Introduction and Dr. Pawluku2019s Background

Welcome back. We're continuing our conversation on Reversing Crohn's and Colitis. I'm your host, Sinclair Kennally, and I am joined today by the wonderful Dr. William Pawluk.

He is a holistic doctor near Baltimore, Maryland, and has held previous academic positions at Johns Hopkins and University of Maryland. He's trained as an acupuncturist, nutrition or in nutrition, herbals, energy, medicine, homeopathy, hypnosis, body work, and so many other therapies.

But he has become beloved in our community for being the crusader for PMF technology, and he has demystified this for a whole new generation of folks trying to heal themselves from chronic illness.

And he is considered the foremost authority on PEMF therapy in North America. He is interested in holistic pain management. And he's such a joy to learn from.

This is why I wanted to have him on the summit for you, so you could learn about a whole new technology that can really help you take your health into your own hands.

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

Most conventional treatments for pain rely on “numbing and dumbing” and that is so true. And they simply take away the perception of pain better. But they don't actually heal the cause.

And Dr. Pawluk has actually become an expert on resolving the root cause itself. So to this end, Dr. Pawluk has worked with magnetic field therapies for 30 years and established an authoritative website, drpawluk.com and he's authored two comprehensive books on healing with magnetic fields called “Power Tools for Health” And this year, “Supercharge Your health with PEMF Therapy.” So to promote healing and to help promote healing with PEMFs he's done well over 50 radio, podcasts, magazine and TV interviews combined.

It's also been the co-host of a two hour holistic health radio show in Baltimore for ten years. Podcast interviews have included Dave Asprey and Ben Greenfield.

Radio interviews included a two hour session on Coast to Coast. So welcome Dr. Pawluk. We love having you on our Summits. It's such a joy to have you here.

It's my pleasure. It's always a pleasure to talk to Dr. Kennally. Thank you. So I just want to dive right in, because, lucky for us, you actually are very familiar with the topic is Crohn's and Colitis and how those relate to PEMF and PEMF therapy.

Right. So, before we dive in, though, I want to make sure the audience is coming with us and really understands what is PEMF therapy and what is the difference between PEMF and EMFs.

All right, let's get the elephant out of the room. Yeah. So EMFs are environmental magnetic fields. I call them environmental magnetic fields. They're electromagnetic fields, but they're environmental.

Environmental magnet. Magnetic fields are broadcast into the environment.

PEMF vs EMFs Explained

It doesn't matter who's in the way, what's in the way, who's in the way, and doesn't matter where it's going. It's just

out there. Right? So it's broadcast and it's broadcast for communication purposes.

And unfortunately, humans get in the way. Right? So and the reason that it's a problem is because it's microwaves mostly it's microwaves. And microwaves are absorbed by the body.

And because it's absorbed microwaves cause damage. That's the purpose behind that microwave oven is to heat something, right? You heat internally, you heat it.

But we don't want that. So that's we want to try to avoid it as much as we possibly can. And we may have to do something to help ourselves to heal from it when we do get exposed to it.

And part of that has to do with the dose. And we won't get into that. That's a whole whole series of discussions about that. But PEMF pulsed electromagnetic fields are produced by current flowing through a wire.

So my thumb is that is that is that line has the current in it. And my fingers are the magnetic field. Every time a current passes through a wire, it produces a magnetic field.

It doesn't matter whether the wire is shielded or not. There's a magnetic field produced. So that's a lot of physics. It's basic law scientific, it's electromagnetic.

And so what happens is the magnetic field is controlled by the by the current. It's controlled by the wire. So as the wire pulses, the magnetic field at the same time pulses out, it comes back pulses out and comes back.

It's controlled. It's not broadcast. It's passing through a wire. And because it's pulsing, it's still subject to the laws of magnetic fields, which means it basically goes through everything.

And even if it hits metal, it doesn't it doesn't go through the metal, but it bends around the metal, right? So it's still going. It's just not going through the metal but the body, unless the body has metal in it.

Typically the body is totally transparent to a magnetic field. There's no resistance to a magnetic field. So essentially the magnetic field is just going like this whether your body's there or not.

And I'm actually done measurements. I've actually demonstrated this to people that I can have a magnetic field detector and put there, put the magnetic field on say the back of the body to have the detector on the front.

And then I have the body move in and out. No difference in the detector. It's completely transparent to the magnetic field. And that's a good thing. So think of it this way.

The magnetic field then is like the wind. Oh can't see it metaphor. But you know it's there because it's moving the leaves and the branches. Right. And the more aggressive the more powerful the wind is, the more movement there is.

And that same principle applies to magnetic fields. The more powerful they are, the more movement there is. So a weak magnetic field is going to do almost nothing in the body.

And it has to if it's too weak it's probably not penetrating very deep into the body. And ideally for most things of the body you want to be able to penetrate as deep as you need to to do the actions that you want.

Right. So if you don't get the right equipment, you're not going to get the action that you want or need, right? So getting the right equipment is important so that the power of that magnetic field, the pulse, the amount of voltage going through that wire current going through that wire determines the strength of that magnetic field.

Critical. Yeah, I think that's a great way to explain it. It's so then what can PEMFs do for us. Like what are the basic actions of healing that are kicked off with PEMF therapy?

How much time do we have. To do your best? I know you know too much, but. I'll I'll keep it simple. in my, Supercharge Your Health book, I outlined 27 different actions of magnetic fields in the body.

and Power Tools for Health book has all the references. so I have references for all of these actions. I have the scientific references to go with every action.

So what that means is that the magnetic field is causing the body to do something. This is an important principle. It's not the magnetic field that's doing it.

So for example increasing circulation, it's not the magnetic field that's increasing circulation, decreasing inflammation. It's not the magnetic field, it's the body.

All the magnetic field is doing is producing more energy in that body. It's causing the body to produce more energy. And when the body produces more energy, it does whatever it wants.

With that energy. Right. If you need circulation improvement, well, it'll do it for circulation. If you need decreasing inflammation, it'll take that energy and use it for surgery for, inflammation essentially that this is non-descript energy.

It's just energy. And then the body says, okay, I could use an improvement in circulation or I have a wound. I just just cut myself or I broke a ball.

Well, what do I need to do to repair this? Because the body marshals all of its resources to deal with the wound. I call it cell injury. So at the basic cell level, it's any injury to the cell that causes the cell to have to react for the body to heal that damage, that injury.

And you can talk about the cell. You could talk about a tissue, you could talk about an organ, or you could talk about the whole organism, a whole body.

It doesn't matter. The body's taking that energy and using it for whatever it needs to do at that moment.

How PEMF Supports Healing

How will you break a bone? The first thing you have to do is to stop the bleeding, right? The second thing you have to do is to reduce the swelling. The third thing you have to do is begin to initiate the healing process to recover that damaged bone, that broken bone.

Now that process takes a lot longer then improving circulation, decreasing inflammation and so on. So all these things are kind of happening simultaneously to varying degrees.

But the body decides. The good thing is we've given it a nondescript it's safe, nontoxic, stimulus to do that. You know what I think is so magnificent about this field of work for people with, really difficult digestive conditions is that, we get into a catch 22 as a practitioner and also as the patient or client trying to heal, wear what you need.

You have to get outside support into the body somehow. But what you're trying to heal this compromised digestive tract is the most vulnerable, right? When it's not able to actually absorb support from the outside world at the biochemical level.

So you it's very difficult to just supplement your way or eat your way into healing and digestive condition. As serious as Crohn's or Colitis. And that's why we've seen so much, tremendous progress with integrating things like PEMF therapy into the mix, because you're literally giving the body energy that it's starving for to reactivate the healing processes.

Is that right? Yeah. So think of it this way. You can't build a house without bricks and mortar. You can't remodel a house without tearing out the old stuff.

Right. And then you need the supplies to build the new stuff. But not only do you need the supplies to build the new stuff that you're trying to build, you need the resources to be able to build it.

you have to have the supplies. You have to have the capacity of that body, that house, or whatever you're trying to build to build itself. That was you're gonna need workers to do this.

You're gonna have to have a plan of some kind. So you have your genetics. You have all the tools the body uses to build things and to break things down and repair and recover.

So if you're doing bone, for example, you need at least three elements for bone. Number one is you need to stop. You need to break down the bone. It's there already that you want to get rid of.

Right. That's called osteoclasts, right? Then you need to build a new bone. But in order to build a new bone, you need to have the minerals. You need to have the blood supply you need to have.

So you have to have the basic nutrients to build bone. But once you built it, that's not enough. Having the nutrients is not enough. Now you need to solidify the nutrient.

You have to put them in the right order in the right sequence. And have move in the right directions, and the right pacing, the right processes and so on.

So the magnetic fields that basically provide the energy for the system. So think of building a house as you need tools. Right. So you, they any power tools you need handles.

If you use hand tools, it's going to take a lot longer. And a long gust of wind, a big gust of wind comes by and you're still in the middle of using your hand tools.

Well, you may have a problem. You may have to back up and repair and and start over again. If you have power tools, you could do it much faster, much better, and much stronger.

So magnetic field therapy are the power tools that our body then uses to to do what it needs to do. That's a great metaphor. Yeah, that makes total sense.

So, I've already given in the way that we use PMA therapy in our clinic, in our practice. how do you see PMA therapy helping those who suffer from gut health issues?

All right. I think that's a really important question. First of all, you have to get rid of the that causes as much as you can, right? I mean, if you're pouring gasoline on the fire, there's no point of pouring water on the fire.

Stop pouring gasoline on the fire right. And then you can put the fire out with the water, and then you can do the repair work after that to repair the damage from the fire.

So get rid of the causes if you can, as much as you possibly can, or at least minimize. Right. And we talked before we started about food sensitivities as a big area of interest that I had when I was a practicing family physician.

I don't know what that was except for peanut allergies or anaphylaxis. Right. So they start to dig into this and you realize that small amounts of different foods, cause all kinds of inflammation.

And when you put those foods into the gut and the body's reacting, saying, I don't like this food, right, then that's inflammation and then the body has that damage from it.

So I got to remove the causes as much as you can. Then you repair. So PMA therapy doesn't remove the causes, but it decreases the burden on the body. And one plus two doesn't. One plus one doesn't equal two because, you know, five, 10 or 1000.

So you got a little bit of this food and a little bit of that food. They don't individually cause much of a problem, but you put them together and now you've got a big problem in some cases, peanut allergy, you can have a single allergy.

But what does that peanut allergy do? It causes a cascade of events so leaky gut I love leaky gut. I'm sorry. I don't want you to love leaky gut. We want to get rid of your leaky gut.

But what's leaky gut? It's inflammation. Right?

PEMF for Crohnu2019s and Colitis

And that food does not belong inside that gut wall. Right. It has to be broken down. And the basic, nutrients and basic chemicals of that food need to be absorbed.

So they're not harmful. But you absorb a whole piece of protein like a peanut into that gut while and all of a sudden the body says no, no, no, no, no, get out of here. SOPs up all the rules.

This is not here. And that causes inflammation, which then what happens then is now you start to get allies coming in. At the same time, things that we're not going to be a problem for you now become a problem for you.

And once they get in there, the body says you don't belong here either. So it started with a food with peanuts and ended up with milk and ended up with beef and ended up with carrots.

It doesn't really matter. Whatever happened to have gotten in that shouldn't have gotten there. Now the body says you're an alien. You're dangerous. I'm going to fight you.

Problem with leaky gut, then, is that that sets up a vicious process, right? So you have to slow down that process, heal the gut. So no more leaking happens.

But in the meantime, you still have that sensitivity. Once you've turned that immune system on to that, put that food. It's a problem because anytime you encounter that food again and your guts leaky.

So how often is that gut leaky, right. Constantly. Essentially, you can never get rid of it. And now the whole gut's not going to be leaky all at once, and it's not going to be like just a completely open window to wind and water.

Right? All right. But from the perspective of your immune system, you're always getting this distorted over inflamed response. And you cannot get ahead of that.

Yeah. It's really difficult to break that cycle. It so you could stop the leaky gut by doing things to decrease inflammation, inflammation is the key here, right?

It's the key. And magnetic field therapy is classic for reducing inflammation. And there's a lot of research about it. in my book Supercharge Your Health I talk about adenosine and how research has shown that 15 gauss of magnetic field intensity Gauss is just that's the intensity of the magnetic field.

That's what you need to optimally decrease inflammation at the site of the inflammation. But magnetic therapies like light and sound and heat and cold, it drops off very rapidly as you move away from the source.

So that means you have to account for that. The, the the distance that the field has to go to give you that 15 Gauss. So if you if you only get if you already have 15 gauss, if the machine only gives you 15 gauss, it's only going to work right there at the surface.

But you need to go deep into a belly throughout the whole belly. You don't know where your gut you're, you're going to need help. So basically you have to cover the whole belly that with an adequate magnetic field to decrease inflammation.

Optimally you decrease inflammation. You decrease the responses the allergic responses. The inflammatory response is the edema, the decreased circulation, the decrease oxygen.

The gut has actually been found to have very low oxygen levels at times. And inflammation is a major cause of that. Absolutely. If you don't have if you don't have oxygen in the tissue, what do you do?

You can't you can't feed, not bring nutrients to it. You can't provide the energy for repair and regeneration. Right? Right, right. You don't think of the gut as I.

You know, a lot of pathogenic species thrive in low oxygen environments. It's very difficult to know exactly. They're anaerobic right. Because there's so many different things all at one time.

Safely you know what I appreciate too about PMI therapy. Doing it this way is that you don't have to be able to tolerate for those who have advanced gut issues like Crohn's, like colitis it the, the game becomes with your practitioner, how much can I tolerate of the very thing my body craves as a repair element?

And yet I simply cannot withstand ingesting it at this time. And it becomes a big drama throughout your care. And the thing about PMF therapy is it's literally outside and you don't have to ingest it.

You don't have to subject your gut to distress in order to get the reduction in inflammation. So that your body can finally start to return to repair and you excretion of irritants and, you know, reestablishing those exquisite rules of what is allowed inside the gut and what is allowed to, you know, transfer beyond it through the gut lining.

Well, if you heal the gut right away, right, then if you decrease the inflammation, the healing process begins right away. The body's capable of that.

So but the magnetic field therapy stimulates that process too, because it's stimulating stem cell production. It's stimulating ATP production. So energy production in the tissues in the cells increasing oxygen in the tissues, improving circulation in the tissues.

So it does all of these things rapidly, very, very quickly. So if you have a leaky gut and you're starting to treat yourself with magnetic therapy, you'll notice a difference within days.

Yeah that's true. Yeah. We've seen that over and over again. That's a great point. How so. So help people understand if they've never done a therapy before and they have something and advanced gut condition like Crohn's and colitis, what should they be looking for in a PMF device.

And what would an example protocol be for them. Very good. And that's critical. So there are devices. The most important thing for you to do when you're looking at a PMF device.

If somebody is trying to sell you a PMF device and they're not a doctor, they're a salesperson, right? The first thing you got to do is ask, what's the intensity of the magnetic field? Intensity matters.

What's the intensity? If they can't tell you the intensity, would you buy a car if the salesperson wouldn't tell you the horsepower? Duh. So intensity matters.

Asking the wrong person because I don't care about cars, but. But you can't go fast. Without. It to move. So. Yeah. So this is not five horsepower. It's, you know, 200.

You have certainly more than you need. It's 150. You're doing pretty good to. Okay, so you need the intensity. And the intensity has to be a minimum of 15 hours.

But again, the distance has to be calculated. So I have a blog on my website about adenosine. And I've tables that show you the distance, the intensity, the magnetic field you need to treat deep.

So you have to treat through a whole belly. And you need to deliver 15 cows through the whole belly. You're going to need probably at least 4000 to 6000 cows.

Okay. To deliver 15 of that whole area. So does that make sense. Everybody listening like we have to get deeper into the tissues because the intensity the magnetic field needs to get deeper.

And so we can actually cover the surface area of the gut that's so difficult to reach deep within.

Choosing a Device and Protocol

And it goes through the whole body goes through all the cells, all the organs. It doesn't matter how the gut is lined up. And you know how shape it's in.

It goes right through all of that right away. So from there, I want to selected the correct device. How do you, suggest that people begin to use it? Should they ease in? Does frequency matter?

The length of time matter? How do we look at that? Very, very important. let's deal with the question of frequency. The magnetic field frequency doesn't matter.

it matters a little bit, but not much. It matters more if you have two high frequencies and you don't adjust the intensity for the frequency. But most of the time, the devices that we're talking about, we don't care about the frequency.

the people who are selling very low intensity devices talk about frequency because they can't talk about intensity. Right. So they talk talk, talk talk, talk about frequency.

Yes, I know exactly the sales pitch you're referring to. I really hope nobody in the audience has one of these because it's such a waste of money. Yeah okay.

Very good. So time then becomes important. If you have the right intensity, the magnetic field, then the amount of time becomes important because the time determines the amount of healing that's going to happen in those tissues.

Remember all these processes are set up somewhat sequentially in the body. You don't want to go too high too fast because it's going to cause the body to have to work.

The body has to react to it. The body has to do the work to repair things, to reduce the, improve the circulation, to decrease the inflammation. The body has to do that.

And so you have to respect the body's ability to do that. You can't. So all of a sudden if you don't know how to swim, is it a good idea to jump in the deep end of the pool?

I would say no. Uncomfortable? Yeah. Right. Yeah. So you go low and slow and I have protocols in this in a supercharged health book. And our doctor Polycom has a protocol.

They're about going low and slow. So you have to test the body. The body's going to tell you what it could tolerate. So for a lot of people I could say they could do a normal protocol.

Unfortunately that works for them. But if it doesn't work for you to do the normal protocol, there's three protocols slow, normal and fast. Right? So if you can tolerate the normal protocol, you're good to go.

If you can't tolerate the normal protocol, then you back off and you go slower and you go less intensity and less time, but you graduate. So you pace yourself based on your body's reactions.

And very often your reactions are going to be slower and you're going to use lower intensities at the beginning

because the body's too damaged, has too much work to do.

And then then as you start to heal, then you can go faster and faster and stronger and stronger. Fortunately, magnetic field therapy doesn't cause problems.

Magnetic therapy reveals problems. So if you're having a problem with magnetic field therapy, you're doing too much too fast. It makes total sense, because what is the body going to do with energy when it's been starving for energy for a long time?

It's going to try to catch up, but it might be doing so at a pace, in a rate that's uncomfortable for you and maybe producing a little bit of, you know, some traction.

Right? Yeah. Yeah. But often if you can tolerate the reactions, you can just keep going. But, you know, it's not a good idea. You don't want to force the body to do too much too fast.

So listen to the body. The body's going to tell you I can't tell you. You can't tell that body. We have to test it. We have to like athletes. You get an injury, you treat, and then you test to see the test.

Take. The treatment worked. If it doesn't work, then you back off and you treat some more, and then you test again, and then you increase the testing and you increase the treatment time as the body tolerates more and more and more until eventually you're basically in maintenance mode.

Now, maintenance mode, we have about 100 trillion cells in the body. We have about a million biochemical processes per second. Percell. So how much how much treatment should we have?

24. Seven? No, I'd say. Was. Yeah, that's a question, isn't it? Because some processes are fine and they're working okay by themselves, and some processes are a little slower than they should be.

So we don't know how much we need. At the very least, if you can. It's not a magic pill. You have to understand the physiology of the body and how the body works to repair itself and recover.

If you understand that, and then you pace yourself according to how your body's responding and your body's going to tell you how fast you can pace. And so I'm also going to tell you that you back off too soon because you'll lose ground.

That's an excellent point because your body's still working to resolve the root causes. So not only does it have this repair work to do, once, you can finally get some relief and reduce inflammation, but you've got to stay consistent.

One thing I noticed when I began Premier Therapy when I was very, very ill was, that I had a perceived decrease in energy. and, you know, I felt more fatigued for the first few days, and I was probably doing too much, but, what I decided the meaning I made out of that was like, oh, my body is busy going deep within doing the work.

I'm just going to stay at this pace. And then what I saw was this inflammatory. I was thinking of it as excess weight, but it was really just like, you know, the the gold gastro associated lymph tissue is just like so swollen from all this inflammation around my intestines.

And I just saw that literally melt away the longer the over the days of using PMA therapy was really like a period of several weeks because my body was finally able to let go of this inflammation, you know, and really had had something to do with it, had the energy to actually do that work.

If you have a lot of inflammation, you can't make as much ATP. Any injury I've got a lot more ATP production. And so that injury is damaged. So it can't make the ATP that it needs.

So what you're doing then is you're pushing the body to make ATP, but it can't make enough to keep up with the repair the demands and repair the needs for the repair process.

So that's why you get fatigued with it. You also get fatigue because the magnetic therapy increases oxidative stress. You need to have oxidative stress.

If you don't take a breath, you don't have you know you're not you're going to have problems from not taking a breath. But taking a breath causes oxidative stress.

So we're damned if we do and we're damned if we don't. We have. We got to have these processes and oxidative processes in the body. But everybody's bought the marketing about like antioxidants in your supplements and your skincare and stuff like that.

We need both guys. So just absolutely need both. And the one conditions the other. The one strengthens the body teaches the body. I need more antioxidants.

Let's make more now because I just improve my circulation and I got more oxygen available. And I can do more with those tissues because I have oxygen available, but it creates oxidative stress.

So now the body has to make more Sod and catalase, right. So that to keep up with it. That's why these processes have to be done sequentially and relatively reasonably paced.

Yeah that makes sense. Right. So if somebody is brand new to, PEMF therapy and and discovering and evaluating, you know, is this right for me and, you know, how should I proceed?

Which of your books is the better one to start with? if you want to geek out, if you want the science that Power Tools for Health is the science.

Books, Consultations, and Closing Remarks

Actually, The Power Tools for Health is a companion book, essentially to the Supercharge. You could do just fine with the Supercharge Your Health book, but if you want the information about why and how, that's a lot of that's going to be in the Power Tools book.

That's the science I 500 references in that book. I have no references in Supercharge Your Health book. So if you want the references, you need the other one.

Got it? Perfect. So Supercharge is going to be good enough for most people. Yeah, makes total sense. And I also just want to encourage everybody listening.

There's a lot of marketing out there today. And Dr. Pawluk has been helping us to demystify some of the, you know, snazzy marketing terms. If this is a hard field to wade into, and we want you to be the CEO of your own health, which means you get to be very discerning about the investments that you make.

So please check out drpawluk.com, because he's a really trusted authority in this, and he will lay it out for you piece by piece. And he also only endorses devices that actually work and are medically worthwhile.

So stay away from the multi-level marketing people like this. Just back away from all that stuff. If it's, an Instagram ad, that doesn't mean that it's safe and and ready for you.

So please go to the doctor and and learn more from him, because this is a deep field of work and it is phenomenally transformative. As one layer in your protocol, you know, in your roadmap to health.

So, yeah, please consider it because we've we've seen phenomenal results, not just for ourselves personally, but, you know, in our clinic all the time.

But we offer consultations, free consults, sessions for people. Right. You do. You will need who need help deciding. Oh yeah, all you want to spend for your health is $25.

Don't bother. If you're not willing to take care of yourself and spend the money that you need to spend to get the right equipment, and it's not cheap.

but you get the right equipment. You may want to be guided as to what the best equipment is for you, and if you don't get the right equipment, then you're going to have to sacrifice things.

You're gonna have to decide what you're willing to give up in terms of benefits and treatment time and so on. So consultations then become very helpful for this.

Yeah, I agree, that's wonderful. And what a generous offer from you and your team. That's great. Thank you so much for your time and your expertise. I just love that.

I did one of those consultations with you back in the day. I remember hiding in my car to do it so that my employer couldn't hear me talk about how sick I was.

I know, and so a long time ago. So I'm glad you're so vibrantly alive today. Thank you. Well, yeah, it's. You got to do the work right, but it's absolutely possible.

So I really appreciate your contribution, Dr. Pawluk, it was wonderful to see you, as always. And, thank you so much. likewise it's a pleasure.