Introduction to PEMF and Dr. Pawluk's Background

Welcome to another episode of Mycotoxins, Mold, and Chronic Illness Summit. I'm your host, Dr. Ann Shippy, and today I get to share with you Dr. William Pawluk He's a physician and MD.

He's in the Baltimore area. He's been through the academic ranks at Johns Hopkins and the University of Maryland. He's been studying the topic for 30 years.

And I think you're really going to find it helpful because he's an expert on PEMF, which is so important for pain. Getting to the root cause and actually helping the body to do repair.

So with that, Dr. Pawluk, I'd love for you to tell me more about this topic and how you got to this wealth acknowledged that you have. Thank you very much, Ann.

I appreciate you having me on your summit to talk about PEMF and mold and so on. So my background as a family physician, former family physician, is I was a medical director for a group of family doctors, the biggest group of family physicians on the whole East Coast, 14 of us.

So I recruited I developed that group. That is a big group. From scratch. That is a big group, especially for family physicians outside the academic or university settings.

So we we shared patients. You know, we rounded up patients in the hospital all the time in a very short space of time. We had at least two admissions for GI bleeding, one one of whom almost died from the GI bleeding and the common cause ibuprofen.

Right. Right. So that was back in the eighties. Would roll rock pass dangerous. That is even today, right? Still is still is in fact actually non-steroidal anti-inflammatory has cost 30,000 cause 30,000 deaths a year in the in this country more people die of that than die of HIV.

And it's so preventable. There are just so many other options. We're going to get to. Right. That's what we're going to get to exactly what. So I said, okay, I got to learn something different.

I decided to study acupuncture. That was in 1990. So I said I got to find some other modality that's not conventional medicine doesn't use is going that's going to be safer and effective and so on.

So I started acupuncture, but I couldn't do acupuncture in 1990. People didn't want acupuncture. They didn't know anything about it. And now you're putting needles in people's bodies and they say, I don't want needles.

I don't want needles. So then I discovered that in the Orient that we're using magnets on acupuncture points. They started using magnets. And I found that magnets stimulate acupuncture points very adequately.

I actually did an EMG study looking at the use of magnets for acupuncture, meridians of point, and it's been discovered that acupuncture, meridians and points are actually alike or are electrical.

It's a current system in Chinese medicine, they call it chi, because when they came up with the word chi, they didn't know what electrical was.

From NSAID Risks to Acupuncture and Magnets

Right exactly. At that time. So we we now have clarified that and magnetic fields interact with current. We know that that's a basic principle of physics.

That's why it's called electromagnetic, where you have charge or you have electrical fields, you have magnetic fields and magnetic fields interact with ions flowing in a wire to produce current to increase the current production.

And therefore you can turn on a light. You put a magnet on a on a circuit, stimulate that circuit with a magnetic field. It's got no charge, no electricity going through it, stimulated with the magnetic field and a light bulb lights up it.

That is so fun to play with. You could do that all day long, right? You could. Yes. There's a lot of fun. It's so fascinating to actually see how much current is going through our body with those opportunities to play.

And it's not even that just the nerves. We just we just think about it as is the nerves doing this. But connective tissue conducts current. So when you actually contract your your hand or your arm current is flowing through that hand, through that arm, through the connective tissue at the rate of 30 meters per second, much faster than a nerve will conduct.

So we're full of charge, well, full of electrical. I left the research to on heart fields to write like our hearts make a quite a magnetic. And a huge field.

And there are machines to measure the magnetic field of the heart. There are machines that measure the magnetic field of the brain because they're they produce the most magnetic field, the biggest.

Even though they're very tiny, they're still the biggest magnetic fields of the body. And we can now quantitate that. It makes you think about the human body in a totally different way to realize what we really are, Right?

Absolutely. In fact, along the way, I really began to realize that we're not just tissue tissue as you bring up the skin, right? You touch and you feel tissue.

But what makes up the tissue molecules, Right. And the molecules are chemistry, right? What what controls chemistry. Physics is. Yeah. Sodium and chloride cannot dock to make salt without the physics allowing it to happen.

So magnetic field therapy basically is working on a physics basis, primarily affecting the chemistry, which then affects the tissue. Makes so much sense that we can that we can use this technology, this technology to help our our fields improve.

Our our fields improve in our bodies, improve as a result. Exactly like we were talking before the before we started about a three year old girl. So we talk about like natural therapy decreases inflammation, which is a whole important basis behind its effects for benefit for mold and mycotoxins.

But in that particular case, with a child, a three year old child cut off the end of a thumb and a doorjamb, it totally severed it. And so the surgeons would normally just clean it up and put a graft on it to cover the wound.

So I said I knew that there were cases or histories of people regrowing, regenerating. We know salamanders do that. So humans retained a little bit of that capability of salamanders up to about age 11 or 12, especially beyond the first joint.

So I said, okay, well, thinking about that principle, why don't why do we just graft just put the cut off piece back on to the thumb as a bandage. Right.

Just to preserve that wound and then stimulated with magnetic field. So an hour to an hour and a half a day, it literally is gone. It had to regenerate completely.

She lost her nail. Clearly, she would expect to lose a nail. It was 12 weeks. She was regrowing her nail. What a lucky little girl to have a dad. That was so willing on.

To on target on time and and was willing to help her do that. But unfortunately, she could have done more

stimulation and healed even faster. But an hour and a half a day for a 3 year old child is not bad.

That's a lot of time to. But yeah, so that really got you moving on this technology and wanting to delve into it and understand it even more. Well, that that was like a mind blowing effect.

How, how often have you seen that regenerative extremity, Right. Yeah. So if you can just regenerate that, you know, a body part, what can you do when there's been. Inside the body, especially when you talk about the liver, for example, which has tremendous regenerative capacity.

If you stimulate that regenerative capacity, then what can what what can you do?

How PEMF Works in the Body

But I've certainly seen a lot of other sort of regenerative cases with magnetic field therapy. So whatever the damage is, is in the body. Whatever causes that damage, the magnetic field therapy can help it.

In some cases it can reverse it like it did with that little girl. If you have remove the cause, if it's an injury, you remove the cause. The injury is done. Gone. Right. Right.

It was mycotoxins. You have that continuous exposure or you have the spore reactions in the body that continue for time. You can't get rid of the spores entirely.

So basically you're having to continue to do magnetic therapy to keep up with the damage. And in some cases the damage is gone. You can't regenerate just just completely.

Do you want to explain to the audience a little bit about the effect that effects of mold and mycotoxins, the way you see it in the body, the way that you've come to understand it for your patients?

Sure. The way it's physically pathophysiologic. So I think in terms of physiology, how is the body functioning? So what's the damage that that's impairing the functioning of the body?

So mold by itself is not as much of a problem, but mold tends to cause more respiratory issues or more contact issues with the skin. But it really the mold it so much is the mycotoxins and not all mold release mycotoxins and not all mold release heavy amounts of mycotoxins.

But it also depends on the sensitivity of the person. So mycotoxins can affect virtually all the, all the organs of the body, but especially the liver and kidneys, the immune system, the respiratory system.

The brain can be very much affected by mold. The problem is a. Really big one. So common. It's a huge one. It causes most of the chronic problems that people have with that.

But also the Mycotoxins also create autoimmune reactions. They create immune reactions because when they create damage to tissue, then the body says, This is not me anymore, and the body begins to attack that part of the body, whether it's the thyroid or the skin or the brain, kidneys, you name it.

So anything can become autoimmune in the body. And by, from my perspective, an autoimmune means whole body pulling in systems evolved because the whole immune system is the whole body, right?

Every cell in the body has ways of going on. Right. So the biggest reaction with mold then basically is inflammation. And when you have inflammation, you have swelling.

And when you have swelling, you have restrained or constricted blood supply. And now we know evidence is now showing that wherever you have inflammation in the body, you can have local damage to the blood supply.

So it's not like putting a ligature on an arm or wrapping a strap around an extremity or an arm and constricting the

blood supply that way. We've all done that by sitting on our haunches with our heels up in our butts, right?

And we get the nomination and so on. When we get up, the circulation is restored. But this is local and it's local and in the brain. It's local in the kidneys, it's local anywhere in the bodies, local, the GI tract.

So you can reduce the inflammation, you improve the circulation, and you can then improve repair, because if you have restricted blood supply, you can't regenerate because you can't get the growth factors into that area to regenerate that tissue.

So that's basically the concept that I have with mold and mycotoxins. Is this the damage and what you're dealing with that is to try to keep that damage constrained and help the tissues to recover or maintain at least at least to maintain.

Right. And, you know, a lot of times it really does take time for people to figure out the source of the mold and get remediation done or move. And then also to get the the toxins out of their body so that they can heal.

So it's I love this theory that you have and what you're seeing happen with all the data where it really does boost the body's ability to get that repair going during that whole process.

But it really takes two to recover, unfortunately. It does. As you say, it does take time. Healing does not happen overnight. Right. If you break a bone, it's not going to repair overnight.

There's nothing I can do that I've ever seen happen to repair bone. And even that little girl took 12 weeks. So let's cover a little bit about what PMF is and how it works.

We know about EMFs. Everybody's worried about EMFs. I call them environmental magnetic fields, but EMF stands for electromagnetic fields. So EMFs are environmental and they are basically broadcast into the environment.

So you've got a microwave tower that's broadcasting a cell signal, or you have radar or you have television signals or you have radio signals. They're all broadcast in the environment.

They go out into space. Basically, they bounce off the ionosphere. And the reason they're a problem is because they're high frequency typically, and they get that means that they get absorbed by the body.

So whatever is in the way of that, that field, whatever stands in the way of that field, is going to absorb that, that energy. And so that the impact, because they absorb, they create heating and the irritation, the signal is irritating to the DNA.

It could disrupt DNA. So that's why those signals can be harmful to the body, especially high intensity exposures or chronic long term exposures. And I want to come back to this in a minute, because now that we've opened this.

Response. Box, we should probably come back to it a little bit. I have some personal experience with living very close to. Our. Six for a couple of years and you know, they weren't right in my line of view, but I definitely felt better when I moved.

I mean, I literally had to move. Absolutely. So it's chronic and it also comes in bursts. It's not necessarily doing it all the time. Those are environmental and they create heating, which means they create damage in the body.

And you can tell, for example, with the cell phone, if you hold a cell phone to your ear, it's actually cooking your ear and it's cooking your brain. And you take the cell phone away from an ear that you've been holding it against, it's going to be bright red.

You look at the opposite ear and it's not bright red. So you really are cooking with a cell phone. So if you get bombarded, then with all these waves, they're cooking just like a microwave oven does, Right.

Mold, Mycotoxins, and Inflammation

So so the degree of exposure, the intensity of the exposure, that becomes actually the problem. But that's EMFs. So EMF stands for pulsed electromagnetic fields.

They're still electromagnetic, but they're pulsed and they're not based on frequency at all. So the fundamental concept is that currents flying through a wire, let's say my thumb is the wire and the currents flow through the wire.

Every time the current sort of pulses into the wire, a magnetic field is produced, it goes out and collapses right back on itself. It does not broadcast. It can keep going.

More like ocean waves kind of coming in to the. Into the shore. Or. Into the shore. Exactly. Although an ocean wave started out in the mid Atlantic. Right.

Is our mid Pacific is going to be a bit that's a bit different. So these fields that because they're pulsing, are closing back and forth, the level of exposure is significantly less.

And as that magnetic field goes out, it goes, it goes into space. And if you happen to put a body in that way, then that body, that magnetic field can go through the body as if it was space.

The body does not stop or use up a magnetic field. So we use that principle that because it's pulsing at a rate that is safe for the body as it passes into the body.

Think of it this way. It's like the wind in the trees. You can't tell the wind is there unless the leaves are moving this air movement all the time and it's just passing through the tree.

It doesn't stay in the tree. The tree doesn't actually restrain it and absorb it and use it. It does to some extent, but basically not. So magnetic fields are like that.

They're basically like the wind blowing through the cells of the body. Why sort of the tissues of the body? They go right on out and it come right back at that principle is very important because that means they're extraordinarily safe.

And as they're passing through the body, like they're jiggling the leaves and the branches of a tree, they're in a sense, they're not really jiggling directly what they're doing is they're interacting electromagnetically.

They're interacting with the charges in the body. The light bulb turned on by a magnetic field going past the coil, right. So the body's electric. So as the magnetic field moves into the body is then increasing all that charge in the body and that charge in the body, that energy that's produced in the body creates change.

And in my book, Supercharge Your Health with Power Therapy, and also in my book, the first book called Power Tools for Health, I outlined all the different actions of magnetic fields in the body.

It's not disease based. It's not like you got a headache. You take an aspirin, it's not like you got a candy problem or an infection. You take an antibiotic.

Magnetic fields are generalized in the way they work. They don't care what the cells are, right? It's the cell that determines what how the magnetic field is going to, how much energy is going to be produced, the kind of energy is going to be produced, and the kinds of chemical reactions are going to happen.

The kinds of neurochemical reactions are going to happen. So the skin doesn't produce a whole lot of neurochemicals. So would you say that the way that it works is actually helping the cells to have more resources to do their jobs better?

Couldn't have said it better myself. Okay, awesome. That's exactly correct. So the cell now has more resources to

do the work it needs to do, and we can always improve the amount of energy in our cells.

Always. Now there's a limit to how much we could produce, but we could always use more. And the reason we age is because we don't have enough. Right? Right.

The wear and tear of of living is wearing right where the all the different toxins and the depletion in the food supply to that have optimal nutrients to run things the stress that probably the EMFs all the different things.

Or the MF is just another stressor right. Right. So this is exciting. So can you talk a little bit about how somebody with with chronic illness or mold exposure might want to use the equipment if they had it?

So, yes, I think the decision is always going to be whether you go somewhere to get treatment or whether you do it yourself. Usually when you have chronic mold exposure, you're going to have reactions in your body.

They're going to be long term, if not lifelong. And then it like autoimmune, if you have an autoimmune process going on, you have a lot of inflammation and you have all the reactions to the inflammation and the damage in the tissues and that physiologic this the arrangements that happen, that means that you're going to need to be doing magnetic therapy for the rest of your life.

Most like now if you. Based on what you're saying, it sounds like everybody said. Oh, should anyway. Yeah. Whether it's mold exposure, mycotoxins or any chronic illness after age 40, what percentage of the population it has a disability.

It's getting higher every day. All the time. Yes. Or 40 something like 20% of the population has at least one disability. Right. And what with what we're seeing with children these days, too, with autism, ADHD, ADHD, all the increase in diabetes, all the autoimmunity, it's even like with what's happening.

In worse and we talk about glyphosate and things like that, you know, then yes, so we're all constantly bombarded that means work, as it says, we're constantly challenged.

We need to amplify the benefit of or whatever is going to keep us as healthy as possible. I know plastic surgeon at Virginia Beach who discovered that if he doesn't get people on a diet or a proper, healthy diet for at least three, six, three months before he does a surgery, they don't get the same results.

So he he basically now requires all his patients to be on a Whole Foods diet, a healthy, balanced diet for at least three months before he'll even do the surgery.

I love that it's. Right for this for the reasons that we're just discussing. Everybody can use improvement. And then if you prove yourself to an optimize perspective before you create stress to the body like surgery, right, then you're going to recover better, faster, and you don't leave things to chance.

EMFs vs PEMF and Safety Basics

So right now, if you have a procedure, if you have an appendectomy, what does a surgeon do to help you to recover from your appendectomy? Nothing. Zero.

Actually, that's not true. This is what the surgeon does, Right? Cross your fingers. All right, so you're leaving things to chance. It's going to be up to you to recover.

I've done my part. You do your part. So what we're doing with magnetic field therapy is we're decreasing the chance factor. We're giving you a much better opportunity to be able to maximize and optimize what it is your body could do to stop it, repair it, recover whatever the causes of the injury, the damage to the tissues are.

That's great. So so people have the option of finding a practitioner who has one in their office or they can get one to have at. Home get one on their own.

So I'm DrPawluk.com. We provide consultation services for people free, give you advice on which system you should get because there's lots of choices and it's very confusing.

Unfortunately, there are people who do multilevel marketing who are selling $6,000 machines that do almost nothing Right. And why? Why do I say almost nothing?

Because it's all about the intensity. And I get into arguments with people all the time. Once about frequency, I said, No, it's not about frequency. That principle that I mentioned with the the coil and the light bulb with a magnetic field stimulating it, the stronger the stimulation from the magnetic field, the brighter the barb is going to be, the more charge your energy you produce in the tissues.

Well, that's clearly very important in our bodies as well. So if you don't have enough charge in the body that you don't get enough benefit in terms of optimizing the body.

So you have intensity is the most critical factor. And that's based on something called Faraday's Law. Right. But there's another factor. But even if you have the right if you have a machine that's better than one gauss, which is what these multilevel marketing machines are, one Gauss, Gauss GIU ss is the measure of the magnetic field.

So we've research has shown that you need 15 gauss optimally at the adenosine receptor. So then the adenosine receptor is on all white blood cells. And where in the body are the white blood cells everywhere, right?

So wherever you have inflammation, you have white blood cells. They're coming to help. They're coming to the party to help. But you need to have 15 Gauss to stimulate the adenosine receptors.

But the problem then is that then magnetic fields like any other radiation, whether it's called radiation or heat radiation or light radiation or magnetic field therapy, which is not ionizing radiation.

All radiation is subject to another law. Physics called the inverse square law. So like we do in medicine, if you're going to get radiation therapy, you have to calculate the dose of the radiation at the depth of the tissue you're trying to treat.

And that's based on the inverse square law. So in my book Supercharge Your Health, and on the website I have a blog about adenosine and the relationship of adenosine to inflammation.

So then we have tables to show you what magnetic field intensity you need based on where you're trying to treat. So if you have pulmonary problems, significant pulmonary issues, whether it's like, say, recovering from COVID or whether you have asthma or whether you had pneumonia, all of these things, then you have to calculate the dose of that magnetic field in that tissue.

So, for example, if you try to treat across the brain from one side of the skull to the other is typically around six inches. So in order to go across the brain with a magnetic field to stimulate inflammation on the other side of the brain, you need about 4000 gauss 4000.

And I go into that in the Supercharge Your Health book, I have tables about different kinds of magnetic devices and how they work for different conditions and recommendations for specific conditions.

And that's all based again on the intensity rule. But there are people out there who are selling again, usually multi-level that are saying high intensity is bad for you.

It's horrible. They don't care about the science. They're trying to sell a machine that's too weak. So they say frequency is more important than an intensity.

Well, from their perspective, frequency is all they have. They're have a density. We now have machines that are approved by the FDA to treat treatment resistant depression, and they are treating the brain with about 8000 Gauss.

And you and you need to see a health care provider for that, right? For that. I'm not recommending that for you. Okay. I'm saying that you've got the right intensity for the problem that you're treating. Right.

So there's it's going to be safe. It's not harmful. There are some things that people could do at home if they understand how to do it and what what they actually need for the particular area that they're wanting to address.

Absolutely. There are a few things that it's really better to work with the health care provider to get the optimal treatment. In some cases if it's a short term benefit.

So if you do have pneumonia, whether it's mycotoxins or not, but if you get pneumonia, then you want to help the body to heal from that pneumonia. If you just had surgery, you ought to help the body to heal from that surgery.

That treatment in a provider's office will work because it's short term. You only need it for a short period of time. But we deal with a chronic problem.

If you stop the therapy, the problem comes back because you can't heal the tissue completely. Then you need to do home treatment. And besides that, even if you're doing home treatment for a lung problem or a brain problem or a again, autoimmune problem, you're going to need it for life anyway, because all the other things that magnetic fields do are going to happen too.

So they're not going to treat that problem. But they're going to support your general health. Right. And so for somebody that just wants to be proactive and preventative, what are your thoughts around that?

Well, absolutely. So my my response typically is we have about a 100 trillion cells in our bodies. How many biochemical processes happen in every single cell per second?

Thousands. Yeah. Thousands of biochemical processes are happening constantly in the body. Yeah, Right. So how much treatment time do you need? I don't know.

Your body's going to tell us. Right? All right. So I say I probably at least a half an hour a day. So somebody who tells you you only need 3 minutes a day or you only need 8 minutes a day, garbage can use a stronger word.

Garbage. You need what you need, right? And your body's going to tell you what you need. So if we listen to our bodies, we say, okay, I need half an hour.

And you have if you do half an hour of treatment and you have pain and the pain comes back 4 hours later, well then obviously you didn't treat long enough.

Right. As you could treat again in 4 hours as you continue treatment, as you begin to get the healing going on in the body at significant reductions in the inflammation, then you can then begin to stretch out the treatments, you know, to be less frequent.

But if you're doing health maintenance, you do it every day. And is there a time of day that's better than the other, or is it like the beginning of the day or the end of the day?

Not really. Not really. Although I do recommend that for health maintenance purposes that we should be doing magnetic happy in the morning for sure to get rid of the cobwebs from the night before.

I just wake the body up after sleeping all night and laying down for six or 8 hours and you're not moving a whole lot. There's a slowed down a tremendous amount.

So you've got to wake things up. So the morning is a good time as well. At the end of the day, is there any day that goes by that we live that we don't have busy logic?

At least stress.

Choosing the Right PEMF Device

Would be nice to have a few of those. And while they're pretty rare, very rare, and even living a day basically uses up energy, use up food, uses up all the processes in the body, get used up as a day goes on.

So basically what you might want to do at the end of the day is to wash the stress of the day out of your body. And magnetic fields have been shown to do that.

They accelerate the elimination of adrenaline out of the tissues. That analogy is beautiful. So you mentioned, um, treatment resistant depression. I noticed on your website your last blog is on stroke.

Are, are there any other things that you're super excited about how to consider using the PMF? Well, the most common use of pumps is pain because pain drives everybody 40 60% of the reasons for the business.

The primary care doctors is because of pain. So pain is a strong motivator, a pain by itself. And you want to get rid of the pain. But in order to get rid of the pain, you should get rid of the cause.

Exactly. You need to repair that tissue. Otherwise, it's a process that's taking ibuprofen for chronic pain is not going to solve the same problem as new problems.

Right. So basically you pain is the biggest one, but it doesn't matter which organ in the body is involved. So we do headaches in addition to pain. We do physiologic issues like I dealt with somebody yesterday who had cirrhosis.

I recently was talking to a woman who had Crohn's disease. So significant processes and nothing in medicine is helping her to heal herself from her Crohn's damage.

That really doesn't matter. You can treat any physiologic function. That's why I go back to the 27 different actions of magnetic fields. It doesn't matter what the tissue is, it doesn't matter what the disease is or the problem is, all of it can benefit from pain therapy.

Well, I'm starting to think we all need one. We all need one at home so we can do it every day. Right? Well, ideally, you need the right one. So that's the key, really.

Let's talk about that a little bit more about of what some of the right ones are out there to choose from. All right. So on in the book Supercharge Your Health.

I have tables, a table of the different devices on drpawluk.com on the home page. There's a tab you can touch called product comparison. So it gives you a long list of all kinds of devices from very weak, very mild, very small to very powerful and very large.

So there's a spectrum. The most common, the most common mistake people make with magnetic field therapy is that they tend to buy based on price. They don't buy based on the condition or the cause or the intended treatment.

So if you're only buying it based on price, usually going to buy, you're going to spend a very little amount of money, $500, $600 for a machine. That's not going to get you very far.

Now, it is. It's going to be okay for a tennis elbow or arthritis of the wrist, but it's not going to help the whole body that much. So getting the right machine, so you're going to make an investment.

I would suggest thinking in terms of not only the current situation, but what do you what are you going to need five years from now, ten years from now?

What do other family members need? Right. And you may be able to do carpal tunnel with one machine, but your knee is a bigger, bigger area and you may need a much bigger, stronger machine.

So you kind of have to think about the totality and the person. So if somebody comes to me because they got Crohn's disease, but they also have osteoporosis, then what am I going to treat?

They need something because they think they need something for the Crohn's disease. That's that's a priority for them. They kind of forget about the osteoporosis.

Okay. So my job as a as a holistic position say you need to look at the whole person and what's going to what what's going to drive the decision for the equipment, what the osteoporosis is going to require a much stronger machine that's treated the whole skeleton than just creating something for the belly itself.

Now, obviously, people, you know, don't always have the resources or the money or they may not even have the time. So you do what you can, but you may have to continue to keep in mind you as a person and the whole bone is connected to the head.

Yes. And the whole body seems to really know what's going on everywhere. So it's you know, we think that the you know, the mouth is separate from the rest of the body.

Well, no, it's really informing everything everywhere that immune system is is traveling everywhere. So let's go back to the EMF for just a second. All right. Now, since we talked about it.

So we you know, there's so much data behind the PMF as being safe. And there's you know, there's a lot of questions and doubts about EMF. So a lot of people still really don't understand that it can be dangerous to live next to cell phone towers and hold their cell phone up to up to their heads.

Or keep their Bluetooth in their ear. It yeah. So I'd love it if you just maybe give your top five tips for managing EMFs and keeping your body safe, your children safe kind of thing from from amps.

Well, number one is what you said. Know where the cell phone towers are, right? If you have one within two or three miles of where you're living, then you're getting a lot of a lot of EMF from that those cell towers.

And there is some somewhat 360, but mostly they target they bombard in a like let's say a like a light stream. They go out in a cone. So towers are important.

5G is while it's touted to be a really big thing, the biggest problem with 5G, again is where is the tower, Right. And 5G, because it requires a lot more energy to produce a 5G signal.

You need a lot more towers and most of those towers are smaller and they're in the local and local neighborhoods. Okay. All right. So you have to kind of know where your 5G transmitters are to be able to decrease your exposure.

What are the most common exposures that people forget about is the what do they call those utility meters? Smart meters. That's smart meters. Yes. Smart meters are really dangerous because we kind of neglect them and forget about them.

If you have a smart meter on your home, get rid of it or move them. The solution for a lot of these problems is boot. Right. Which is not that easy. It is easier said than done.

But if you have one, get rid of it and you'll have to get a meter that basically they have to read. Now, not all the way, not all places will allow you to do that.

Most places in the country now do. You're going to have to pay an extra fee to get rid of that meter. If you're living at the end of an apartment building or a townhouse building, they often have the meters in a row at the end of the townhouse.

If you're next to that meter bank, you're really getting fried. Okay. So I know some people that I know have some type of a like a kill switch that they do at night to turn off a lot of the power in the in the home.

Do you feel like those work? Yeah. So wi fi is another is a big one and it depends on the strength of the Wi-Fi signal. So if you happen to have a Wi-Fi signal in a room next to your bedroom, you got a problem, right? So that's, that's a big one as well.

If you have if you have a big house and the Wi-Fi bank is the router is at the other end of the house that's 100 feet away and you're not you're going to get some exposure, but you probably going to get a lot.

But if you have mycotoxins already or if you have an autoimmune problem already, your body's already lit up. It's already being sensitized because the nerves are jangled and irritated with the inflammation.

Well then yes, you should probably turn it off at night. In Europe we don't have those here, but in Europe they have demand routers. They only turn on when there's a signal coming through.

Oh That's interesting. Same thing with cell phones. Cell phones when there's not when you're not using it, you're not getting a signal coming through it.

It's an arresting state. There's very little being produced by the cell phone. So it's only when it's active that you're actually getting exposure. So obviously should not have your cell phone by your bed.

You should if you're going to have a cell phone in your bedroom, ideally it should be on airplane mode. But I've also discovered recently that my text messaging is still coming through, even if it's on airplane mode.

Oh, yeah. All right. So you should not be in your bedroom at all. As far away. As far away. Not wearing it on your body. Right. Men need to know and. Absolutely not wearing on your body.

It should not wear it on your body hours and hours and hours and hours a day. And when you're using it, you should use the speaker or use wired buttons.

Now, if you have wired bags, then you're going to have it on your body in order to be able to have the wired connection. Right. Wow. Okay. Well, they have to make those trade offs.

Bluetooth is better than the cell phone, but it's still EMF. It's very weak. And the same thing with the earbuds.

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They're still producing a magnetic signal, electromagnetic signal, but it's much weaker. So rather than having the cell phone. So the best of all is the tube type, right?

You're connected. But the the retina of the signal is lousy. Hearing it is absolutely horrid. Now, that's not really not a good solution. Defeats the purpose a little bit.

So the speaker is probably the best way you can do a speaker do is the speaker okay. Well, I love this conversation. In that way we can use electromagnetic fields really favorably for positive influence on our electromagnetic fields, or detrimental, and that they're action items that we can take that really maximize those benefits.

It's really oh. You have to understand your technology. You have to understand the benefits and the risks now. But actually, to get back to that topic, how can you help yourself other than removing it, which is the best thing to do?

Right. Right. You can't remove it. All right. So the best thing to do to protect yourself is to do PMF. So if you do PMF twice a day, whatever harm you had from those signals, whatever stressors you had an inflammation, they may have caused me a body.

When you do magnetic field therapy regularly, you're washing all of that out of your body. All right. So magnetic field therapy by itself is protective, but it's not it it doesn't eliminate it.

It doesn't block it. You can't block these signals when you leave your house. They're out there everywhere. You can't you unless you want to wear an aluminum helmet.

Yeah, I do know people that have built like Faraday cages over their bed. Right. Which is a bit extreme. And even they don't help that much. They help somewhat, but they're not completely unless you create a complete cocoon.

If there's any way if there's any gap in that, the cage, the signals get in. So I really you know, I appreciate that, You know, as long as this has been around that it's still somewhat of an evolving field.

And I think the the the way that technology is going, there's probably more things coming that are detrimental. But then also more and more things coming that are protective and helpful.

So it'll be people like you that helped to integrate all that information. We can repair. So we have the choice. We have the ability to repair. It's our choice, right?

Yeah. It's so interesting. I was just at a a medicine meeting down in Florida, and after a day of being there, I remembered what it was like to be living in mold.

My body was so achy I could hardly move. I wish I had one of those pumps. Where you would go to the. To go, right? But instead I packed my bags and left, which was ultimately probably the best thing.

And fortunately they were recording the conference. So when they released the recordings, I'll get to to go back and listen to the lectures that I missed, but I missed the getting to see more of the interaction.

Yeah, Yeah. So I mean, it was I think it was one of those mold situations that was just horrendous. I was not the only one that either couldn't attend the the lectures or had to leave.

And so hopefully they'll do better, better picking a as safe place the next time. But it was fascinating how quickly my the inflammation went up in my body and just was screaming at me.

I well it's not only the mold, right. It's all the EMF in that environment as well. And hotels, they produce very big wi fi signals. Right. They reached all the spaces in a hotel.

So you got them, you got the mold, you got the dust, you have the sound, you have the air. There's all kinds of things that are going on. And those kinds of closed environments that activate the inflammatory processes in the body.

Yeah, yeah. This one was definitely primarily for me, the mold. You could smell it. Yeah. And it just reminded me of the old days when I was like, I, you know, would wake up in the morning just feeling like I was run over by a truck and I didn't know how I was going to get out of bed and take care of my kids and get to the office and all of that. So fortunately.

Well, there are there are some small PMF devices that are relatively affordable, that are battery operated. So one of them is called the Flex Pulse. So the flex pulse is not cheap.

It's $290 and it is portable battery operated and it has ten programs in it. So one of the programs is ten, hertz is another one. That's seven hertz people who are into Schumann Resonance, seven hertz, Schumann Resonance ten hertz has been done on repairs.

That little girl with the thumb used ten hertz. So ten hertz, ten cycles per second or ten pulses per second then is restored. But you can actually wear it.

And I've had people who basically put it on the base of the skull, which it gets your autonomic nervous system and therefore your vagal nervous system stimulates the vagal nerve, which that calms the autonomic nervous system down balances.

At the at the end of the day, you can actually put it on your pillow inside the pillow cover and run it all night long on program one, which is Delta for sleep.

Oh, that's beautiful. And if you fly across the country flying from west to east, you're losing time. And the stress of the travel by itself, you can actually take that a theta program on that machine and put that at the back of your neck.

And that could relax, keep you very relaxed if and I when I fly overseas or I'm doing a redeye, I will put that one coil on the base of my neck on Delta, which is program one on the flex pulse.

And I call that flying Delta. Oh, that's awesome. I'm going to order one of those. I've got a trip coming up that's going to be about 24 hour, 24 hour journey. So.

Oh, dear. Well, that's really bad. And yes, Flex bus is really great for that. Well, and then I you know, it took me about three days to feel like myself after this conference.

You know, I was bumping up my detox and doing that anti-inflammatories. But I probably would have been fine right away if I had added this on top of it.

You had that before. I what you can do actually, too, is you could use the stem, the coil, one coil right over your thymus to stimulate your T cells in your body.

Nice. So yeah, that's probably a great idea to include on a regular basis as well, just to keep the immune system charged up. Yes. Yeah. Well, I would love it if you would just, you know, for the people that are listening that are, you know, still in the thick of things with their chronic illness and the mold and mycotoxins exposure.

Like what what inspiration can you give them on their healing journey about getting to the other side? Clearly it's multifactorial. You have to do multiple strategies and it's rare that you're going to find a single strategy that's going to solve all problems.

You can't do magnetic field therapy by itself like that nurse like that surgeon, the plastic surgeon. Nutrition is very important. You can't rebuild a tissue unless you have the nutrients to rebuild tissue.

Yes, you have to have adequate protein. You have to have adequate minerals. You have to have adequate fats and and sugars and so on in the body. A good balanced diet.

So balanced diet becomes very important. And if magnetic field therapy will work better if you have a balanced diet. So that's another aspect of it and regular use because you need to do it regularly.

That's why I you know, I don't recommend going to a doctor's office most of the time unless you have an acute issue that's going to resolve itself rapidly.

Now, one of the most common sources of referrals to me, I said the most common reasons we will come to to get a consultation is number one, they've been to a doctor and they feel an experience from the they feel a benefit from the experience of the doctor's office and then they realize they have a chronic problem.

Then you got to get their own machine. The other one is that people who buy these from multilevel marketing companies buy these very low intensity machines and they realize you're going to spend $6,000 for a very low intensity machine.

You may to spend $7,000 for a right intensity machine. It's going to cost you a bit more. But you've got to get somebody to be much more effective for you.

And magnetic therapy is not just for you, it's for the house. It may be a television. Well, well, if you want to. It's your choice. I don't know. That word might spread. It or it's your choice, though.

I tell you, when you buy a magnetic therapy system, you don't own it. The house owns it, including a dog, the cat, the plants. Beautiful. Yeah. So let's let's let the listeners know how to find you again and the books, the website. And because I think there would be a lot of people that will want to know more about the information that you that you put out there on this important mission that you're doing.

Exactly. Thank you. So the first one is drpawluk.com. That's D R P A W L U K.com and that's free. But there's a ton of information and a lot of people find it overwhelming.

But there's a ton of blogs, a ton of podcasts, a ton of videos. So you can, you can take a vacation on a podcast and use up a whole vacation. Instead of Netflix binges.

You can do Pawluk binges. I feel sorry for you if you do. Yes. If you're if you're suffering and you're not feeling well, then you should find lots of resources to help you sell the book.

That's the most practical is called Supercharge Your Health by Dr. Pawluk. And it's a gets more of a manual and it's an active resource. And it really helps you to understand how to use magnetic fields.

And I've got specific advice on any different health conditions, including supplements, including herbs and supplements. At the end of each recommendation.

So that's a very useful part. If you want the science, if you're a skeptic or if you have people around you who are skeptics like many doctors are, then especially your doctor.

But if you bought one of the books, you the Power Tools for Health Book, your doctor's a skeptic. Read the book to the doctor, but don't be disappointed that they won't reach for it right.

So Power Tools for Health has the references. There's 500 references on more have more of the science. I love that you've got that academic background in the science all wrapped into this big heart of yours.

That's such a beautiful mission. Yeah. So thank you so much for joining us and I hope this is really helpful for everybody listening. I hope so as well.

And thank you again for inviting me to to be have a chat with you. It was so much fun. Thank you so much.