EMFs, absorption, and body damage

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

They got a microwave tower that's broadcasting a cell signal. Are you a radar or you have television signals are you radio signals they're all broadcast in the arm and they got into space basic about the ionosphere and the reason they are a problem is because they high frequency typically and that means that they get absorbed by the body so whatever is in a way of that that field.

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

It can disrupt DNA, but that's why those signals can be harmful to body, especially high intensity exposures or chronic long-term exposure. 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 to another episode of Microtoxin Mold and Chronic Illness Summit. I'm your host, Dr. Anne Schippe, and today I get to share with you Dr William Pollack.

He's a physician, an M. D. he's in the Baltimore area, he has been through the academic ranks at John Hopkins and the University of Maryland, He has studying this topic for 30 years and I think you're really going to find it helpful because he is 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. Pollack, I'd love for you to tell me more about this topic and how you got to this wealth of knowledge that you have.

Thank you very much, Anne. I appreciate you having me on your summit to talk about PMFs and mold and so on. So my background as a family physician, former family physicians, uh, I was a, a medical director for a group of family doctors, the biggest group, but family positions on the whole East coast, 14 of us.

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

Dr. Pollacku2019s background and acupuncture origins

So we shared patients, we rounded on patients in the hospital all the time, and in a very short space of time we had at least two admissions for GI bleeding, one of whom almost died of the GI Bleeding.

And the common cause? Ibuprofen. So that was back in 80s. People don't know how dangerous that is even today, right? Still is, still is. In fact, actually, nostril royal anti-inflammatories cause 30,000 deaths a year in this country.

More people die of that than die HIV. And it's so preventable. There are just so many other options that we're going

to get to, right? That's what we are going get, exactly what.

So I said, okay, I've 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.

That's going to, that is going be safer and effective and you know, and so on. Uh, so I started acupuncture, but I couldn't do acupuncture. In 1990, people didn't want ac upuncture.

They didn' know anything about it. And now you're putting needles in people's bodies and they say, oh I don't need needles. So then I discovered that in the Orient, they were using magnets on acu puncture points.

I just started using magnet. And I found that Magnus stimulated acupuncture points very adequately. I actually did an EMG study looking at the use of Magnuss for acupunture meridians and points.

And it's been discovered that acipuncture meridian points are actually electrical. It's a DC current system. In Chinese medicine, they call it Qi. Because when they came up with the word Qi, They didn't know what electrical was.

Right? Exactly. At that time. So, 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 electrical fields, you'll have magnetic field. Magnetic fields interacts with ions flowing in a wire to produce current, to increase the current production.

Therefore you can turn on a light, put a magnet on the circuit, stimulate that circuit with a magnetic field. It's got no charge, no electricity going through it.

Stimulate it with the magnetic fields, and a light bulb lights up. That is so fun to play with. You could do that all day long, right? You're good. Yes, it's a lot of fun.

So fascinating to actually see how much current is going to our body with those opportunities to playing. And it is not even just the nerves. We just think about it as the nerve is doing this.

But connective tissue conducts current. So when you actually contract your hand or your arm, current is flowing through that hand, 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. Full of electrical. I love the research, too, on the heart fields, right? Like, our hearts make quite a magnetic field.

A huge field, and there are machines to measure the magnetic fields of the hearts. There are machine that measure magnetic the field of brain because they produce the most magnetic, the biggest, even though they're very tiny, they are still the largest magnetic of 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, Absolutely. In fact, along the way, I really got to realize that we're not just tissue.

Tissue is, you know, bring up your skin, right? You touch, and you feel tissue, but what makes up the tissue? Molecules. Right? And the molecules are chemistry.

What controls chemistry? Physics. Physics, 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 use this technology to help our fields improve. Our fields improve and our bodies improve as a result. Exactly. We were talking before we started about a three-year-old girl.

So we talked about, like natural therapy decreases inflammation, which is a whole important basis behind its effects for benefits for mold and microtoxins.

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

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

I say, okay, well, thinking about that principle, why don't we just graft, just put the cut off piece back onto the thumb as a bandage. Right? Just to preserve that wound and then stimulated with magnetic field.

So an hour to an hours and a half a day. And literally, so it's gone. It had to regenerate completely. She lost her nail clearly.

Magnetic fields, regeneration, and mold effects

You expect to lose that nail. At 12 weeks, she was regrowing her nails. What a lucky little girl to have a dad that was so willing to… On target, on time, and was willing help her do that.

Unfortunately, she could have done more stimulation and healed even faster, but an hour and a half a day for a three-year-old child is not bad. That's a lot of time to spend.

So that really got you moving on this technology and wanting to delve into it and understand it even more. Well, that was like a mind blowing effect. How often have you seen that?

A regenerative extremity, right? Pretty exciting. Yeah. So if you can regenerate that, you know, a body part, what can you do when there's been injuries inside the body?

Exactly. Especially when you're talking about the liver, for example, which has tremendous regenerator capacity. If you stimulate that regenerated capacity, then what could you But I've certainly seen a lot of other sort of regenerative cases with magnetic field therapy.

So whatever the damage is in the body, whatever causes that damage, the magnetic fuel therapy can help it. In some cases, it could reverse it like it did with that little girl.

If you have removed the cause, if it's an injury, you remove the car. The injury is done and gone, right? But if it's mycotoxins, you have that continuous exposure or you'll have the spore reactions in the body that continue for time.

You can't get rid of the sports entirely. So basically you're having to continue to do magnetic therapy to keep up with the damage. But in some cases, the damages gone, and you can regenerate just completely.

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

Sure. The way it's past the physiologic. So I think in terms of physiology, how's the bottom functioning? So what's damage that's impairing the functioning of the bodies?

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 is so much, it's the mycotoxins.

And not all molds release mycotoxin and not old molds, release heavy amounts of myco toxins, but it also depends on the sensitivity of the person. So mytotxins can affect virtually all the, all of your organs of their body.

But especially the liver, kidneys, immune system, respiratory system. The brain can be very much affected by mold. The brain is a really big one, so common.

It's a huge one that 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 bottom begins to attack that part of body, whether it's the thyroid or the skin or in the brain, kidneys, you name it. So anything can become auto immune in a body.

And by, from my perspective, autoimmune means whole body. The whole immune system is involved because the whole system means the entire body, right? Every cell in the body is aware of what's going on, Right?

So the biggest reaction with mold then basically is inflammation. And when you have inflammation, you had swelling. and when 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 arms and constricting the 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 numbness and so on when we got up, the circulation is restored.

But this is local, and it's local in the brain, it is located in kidneys, anywhere in body, in GI tract. So if you can reduce the inflammation, you improve the circulation and you could then improve repair.

Because if we have restricted blood supply, we can't regenerate because you cannot get the growth factors into that area to regenerated 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, right?

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 that it really takes to recover.

Unfortunately, as you say, it does take time. Healing does not happen overnight. If you break a bone, is not going to repair overnight, there's nothing I can do that I've ever seen happen to a repairable bone overnight even that little girl took 12 weeks.

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.

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Visit drpalak. com today and let's get started on your healing journey together. So let's cover a little bit about what PMF is and how it works. We know about EMFs.

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

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

And they go out into space, basically. Bounce off the ionosphere. The reason they're a problem is because they are high frequency, typically. That means that they get absorbed by the body.

So whatever is in that way of that field, whatever stands in a way in field is going to absorb that energy. And so the EMFs, because they absorb, they create heating.

And the irritation, the signal is irritating to the DNA. It can disrupt DNA, but that's why those signals can be harmful to body, especially high-intensity exposures or chronic long-term exposure.

And I want to come back to this in a minute because now that we've opened this box, we should probably come to it a little bit. I have some personal experience with living very close to six for a couple of years.

And they weren't right in my line of view, but I definitely felt better when I moved. Absolutely. So it's chronic. It also comes in bursts. Not necessarily doing it all the time.

Those are environmental and they create heating, which means they created damage in the body. And you could tell, for example, with a cell phone, if you hold the cellphone to your ear, it's actually cooking your ears.

It's cooking in your brain. If you take the cellphone away from an ear that you've been holding it against, It is going to be bright red. You look at the opposite ear and it is not bright-red.

So you really are cooking with the phone. so if he get bombarded then with all these waves, they're cooking just like a microwave oven does. So it's the degree of exposure, the intensity of the exposure that becomes actually the problem.

But that's EMFs. So PEMF stands for Pulsed Electromagnetic Fields. They're still electromagnetic, but they're pulsed and they are not based on frequency at all.

The fundamental concept is that current is flowing through a wire. Let's say my thumb is the wire and the current flows through the wires. Every time the currents sort of pulses into the wireless, a magnetic field is produced.

It goes out and collapses right back on itself. It does not broadcast. It can't keep going. More like ocean waves kind of coming into the… Into the shore.

Into shore, exactly. Although an ocean wave started out in the mid-Atlantic, right, or mid Pacific is going to be a bit different. So these fields then, because they're pulsing and closing back and forth, the level of exposure is significantly less.

And as that magnetic field goes out, it goes into space. If you happen to put a body in that way, then that body that magnetic fields 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 then because it's pulsing at a rate that is safe for the. Body as it pulses into the, body think of it this way.

It's like the wind in the trees. You can't tell that a wind is there unless the leaves are moving. There's air movement all the time and it just passing through, the tree it doesn't stay in a tree.

The tree doesn't actually restrain it and absorb it, and use it. That's 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.

Blowing through tissues of body, they go right on out and they come right back. And that principle is very important because that means they're extraordinarily safe.

As they are passing through their body like they jiggling the leaves and the branches of a tree, They're in a sense, they're not really jiggling directly.

How PEMF works and why intensity matters

What they are doing is they were interacting electromagnetically. They are interacting with the charges in the body. The light bulb being turned on by magnetic field going past the coil.

Right? So the bodies electric. So as the magnetic fields moves into the, it's then increasing all that charge in that body and that energy that's produced in body creates change.

And in my book, um, Supercharge your health with PMF therapy. And also in my book, other first book called power tools for health. I outline 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. Not like, you've got, a kidney problem or an infection. you take, an antibiotic.

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

So the skin doesn't produce a whole lot of neuro chemicals. 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 decide it better myself. Thank you. That's exactly correct. So the cell now has more resources to do the work it needs to. 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 always use more. The reason we age is because we don't have enough. Right. The wear and tear of living in today's world, right?

Where all the different toxins and the depletion in the food supply to have optimal nutrients to run things, the stress, probably the EMFs, all of the difference things.

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

Yes. I think the decision is always going to be whether you go somewhere to get treatment or whether do it yourself. Usually when you've had chronic mold-exposure, you're going have reactions in your body that are going be long-term, if not lifelong.

And then like autoimmune, if you have an auto immune process going on, you'll have a lot of inflammation and you will have all the reactions to the inflammation, the damage in the tissues and the physiologic derangements that happen.

That means that you're going to need to be doing magnetic therapy for the rest of your life. Most likely. Now, based on what you are saying, it sounds like everybody should.

Well, should anyway, whether it's mold exposure, mycotoxins, or any chronic illness. After age 40, what percentage

of the population that has a disability?

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

You talk about glyphosates and things like that, then yes. So we are all constantly bombarded. That means since we constantly challenged, we need to amplify the benefit or whatever is going to keep us as healthy as possible.

I know a 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 months before he does a surgery, they don't the same results.

So he basically now requires all his patients to be on whole foods diet, a healthy, balanced diet. For atleast three month before they'll even do the surgery.

I love that. Right, for the reasons that we're just discussing. Everybody can use improvement. And then if you approve yourself to an optimized 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. So right now, if have a procedure, you have an appendectomy, what does a surgeon do to help you recover from your appendctomy?

Nothing. Zero. Actually, that's not true. This is what the surgeon does. Right. You cross your fingers, 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 are decreasing the chance factor. We're giving you a much better opportunity to maximize and optimize what it is your body can do to help you repair and recover, whatever the causes of the injury, the damage to the tissues are.

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

On DrPolick.com, we provide consultation services for people free to give you advice on which system you should get because there's lots of choices. Okay.

And it's very confusing. Unfortunately, there are people who do multi-level marketing who are selling $6,000 machines that do almost nothing, right? And why do I say almost-nothing?

Because it's all about the intensity. And I get into arguments with people all the time. Well, it was about frequency. I said, no, It's not about frequencies.

That principle that I mentioned with the coil and the light bulb or the magnetic field stimulating it, the stronger the stimulation from the Magnetic field, The brighter the bulb is going to be.

The more charge or 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, then you won't get enough benefit in terms of optimizing the, the the bodies.

Intensity is the most critical factor. And that is based on something called Faraday's law. But there is another factor, but even if have the right, even you have a machine that better than one Gauss, which is what these multi-level marketing machines are, one gauss.

Gaoss, G-A-U-S-s is a measure of the magnetic field. So we've, research has shown that you need 15 gouts optimally at the adenosine receptor. So then the Adenosin receptor is on all white blood cells.

And where in the body are the whiteblood cells? Everywhere. Right? So wherever you have inflammation, you'll

have white-blooded cells, they're coming to help.

They're going to the party to. But you'd need to have 15 gauss to stimulate the Adenosine receptors. The problem then is that magnetic fields like any other radiation, whether it's cold radiation or heat radiation.

Or light radiation magnetic field therapy, which is not ionizing radiation all radiation is subject to another law of 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 tissue you are trying to treat.

And that's based on the Inverse Square Law. So in my book, Supercharger Health and on the website, I have a blog about adenosine and the relationship of adenosate to inflammation.

So then we have tables to show you what magnetic field intensity you need based on where you're trying to treat. If you have pulmonary problems, significant pulinary issues, whether it's like say recovery from COVID, or whether you'll have asthma, where they had pneumonia.

All of these things, then you have to calculate the dose of the magnetic field in that tissue. So, for example, if you are trying to treat across the brain, from one side of skull to the other is typically around six inches.

In order to go across brain with the magnet field to stimulate inflammation on the side brain you need about four thousand gauss. Four thousand. And I go into that in the Supercharger 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 harmful. They don't care about the science.

they're trying to sell a machine that is too weak. So they say frequency is more important than intensity. Well, from their perspective, frequency's all they have.

They have intensity, but we now have machines that are approved by the FDA to treat treatment-resistant depression, and they are treating the brain with about 8,000 gauss.

And you need to see a healthcare provider for that, right? For that. I'm not recommending that for you. Okay. You'll forget the writing testing, which is the problem that you're treating, and it's going to be safe.

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

Absolutely. And there a few things it is really better to work with the healthcare to get the optimal treatment? In some cases, if it's a short-term benefit, so if you do have pneumonia, whether it is microtoxins or not, but if get pneumonia then you want to help the body to heal from that pneumonia.

If you just had surgery, you'll want help to the to body heal that surgery. The treatment in the provider's office will work because it short term you only need it for a 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 tree.

And besides that, even if you're doing home treatment for a lung problem or a brain problem, um, or, uh, again, autoimmune problem you going to need it for life anyway, because all the other things that magnetic fields do are going happen too.

So they're not only going treat that problem but they are gonna 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 response typically is we have about 100 trillion cells in our bodies. How many biochemical processes happen in every single cell per second?

Thousands. Thousands of bio-chemical process are happening constantly in the body. Right? So how much time do you need? I don't know, your body's going to tell us.

Right? So I say, I probably at least a half an hour a day. So somebody who tells you, you only need three minutes a or you own need eight minutes. Garbage.

I can use a stronger word garbage. You need what you need. And your, body is going tell you what, so if we listen to our bodies, we say okay, well I need half, an.

If you have, if you do half and hour of treatment and you had pain and the pain comes back four hours later. Well then obviously you didn't treat long enough, as you could treat again in four hours.

As you continue treatment, you begin to get the healing going on in the body, and significant reductions in inflammation, then you can then begin stretch out the treatments to be less frequent.

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

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

Right? You're going to just wake the body up after sleeping all night. You've been laying down for six or eight hours and you're not moving a whole lot.

That is a slow down, a tremendous amount. So you've got to wake things up. The morning's 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 physiologic at least stress?

It would be nice to have a few of those. Well, they're pretty rare, very rare. But even living a day basically uses up energy, uses food, all the process in the body get used up as the day goes on.

So basically what you might want to do at the end of the days to wash the stress of day out of your body and magnetic fields have been shown to that. They eliminate the elimination of adrenaline out of the tissues.

That analogy is beautiful. So you mentioned treatment-resistant depression. I noticed on your website, your last blog is on stroke. Are there any other things that you're super excited about to consider using the PMF?

Well, the most common use of PMFS is pain. Because pain drives everybody. 60% of the reasons for the visits to primary care doctors is because of pain.

So pain is a strong motivator. Pain by itself, you want to get rid of that pain, but in order to rid the pain you should get the cause. You need to repair the tissue, otherwise it's a constant.

Taking ibuprofen for chronic pain isn't going to solve the problem. There's 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. But in addition to pain, we'd do physiologic issues. Like I dealt with somebody yesterday who had cirrhosis.

Choosing the right PEMF device

I recently was talking to a woman who has Crohn's disease. And significant Crohns disease and nothing in medicine has helped her to heal herself from her Crohm's damage.

But it 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' matter what the tissue is, it doesn"t matter the disease is or the problem is.

All of it can benefit from PMI therapy. Well, I'm starting to think we all need one. We all 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 what some of the right ones are out there to choose from. All right, so in the book, Supercharger Health, I have tables, a table of different devices.

On DrPolick.com, on the home page, there's a tab you can touch called product comparison. That gives you a long list of all kinds of devices from very weak, very mild, Very small to very powerful and very large.

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

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

Now it is, it's going be okay for tennis elbow or arthritis of the wrist, but it not gonna help the whole body that much. So you getting the right machine, so if your going make an investment, I would suggest thinking in terms of not only the current situation, what are you going need five years from now, 10 years now?

What 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. You may need a much bigger stronger machine.

So you kind of have to think about the totality and the person. so 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 Crohns disease. That's the, that's a priority for them.

They kind, of forget about, the osteo porosis So my job as a, as, a holistic physician is say, you need to look at the whole person and what's going to, what, What's gonna drive the decision for the equipment.

Well, the osteoporosis is going, might require a much stronger machine that's treated a whole skeleton. Then just treating something for that belly itself.

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

and the toe bone is connected to the head bone. Yes, and this whole body seems to really know what's going on everywhere. So we think that the mouth is separate from the rest of the body.

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

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

Or keep their Bluetooth in their ear. 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 EMS.

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 are getting a lot of EMT from those cell towers.

And there is somewhat 360, but mostly they target, they bombard in like, let's say a light stream. They go out in a cone. So towers are important. 5G is, while it's touted to be really a big thing, the biggest problem with 5g again is where's the tower?

Right? And 5 G, because it requires a lot more energy to produce a 5-G signal. you need a lot more towers. And most of those towers are smaller and they're in the local neighborhoods.

So you have to kind of know where your 5G transmitters are to be able to decrease your exposure. One of the most common exposures that people forget about is the, what do they call those?

Utility meters, smart meters. The 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. Right? The solution for a lot of these problems is move, right? Which is not that easy. Easier said than done. But if you one, you'll have to get a meter that basically they have read.

Now, 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 end to the town house.

Next to that metered bank, you are really getting fried. Okay. So I know some people that I 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 home.

Do you feel like those work? Um, yeah. Wi-Fi is another, is a big one. And it depends on the strength of Wi Fi signal. If you happen to have a Wi fi signal in a room next to your bedroom, you got a problem, Houston.

Right? So that's, that that big one as well. If you have, if you're have a big house and the wifi bank is the router is at the other end of the house, it's a hundred feet away.

And you know, you've got to get some exposure, but you'd probably not going to go along. But if they have mycotoxin already, or if have an autoimmune problem already.

Your body's already lit up. It's all already being sensitized because the nerves are jangled and irritated with the inflammation. Well then yes, so 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 you're not using it, you are not getting a single coming. It's in a resting state. There's very little being produced by the cell phone.

So it's only when it is active that you actually getting exposure. 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 an airplane. Oh yeah. All right. So you probably should not be in the bedroom at all.

Far away, far away. Not wearing it on your body, right? Absolutely not wearing on you body. It should now wear on body hours and hours a day. And when you're using it, you should use the speaker or use wired buds.

Now, if you have wired bud, then you can have it on your body in order to be able to have the wired connection. Okay, well, that's 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. They're still producing a magnetic signal, electromagnetic signal.

But it's much weaker rather than having the cell phone. So the best of all is the tube type ear connectors. But the signal is lousy. Hearing it is absolutely horrid.

That's really not a good solution. It feeds the purpose a little bit. Speaker is probably the way. If you do speaker, do the speaker. Well, I love this conversation in that we can use electromagnetic fields really favorably for positive influence on our electromagnetic field or detrimentally, and that there are action items that can take that really maximize those benefits.

You have to understand your technology, you have understand the benefits and the risks. Now, to kick back to that topic, how can you help yourself other than removing it, which is the best thing to do?

Right. You can't remove it all. Right? So the best thing to do to protect yourself is to PMF. So if you're doing PMFS twice a day, whatever harm you had from those signals, Whatever stressors you've had and inflammation they may have caused in your body, when you do magnetic field therapy regularly, you are washing all that out of your mind.

All right. And so magnetic fields therapy by itself is protective, but it's not, it doesn't eliminate it. It doesn' block it, You cant block these signals.

Well, you leave your house there, out there. They're everywhere. You can't, unless you want to wear an aluminum helmet. Yeah. I do know people that have built like Faraday cages over their bed.

Right. It's just a bit extreme. And even they don't help that much. So they help somewhat, but they're not completely, because unless create a complete cocoon, if there's any way, any gap in that cage, the signals get in.

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?

EMF safety tips and practical protection

The key to healing is giving your bodies the energy to repair itself. PENF 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.

I really, you know, I appreciate that, as long as this has been around, it's still somewhat of an evolving field, and I think the way that technology is going, there's probably more things coming that are detrimental, but then also more and more thing is coming, that is protective and helpful.

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

Yeah, it's so interesting. I was just at 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. Take with you when you go to a conference. Instead, I packed my bags

and left, which was ultimately probably the best thing.

Fortunately, they were recording the conference, so when they release the courtings, all I get to go back and listen to the lectures that I missed. I miss getting to see more of the people.

The interaction. Yeah. Yeah, so I mean, 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 lectures or had to leave.

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

Well, it's not only the mold. right? It's all the EMF in that environment as well. Hotels, they produce very big Wi-Fi signals, right, to reach all of the spaces in a hotel.

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

Yeah. This one was definitely, primarily for me, the mold. You could smell it. It just reminded me of the old days when I would wake up in morning just feeling like I was run over by a truck.

I didn't know how I'm going to get out of bed and take care of my kids and get to the office and all of that. Well, there are some small PEMF devices that are relatively affordable that have battery operating.

So one of them is called the Flex Pulse. The Flex pulse is most not cheap. It's $1,290. And it is portable battery-operating, and it has 10 programs in it.

So one of the programs is 10 Hertz. There's another one that's seven Hertz, people who are into the Schumann resonance, seven hertz Schuman resonance.

10 hertz has been done on repairs. That little girl with the thumb used 10 hurts. So 10 to Hertz 10 cycles per second or 10 pulses per. Um, then is restorative.

You can actually wear it. And I've had people, who basically put it on the base of a skull. which gets your autonomic nervous system and therefore your vagal nervous systems.

It stimulates the vagus nerve, which then calms the autonomus nervous down, rebalances. 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 1 which is Delta for sleep.

Oh, that's beautiful. And if you're flying across the country, if it's flying from West to East, you losing time and the stress has traveled 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 keep you very relaxed. When I fly overseas or I'm doing a red eye, I will put one coil on the base of my neck on Delta, which is program one on flex balls.

And I call that flying Delta. That's awesome. I'm going to order one of those. Well, and then it took me about three days to feel like myself after this conference.

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

And what you could do actually, too, is you can 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 happy.

Yes. Yeah. Well, I would love it if you would just, you know, for the people that are listening that, are, still in the thick of things with their chronic illness, mold and mycotoxin exposure.

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.

It's rare that you're going to find a single strategy that's going solve all problems. We can't do magnetic field therapy by itself, 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 to have adequate protein, adequate minerals, have to adequate fats and sugars and so on in the body.

A good balanced diet. So balanced diets becomes very imporant. And magnetic field peppery will work better if you a balanced. Um, so that's another aspect of it and regular use.

Thing is 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 resolve itself rapidly.

Now, one of my most common sources of referrals to me, actually the two most commonly, uh, reasons for people to come to, to get a consultation is number one, they've been to doctor and they feel an experience from the, the feel of benefit from experience of a doctors office.

And then they realize they have a chronic problem that they got to their own machine. The other one is that people who buy these from multi-level marketing companies by these very low intensity machines.

And they realize you're going to spend $6,000 for a very long intensity machine. You may have to spent $7,00 for our right intensity. It's going cost you a bit more, but you've got to get something to be much more effective for you.

and magnetic field therapy is not just for. it's for the house. Well, if you want to, it's your choice. I don't know, the word might spread. It's yours.

So I tell you, when you buy a magnetic therapy system, you don' know that the house owns it, including a dog, a cat, and the plants. Beautiful. So let's let the listeners know how to find you again in the books, the website, and because I think there'll be a lot of people that will want to know more about the information that you put out there on this important mission that your doing.

Exactly. Thank you. So the first one is drpawluk.com. That's D-R-P-A-W-L-U-K dot com. And that's free. But there's a ton of information and a lot of people find it overwhelming, but there is a tons of blogs, a tone of podcasts, tonne of videos.

So you can take a vacation on DrPollack.com. It'll use up a whole vacation. Instead of Netflix binges, you could do Pollack bonges. I feel sorry for you if you do.

Oh yes, if your suffering and you're not feeling well, then yes you'll find lots of resources to help yourself. The book that's the most practical is called Supercharge Your Health by Dr.

Pollard. It's more of a manual and it's an active resource. And it really helps you to understand how to use magnetic fields. I've got specific advice on any different health conditions, including herbs and supplements at the end of each recommendation.

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

But if you bought one of the books, you got the Power Tools for Health book, and your doctors a skeptic, bring the book to the doctor, but don't be disappointed that they won't reach for it.

Right? Yeah. So PowerTools for health has the references. There's 500 references on it, has more of a 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. Yes, thank you so much for joining us, and I hope this is really helpful for everybody listening. I also hope so as well.

And thank again for inviting me to have a chat with you. It was so fun. Thank you very much. Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights and inspiration to take control of your health.

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

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

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