? In general, right? The gut. It's a huge, huge factor. So if you decrease the stress level in the brain that the brains perceives, the nervous system of the gut settles down.

The microbiomes gets rebalanced. You get the healing actions in tissues. What you're doing to brain also cascades down into the guts. Even if he just treated the It's going to help your gut in other ways as well.

But if you combine the two, healing the gut directly and healing, the brain, then you have to watch out about putting on capes. Oh yeah. Everybody wishes they had that problem.

The urge to put on a cape. Yeah. So true. You know, I have to reveal to the audience that I told you about how much PMF helped me back in the day before.

And he told me guys that success he charges more for. Just watch out for this thing. But I'm a nice guy, so I won't charge you too much. Your body was designed to heal, but illness, chronic disease, stress, injury and time can slow that process down.

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

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

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

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

So I do wanna give our audience a little bit of a point of clarification here because they've heard at this point that EMFs can be bad for your health and they can slow down tissue regeneration.

And so I really wanna draw an important distinction between EMf exposure like wireless radiation and PEMF therapy. If you could describe the difference between those two, that would be fantastic.

All right, thank you. That's the elephant in the room. I do these interviews, that's a first thing I deal with is just get that out of the way. All that whole that reserve that risk and that fear, anxiety related to PMF therapies.

Well, EMFs, I call that environmental magnetic fields. It's electromagnetic fields, but they're environmental. They're designed for other purposes. Their designed medication for delivery of information.

They're not designed for healing and the body just simply gets in the way. Right now, these fields are designed to be broadcast in this space. Microwave towers are broadcasted in space, they don't necessarily broadcast specifically go from one point to another point.

They broadcast widely. And I call that open loop. Now, in addition to that, there are frequencies. So they do have frequencies to them. And those frequencies, particularly with cell phones and cell towers, are microwave frequencies.

So how do we use microwaves in our lives? Cooking. Why do they cook? Why did microwavs cook because the wavelengths are extremely short and therefore they get absorbed.

And when you get observed, you create heat. We use microwave in medicine actually to burn tissue. So we

actually use it for that purpose. We know what we're doing with it, for their purpose, but cell phones are broadcast for communication purposes.

If a body happens to get in the way, well, it's going to be affected by those microwaves being absorbed by the body. The analogy I use frequently. You have a cell phone to your head and you're talking to somebody.

Let's say you talk for 10 or 15 minutes to someone on the phone. Hold it away from your hand and see what color your ear is. Right red, frequently. Yeah.

And that side of your face is heated and irritated. Exactly. The other side your head that didn't get the microwave exposure is fine. What were you doing with the cell phone to your ear?

You were cooking your ears! And the brain just below that. That's why people have their cell phones to their faces for long periods of time throughout the day, often will end up having acoustic neuromas on that side of the head.

## EMFs vs PEMF and Safety Considerations

Right. So that's the difference. They're absorbed, they're very short wavelengths, their high frequencies, and they are broadcast. PMFs have a completely different design component or aspect to it.

These are what we call open loop. Let's say the wire that conducts the magnetic field that produces a PMS that we use medically. is so that my thumb is the wire, my fingers are the magnetic field.

Remember every time you have current flowing you, have a magnetic hill and it's always perpendicular to the flow of that current. So that magnetic, field as the current pulses, each pulse of the make of, the, current goes like this.

so the Magnetic field goes out and comes back and out, and back. It doesn't get broadcast forever. So it has no wavelength. It has a pulsation, but it no wavelengths, because it's not a wave.

And the whole concept of frequencies is designed around primary AC currents, which go basically down the wire, forever and ever and never, right? And they are wavelengths for sure.

Cell phones, again, are completely open as opposed to a power line. Power line frequencies are not problem. Okay. And people would say, what, he's crazy.

What does he know? He's wrong. Everybody else is telling us car lines are bad for you. It's not. From the moment it's generated to the next place it goes, it gets contaminated.

Right? Generator to that next, place that goes. When it, goes into that place, the place not only goes in, but also comes back out again. But when it goes in, it's contaminated by all the electronics that are in that place that that current went into.

Right. So now you've got all kinds of pollution. All that dirty electricity. Now it becomes dirty electric. In that sense, that's bad for you. But still it is not the same as cooking.

It's not as bad as cook. Uh, and with magnetic field therapy, what you're doing is because you strengthening the body and you producing so many positive things in the.

The body assess. Don't worry about it. I can do this. Now, if you standing right in front of a microwave tower, you have to beam rated right at your head.

We have a problem. Most of us don't get those kinds of exposures except for the cell phone. And the wifi, you have a wifi router in your room where you're working and you are there eight hours a day.

Well, that wifi is in fact bombarding eight-hours-a-day. Right. Signals broadcast in the environment, not just shot

directly at one spot. So PEMFs are completely safe and they help to support the body's own healing and therefore it supports the to defend itself against the effects of that radiation.

And you can't get rid of it. The only way you can get rid of that radiation is to put yourself in an aluminum suit. And then you cannot have your phone inside that suit?

Right. Well, you could if you want, but it won't work. Right? So that's the difference. The two are completely different technologies. They work in very, very different ways and PEMFs are designed for healing.

they're designed biologic actions. So therefore they are not generally harmful. Now, can they be harmful? The most common way to be harmful is to have implanted electronics.

And if you have implant electronics, that's MR compatible, in other words, MRI compatible. In other word, you've been told that you could do an MRI. Now you're safe with most PMF therapies.

If it says it's a more conditional, sometimes you'll have to careful. You can't use magnetic therapy because the machine has to turned off while you doing the MRI, then it has be turned back on again.

It requires a tech to do that. But if it doesn't need that, there are pacemakers that do that. They are not harmed by the PDF. Now you can go to the MRI, do your MRI.

You don't have to turn it on or off or whatever. So that's the biggest time that you have be concerned. Other than that the only concern is that people do too much too fast.

Right. you don' get off a couch and run a marathon tomorrow. Unless you did a Marathon yesterday. Great. You have to train and how well trained you are depends on how much training you need for the next marathon or running the marathon.

The body is like that. Magnetic fields basically are requiring the body to work. Body has to react to that magnetic field. And if the body can't do that work because it's over-irritated, over inflamed, under-nourished, doesn't have adequate blood supply, all of these factors then cause that body to have to say, I can do this.

What you have do do is you go low and slow. And on my website, drpauluk.com, i have a low slow protocol. My other book, Supercharger Health, there's an appendix that gives you that, those protocols for going low on slow So you have to figure out what your body can handle at the time, how much it can be pushed to do the work you ultimately want to be able to.

And you will get there over time. But you, your bodies, the body teaches you. We can't see into your bottle and say, exactly. Here's the dose. This many minutes, this many times a day, you know, that's machine.

That's all you need to know. People who tell you that you all, all your need is eight minutes a date or eight, minutes twice a. With BIVA therapy. Did your body tell you that?

Right. So a good example is they have devices that are 16 doubts, not very high intensity for non-union parameters. When they evaluated that, they got that did the research to determine how much to use those magnetic fields.

They found out you needed to do nine hours a day. nine hours a day. I'm really glad to bring this up because there's some devices out there that we do not endorse that feel are overpriced and creating some problems.

Yes, yes. And I've always been thrilled to see that you never got into business with those people. Well, we did actually. Oh, did you really? We did. So I actually started my career with magnetic field therapy, with post-magnetic field with a device called the QRS.

Because that was what was available. Right. I said, well, this is what's available, so let's use it. It works. to a point,

and you have to understand why it works and how it worked to know how to place it in the pantheon of devices.

So even these very, very low intensity machines work. What do they do though? Because they are so low-intensity. And if you need 15 gauss at the tissue for inflammation management, And you only got one gaus coming out of the machine, then you're spending $6,000 for one of those machines.

They're not going to get much, but what is doing though is stimulating acupuncture points and meridians. That's why people feel better. They also feel for another reason.

You spent $6,000, now you can't feel bad. Yes, the effect is strong for sure. Well, I just appreciate your discernment in this field and for only recommending devices that are actually a good value and are attuned to the needs that people require progress with.

One of the things that I want to draw people's attention to is how to find out more about your work and your books. Of course, you've mentioned them in passing, but let's give people a recap here.

So it's drpawuk.com, right? That's the website. D-R-P-A-W-L-U-K dot com. And welcome and get ready to drown. There's a huge amount of information. If you're information hungry, Uh, but on, for most people, that's, it's probably too much.

The easiest way to digest this information is with a Supercharger Health book. So Supercharge Your Health with PMF Therapy. And that book is practical.

It's a distillation of everything that I had in my Power Tools book, But the Power tools book has over 500 references. so if you want to geek out, if he wanted to really understand why, the why and how, and the research behind all this, then you read PowerTools.

But then I'm guaranteeing you're going to end up buying Supercharger Health, because now you want to know how to do it. So both those two books become very important.

If you only got one, Supercharger Health is fine, but don't expect the science. Got it, that's super helpful. Yeah, well, and most people when they're not well are not thrilled to have to dig into the deep end of the sciences to figure out what is my next step.

I really appreciate you laying that out for folks. Well, and on top of that, there's still confusion because you still get all this confusion out there.

When you start rating and you started doing your own due diligence, you're start informing yourself. And I strongly recommend if you were going to spend $7,000 for a machine, You're making a pretty good size investment.

Spend $29, right? To get supercharged your hell. Yeah. If once you do that, and then we offer consultations, drpawlik.com, I have a medical team and we do free consult.

We don't charge for that. But what we want, the reason I do, that is that as a family physician, as an holistic doctor in the past, uh, would get people buying stuff.

And then I was on the doctor art show.

## Choosing the Right Device and Getting Support

Um, we had a huge tsunami of orders come in about PMF devices and people were buying left, right inside of, they didn't know what they were. But our return rates are high.

Yeah. Right. Cause they didn't know what they were buying. Hey, they don't what their buying B they did not know how to use it. And they bought the wrong machine for their particular needs.

So if you say, well, I can only afford $500 and you get yourself a flex pulse or a micro pulse, then you got something that will help you risk, but it's not going to help your lime disease.

All right. People often buy based on money. when they really should be buying it based on need and what it's likely to do for you. The consultation has become an important part of that.

Now, if you're not willing to buy the machine that's right for, so if your only willing spend $50, don't bother with consultation, buy a book and then do whatever you got to.

I learned a long, long time ago that there are people in the world who will not spend 50 cents to pay a toll to cross a bridge to get healthcare on the other side.

That's true. Yeah. He would just go along and say, take care of me or I'm not going to take of myself. So you have to take care of yourself and you'll have get the right equipment.

And we're welcome to work with you to inform you, get that right piece of equipment that we support you and make sure you learn how to use it properly and we follow up with to make things going the way they should be going.

Well luckily that's not our audience. Our audience is crossing that bridge and they are doing what it takes because they know. how important it is to take control of your own health.

PMF, again, is one more tool. One more axe or ice pick or shovel that you need in your tool chest. Absolutely. Thank you so much for sharing your wisdom with us today, Dr.

Pollack, and for helping to illuminate the field of PMF therapy and what it can do for folks, especially with people who have been dealing with chronic gut conditions for quite some time.

It's a particular love of mine because of my own personal story and the focus of our practice now. So I just really appreciate you sharing you wisdom so generously today.

My pleasure. I enjoyed it. It's great to have somebody who understands the technology, has used it personally, and has seen benefits. And I'm sure that you see the benefits as well with people that your consult with who do get equipment and or do use the equipment properly.

You know, still if they're actually using it. Yeah. Oh yeah. Because it's astonishing how fast it works. Then when you go on vacation, you say, why did I leave it at home?

Oh, actually, Michael, on our longer trips, will take it with us. Like if we're driving in the car, it goes, you know. Well, even if you just took the control unit and a smaller applicator, You still have something while you're traveling.

Yeah, exactly. Awesome. It was wonderful to see you. So it's an important full circle moment for me. That's really, really sweet. My pleasure. It's been a lot of fun chatting with you and that wonderful smile.

Thank you so much. Well, keep up the good work, please. We need 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 PMF therapy and holistic healing.

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

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