Introduction to PEMF and the Guest Speaker

magnetic field stimulation of the tissues increases ATP production by between 200 to 400%. So that energy then is available to do the work in the body, whether it needs it for healing or whether needs for just rebalancing itself or to decrease or slow down its aging.

Yeah. And magnetic fields, for example, with telomeres is one of the actions of magnetic field. Magnetic fields actually increase the amount of telomerase in the body, which makes the tumors longer, Which makes us age less or more slowly.

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.

My next guest is someone that I've gotten to know quite well over the past couple of years, and he is the foremost authority in PEMF, which is Pulsed Electromagnetic Frequencies.

And I am using one of his devices right now for my hip flexor, so I'm a huge fan of him. His name is Dr. William Pollock, or Bill Pollack, and he's a medical doctor.

He is based in Baltimore. He's had appointments at University of Maryland and also Johns Hopkins, and he's studied so much around holistic medicine, you know, early on and maybe we'll get into it.

He saw that. there were limits to what traditional medicine could do.

Why Dr. Pollack Focused on Magnetic Field Therapy

And so he started exploring and he's worked in the field of acupuncture, homeopathy, hypnosis, body work, energy medicine, nutrition, functional medicine.

So he has got a wealth of information and knowledge, but he is chosen to really become an expert in PMF, which I am a huge fan of. actually two of his machines.

I've got one of the bigger machines that I have in our guest bedroom that lie in a mat every day. And then I love this little machine that he also produces that, I just showed you, because I can take it around with me wherever I go.

It's really, really cool. Bill has been on Dr. Oz. He's hosted holistic health shows. TV, magazine, radio interviews. So people are seeking his information out and I'm really excited to bring him to all of you.

Bill, thanks for being with us today. Thank you very much for having me, Tom. I always look forward to our conversations. Yeah. Look forward Yeah, so you've learned so much beyond what traditional medical school taught you and you worked at medical schools.

You've taught at Medical schools, how did you settle on PMF being the thing that you were most excited about?

And you written books on it, you help people with it all over the world.

How did it come to that where this was such a passion for you? Well, as a basically an inquisitive family doctor, I really not been sort of like a member of the pack, per se.

I was a Member of The Pack. In fact, that was the medical director of a medical group in New Jersey. Yeah, 14 family doctors in the Medical Group and the biggest family medicine medical Group on the whole East Coast of us.

And you know, when you get it with people all the time, you're trying to constantly solve problems for them. Now, if you are, I think I consider myself an unhappy doctor.

I'm not happy until I can help you or solve your problems for you. What I learned over the years is that every discipline, whether it's acupuncture or homeopathy or nutrition or medical medicine, and even within the house of medicine there's the surgeons and the internists and allopaths and the DOs, et cetera, all of these sort of houses or parlors, as I call them, they all have their thing and they do what they and there are limitations to every one.

So acupuncture has its limitations, chiropractic has it's limitations. Naturopathy has this limitations and a key thing for the doctors is to, and this doesn't happen as a result of training, it takes five to 10 years after graduation, after you get into practice to realize what the limitations are.

And then you have a choice. When your fears come out, you think you can cure everything, right? What they don't teach you in Harvard Business School, which you learn in reality.

What you learned is based on what you see. If you happen to be living in Africa you're going to see a different set of conditions and diseases and problems that you have to try to solve and the problems you try and solve in say Africa versus Sri Lanka versus China or Nepal are going be different.

Those environments are different and so your tools and resources are and people's attitudes and perspectives and beliefs become part of the picture. So you adjust what you do to the environment you happen to be in.

So as a family physician, I dealt with the resources that I had, the problems that had and my turn basically, basically I was frustrated throughout this whole process anyway.

As an unhappy doctor, in a sense, always unhappy. You're not going to solve every single problem that you see. And not only is it based on what I would do or what i would recommend, it's based Right.

So when somebody walks in the door, I never know how I'm going to have to deal with that problem or those problems. And you have figure out what are the best solutions.

The more tools you had in your toolkit, the more likely you are to solve more problems I remember meeting a doctor once from the UK. who said you need at least three or four disciplines to be able to do adequate work for whatever walks in the door.

And since then, I've expanded that and said, no, you'd need a lot more than those three and four. He was talking about nutrition, environmental medicine and acupuncture and homeopathy.

So the fourth one was homeapathy, so you take those, and you can solve a lotta problems, but that still doesn't solve all problems. Yeah, that's why I tried all these different tools like you mentioned.

How Pulsed Magnetic Fields Work in the Body

Each one of those things that I studied They all have their limitations. And so the more I worked with different devices, and as I started working with magnetic fields, I realized that magnetic fuels by themselves did a lot of the things that many other tools are doing.

So if you had one resource, you only had the money to be able to use one resources. You have to choose between laser or red light therapy or acupuncture again or nutrition.

If you did one tool, what would that tool treat the most, provide the solutions? Turns out that magnetic field therapy is that tool. Wow. And you can combine all these other therapies with magnetic therapy, but if you could only afford one tool, yeah, magnetic feel therapy would be would the most useful of all of them.

Yeah. Unfortunately, Magnetic Field Therapy is not just a magnet off your fridge. You can use a Magnet off you fridge for that. But it's only going to it is going be limited.

Or you could use the magnetic system that you have, the flex pulse. That has limitations as well. In an ideal world, you probably need four or five different magnetic systems to deal with the breadth and width of the problems that that encounter.

So I started magnetic field therapy because people were dying or almost dying from conventional medicine, from medicine itself. from the treatments themselves.

And in that case, it was gastric bleeding from ibuprofen. Right. So I said, OK, I need to find other tools to help with pain. When I look at the hospitals, when I looked at my consultants, my specialists, and I'd look my peers, friends, neighbors, family members, they didn't solve those problems adequately either.

I studied acupuncture and discovered that people didn t want to have needles. So that was in 1990. Needles? What? Stay away from me with those needles.

Yeah. So I started looking at other ways of doing acupuncture. And as a result, I stumbled onto magnets. so I sort of working with magnets and then I discovered that you just had a fixed magnet you were working, right?

Not, not a machine like I have. No, Not a Machine like you have, so basically you could take a magnet off a fridge. Whether it's a flat magnet, or a button magnet.

And you can put that on an acre of pain and that will help. Or you put it on acupuncture point and it will stimulate that acupunture point. So it gives you some of the benefits of acipuncture.

When I discovered the magnets were doing more than just ac upuncture. Eventually I stopped doing acu puncture altogether because the magnetic systems were more healing.

I'll give you an example. A spider bite on my leg. I didn't even know that I got bit. I looked down and there was an area of itching. It was about the size of a quarter and it was swollen and red and, and an itch.

So I put a magnet on it. Three hours later was gone. Wow. How long does it take for a spider bite to be healed? Typically days usually, right? It's several days, even the week.

Yeah. How bad it is and how long it's been there. So I treated it early enough with the, with a right tool, the right magnet basically went away, but that you're not going to, that's not gonna treat your hip.

Right. I'm thinking of her strong enough. Probably not to treat a migraine adequately. Yeah, basically magnets then become a problem because you'd have to have many magnets all over the body taped on or find a way to keep them on your body.

So what works better, stronger and more effectively than magnets is pulsed magnetic fields. Okay. That's what the flex pulse is. It's a pulse. Yeah. The difference between a static magnet, a fridge magnet static, what you put that button onto your.

Body. right? Then you're relying on the body's natural motions with all the activity in the, body to interact with that magnetic field and then that produces a benefit.

But that's passive. In fact, I went to visit the chief of biomedical engineering at Johns Hopkins and I said, what are these static magnets doing? How are they helping the They don't help the body.

What are you talking about? They have lots of evidence that it helps the Body. So we can't explain why it would do that. But a pulse magnetic field, I can understand that the physics of that, he would understand.

Yeah. Then I went back and I started studying more and more about why magnets work. And I then began to realize that are these two universes of magnets, the static magnets will call static or permanent magnets and pulse, magnetic fields.

Along the way, and because I was frustrated because i didn't have enough science to explain what magnets do and how to use them even though i was seeing results and benefits why how and what can you do better with what you have and this dr jerebek from the czech republic uh had translated all this eastern european literature science on magnetic field therapies but it hadn't been published hadn' been released and it was written in Not it, not English, English.

Yeah. So he gave me the manuscript. I revised the manuscripts completely and then I published my first book called Magnetic Therapy in Eastern Europe, a review of 30 years of research.

At that point in 1992-93 already, it's been at least 30 of years research in the Eastern and Eastern European therapies and all the things they could do.

So pulse magnetic fields are dynamic. They have to work more actively in the body. And because they're more active, they go deeper, then go wider, and they can accelerate healing responses much faster.

Yeah. 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.

The policy electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPaul's.com PEMF systems. visit drpawuk.com, that's D-R-P-A-W-L-U-K dot com, to register and claim your savings.

This limited time offer is available only to registered listeners. Don't miss your chance to experience the benefits. Terms and conditions do apply. Just manage pain, transform your health.

Visit drpaluk dot come today and let's get started on your healing journey together. So explain a little bit what the pulse to electromagnetic frequency actually does.

in the body. So the ones that I'm familiar with are yours, which they're machines. I've got a big box and then there's a pad I lie on or I can do localized treatment.

And then the one I just showed you where I do the localized on my hip. What's going on when I am lying on that pad or right now when have this on the hip flexor?

What is happening in my body? All right, so there are, I'm gonna be a little technical, but not too. There are two important laws of physics. This is not my imagination.

They're actually laws that were discovered in the 1800s, linked to magnetic fields. And one law is called the Faraday's law of magnetic induction.

Health Benefits: Healing, Pain Relief, ATP, and Stem Cells

So Farady discovered that if you pass a magnetic field, pass in wire in a loop, and that wire is attached to a light

bulb, You do a magnetic field past that wire, all of a sudden the light bulb turns on.

So that's called the law of induction. A magnetic fields interacting with anything that can carry current. This light bulbs not plugged in anything, you just have the coil around it and it lights the bulb up.

Think of it as a flashlight. So basically the light bulb is sitting there, it hasn't been turned on. It's got a loop of current, loop wire, doing nothing at that moment.

Now you have to put charge into that wire. You have create electrical current in the wire on the lipo while a magnetic field interacting with that copper wire in that case induces electric current.

And then the light bulb turns on. So about that principle, if you take that magnetic fields and you pass them into the body, it's going to interact with any charge, anything that can carry charge.

And the Body is not tissue. We think it is tissue, but what makes the tissue? Molecules. In other words, chemistry. What makes chemistry work? is physics.

Faraday discovered these laws of physics that if you pass magnetic fields through tissues that have charge to them, ions, electrolytes, they have a positive charge, negative charge.

Once you start interacting, bingo, you started turning on charge in the body. Wow. What are you doing? You're increasing the energy in right the body's doing it the bodies what's producing the energy the magnetic field is simply the stimulus turning it on yeah wow magnetic feel passes completely through the bottom nothing in our body stops or slows down or uses up a magnetic heel that's another very important principle of magnetic therapy it goes right on through thinking it this way it's like the wind blowing in the trees yeah You don't see it.

Right. The only reason you know it's there is because the leaves or the branches are moving. Yeah. Well, the same thing happens in the body. When the magnetic field goes through the bodies, like the wind goes, through, it is activating the tissues of the cells and the chemical processes in, that then initiates a capacity for the, body to heal itself.

And so when you do that, when, you increase the charge in a body, You could take a wound that would normally heal in two to four weeks. pass a magnetic field through that wound and heals it half the time.

Wow. So it's stimulating the body's natural healing capabilities is what it is doing, right? Correct. Yeah, wow, very good. The body uses that charge now to do more work.

Gotcha. When I'm putting a magnet field into the No, it's like athletics. We're going to run, right? You have to use energy, burn energy and you need the fuel and the energy to be able to.

Run. Yeah, those are causing the body to right. Very cool. You just take a fracture. And you can heal a fractured half the time. Wow. Wow. And what other types of things?

So we've got wounds, we got fractures, you talked about pain, that's a huge one, right? There's the natural painkilling effect of magnetic fields. Yeah.

What other types of things, because I know we have people listening that have all sorts of different ailments. That's why they're here at our Global Energy Healing Summit.

This is like a way to plug energy in, right? Energy healing. Safely. Yeah, and we'll talk about the safety in just a minute, but what other All right, so people tend to think, doctors tend think of conditions, pain, shoulder pain.

Pain of any kind, heart attack, asthma, infections, bruises, cuts, et cetera. We tend of think in terms of the problem. But what happens is most problems have very common actions that are part of those problems.

So inflammation is a common action. Lack of energy is common. They need to heal, rebuild tissue, make new tissue. Decrease swelling, improve circulation, decrease inflammation.

So all of these are actions of magnetic fields and they work regardless of the problem. Because what they're doing is they are working in the body. Yeah.

And the bodies says, okay, if I have a fracture, then what I want to do is reduce the pain, I wanna reduce this swelling. I wanted improve circulation to the area of the fracture.

Why decrease inflammation, etc. So you get all these actions that magnetic fields have now get invoked by the and the does what it needs then to fix the problem.

Mhm. It really doesn't matter what the Yeah, it's going to help the tissue. doesn't matter whether you're a dog, a camel, or a pig, it's going to act on all biological processes that have structure to them.

So it pretty much can help with most things then? Almost anything. because it's going to increase circulation. It'll decrease inflammation. Uh, it'll stimulate energy, right?

It will do regeneration and repair. Yeah, yeah. it. So it, like, uh, It's like a great helper to the body's natural ability to heal where it just makes it quicker and easier, Right?

Sure. I mean, you're using the buddy itself. You're usually the bodies own natural resources to be able to do it better, faster. So when, when you cut yourself or I cut myself, I'm relying.

And when your surgeon cuts, you have an appendectomy or some kind of surgical procedure. You have a wound that won't has to heal. What does the surgeon do to help you to hear your wound?

He crosses his fingers. Right. So you say, okay, fine. Come back in two weeks. We'll take those sutures out. Yeah, the surgeon does nothing to help you to heal yourself.

So what we're relying on is chance. Yeah. We're reliant on the natural ability of that body to heel itself. Magnetic heels remove chance, they dramatically decrease chance now you're providing more energy into the tissues and that energy then is used by the body could work better than it would normally work by chance That's awesome.

Yeah, that's Awesome. And I know your goal probably is to, to have some sort of energy, PMF mechanism and everybody's home, right? They may be a lot healthier.

Why wouldn't they? Yeah. Exactly. So any, we all have nicks and scratches, Right? Nicks, and bruises, scratches and cuts and aches and all sorts of things.

All of us. and athletes often focus on performance. performance relies on a body to be optimized in its working. So anybody who's doing magnetic field therapy and wants to improve performance without having an injury, they're going to automatically approve performance.

Because if you can increase ATP by 200 to 400 percent, ATP is the energy of the cell, the production processes of a cell. Magnetic field stimulation of tissues increases ATP production by between 200 to 400%. So that energy then is available to do the work in the body, whether it needs it for healing or whether needs for just rebalancing itself or to slow down its aging.

Yeah and magnetic fields for example with telomeres is one of the actions of magnetic field. Magnetic fields actually increase the amount of telomerase in the body which makes the tumors longer which make us age less or more slowly.

Yeah I think you told me too that PMF stimulates the production of more stem cells. Is that correct? Absolutely. So how do you repair a cut? you need to generate DNA and RNA, you to get fibroblasts, all kinds of connective tissue

supplements to come into the area of the wound and telomerase and stem cells are the two biggest components of those tissues being able to repair, stem cell especially.

A lot of people these days are getting stem-cell injections and they're paying $4,000 to $12, 000 for stem They not only stimulate the stem cells, they help them to differentiate, in other words, to grow into the tissue that you want it to go into to heal that tissue.

They have to survive there too. survived in the environment they get put into and they have to last. So once they've been generated and differentiated into the tissue, they then have the last in that tissue.

You can't grow a garden and a swamp. Stem cells are helped by PMF therapy as well. And you probably shouldn't be wasting your money on stem cell therapy unless you're doing PMT therapy.

Yeah, okay, good. Your body was designed to heal, but illness, chronic disease, stress, injury and time can slow that process down. What if you could restore your body's natural ability to recover, recharge and feel its best?

The key to healing is giving your bodies the energy to repair itself. PEMF therapy does exactly that. recharging your cells, improving circulation, reducing inflammation, and helping you function at your best.

PEMF vs EMF and Choosing the Right Device

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.

But if you're doing PMF therapy, you are generating some increase in stem cells anyways. Yeah. Really, really cool. So people have heard, uh, PEMF may be new to people.

They hear EMF and they're like, Oh, be careful. But EML distinguished between P E M F and EMMF. If you could please, like the things that come off of cell phone towers and things like that.

Um, is pulsed, so it has a rate to it. Yeah. Static magnet is fixed, it doesn't move. PNF is going like this. So it's much more dynamic. And we can talk about frequencies and how fast it s going.

But the most important thing based on Faraday's law, to go back to that law is the fact that the magnetic field is moving into the body. As it goes into Your body has to react to being pushed and you try to maintain your balance when you've been pushed.

Well, magnetic fields are doing that into the body. So it's a pulse and that pulse as it goes into. The body then generates all that charge in the. EMFs are environmental magnetic field.

Okay. They're in. and they get sent out into the environment like radar and like radio waves and TV waves, and so on. They are out in the environmental microwaves, which comes from cell phones, right?

They're basically going out of the environments as well. A PEMF is generated by a current flowing in a wire. Okay. Anytime you have current flow in your wire, you're going to have a magnetic field associated with it.

And that current, as it's flowing through the wire, this is called the right-hand rule. The magnetic field is produced perpendicular to the flow of the current.

So every time that pulses, the magnetic fields goes out. so the ones that go out in the environment are what we call open loop, and the one that are produced by current in a wire are closed loop.

It always collapses back onto itself. Okay. Doesn't keep going to infinity. Right. Well, that's the major difference. And because the other kinds of EMFs are frequencies.

Yeah. Frequencies have wavelengths. They can be extremely long, hundreds of miles long or they can extremely short. The ones we worry about the most are the ones that are shorter than the body, either in width or depth or breadth or length.

If they're microwaves, they get extremely That's the principle behind a microwave oven. Right. So I cook something. Yeah, yeah. Cooking something, and a cell phone attached to your ear is going to cause redness of your ears.

If you just put your hand to you ear, it's going turn minimally red. But if you have a cellphone, you can see the ear's quite red because the microwaves in that cellphone are cooking the ears, right?

The EMFs are not designed for health purposes. Yeah, they're designed for communication. The body just happens to get in the way. Yeah. So somebody that wants more energy, maybe they are a little bit fatigued, PMF is going to help them with their energy.

You already talked about that, like increasing the ATP by 2 to 400%. That's really amazing. And it does that locally. It may do that to some extent throughout the body, but that energy creation gets used up very rapidly by the yeah expect to do a 10-minute pmf treatment and have that ATP production last for hours and hours.

So let's talk about treating with pms. What is the typical like even just somebody preventative or anti-aging? How often or how long and how often should they do pmt treatment?

the machine they're using, and you're an expert. You've got, I think, even guidebooks people can access that tell them a bunch of information. Well, before you answer the question, where can people go, Bill, to find your books and the information that you have around PMF, because it really is great information?

Well, the website is chock full of information. And for many people, it's overwhelming. But there's a huge amount of informations, big library of Information on drpauluk.com.

That's D-R-P-A-W-L-U-K dot com. Okay. Then the two books, I'm not going to refer you to the Eastern European research book, because it is just research.

Yeah. The two useful books that I recommend for people are Power Tools for Health. Which has over 500 scientific references. Okay, cool. Less of a guidebook, it's more informational, but less of guidebooks.

And then the guide book is called Supercharger Health with PAVF Therapy. That combination, the combination of those two books actually gives you a full basic resource.

Yeah, drpauluk.com and the two book. Okay good. So drpawluk. com is a great resource and and so like you're a healthy person. How long do you How long do you, how often and how long are you using PMF during the day?

All right. So this is where it can be confusing. Yeah. Ultimately the individual has to make that decision. Okay. Think of it this way. Remember we're influencing biological processes and biochemical processes in the fields to do all the things that they do with healing.

We have about a hundred trillion cells in our bodies. 100 trillion. Depending on the estimates, somewhere between 60 to 100 trillions. Every single cell in the body has about 100,000 biochemical processes per second.

Wow. Happening in all of us right now. That's amazing. Continuously. And the cell does it all. So how much

treatment time do we need? First of all, the answer is you can't overdo it.

Okay. So there's no adverse side effects to overdoing it. Not really. Healthy cells ignore the magnetic field. Okay, healthy cells don't need the extra energy.

They've got enough energy, if they're damaged, they are hurt, or if there are inflamed, Or if their aging, you just went out and ran a 10k race. Yeah.

you're hurting yeah right yeah you need help yeah and you can either let your body take care of itself and cross your fingers yeah all right or you help it to regenerate and recover so we don't know the problem is we just don t know some effects of magnetic fields last for days okay some So depending on the problem, depending what your goals are, you may find that you can do an hour treatment or half hour of treatment once a day, and that's all you need.

But it depends on what you're objectives are. So given all those processes that are going on in the body continuously, generally speaking, the more treatment time you give it, better the results will be.

Okay. Average person for health maintenance. Now, if you're a 70 year old doing health, maintenance, that's a whole lot different than a 40 year-old doing Health Maintenance, unless you happen to be a professional athlete.

Yeah. You're playing for one of the NFL teams, you are hurting. Especially if your 40 years old playing, for 1 of them. They turn 40 when they're 25. Because of all the harm that they exposing themselves to.

So you may need to do more treatment more often depending on what kind of lifestyle you have. My usual recommendation, and then you're going to have to, the person is going have figure out based on the device they have, based the problems they're treating, how much time you need.

So if you find that you do a half hour twice a day on a whole body magnetic system, or even with the FlexBalls, and it takes care of business, that's all you need.

Yeah. If it doesn't take care business or like say, for example, with pain, if you're dealing with your flex pulse for a hip problem, right? Pain goes away and doesn t come back for four or five hours.

Well, then maybe you may want to treat again in four to five. Okay. On the other hand, With a low intensity magnetic field like that, like the flex boss, you might want do it for hours at a time.

In order to get sufficient healing that when you go to bed at night, You're going to be much more comfortable in bed. The answer is it depends on the problem and the person's objectives.

So there's no really good hard and fast rule. It's not like taking an aspirin. One aspirine and you're done. Yeah. And not all machines are equal. Like the FlexPulse, which is a great machine because I can travel with it.

it's very, very compact. Here's part of it and then it has got a It actually can do two, but I've got one of the applicators on my hip. So when I'm using that, let me put it back down there.

It's working really well today. I love this. But you say that's a lower power device, right? Still works great because it's mobile, it can travel, you can put in your pocket, can have it on your back, wherever you want while you're traveling.

Treatment Timing, Intensity, and Practical Guidance

But then you have more high-powered devices too. And I've got one of your high powered device that you can really feel it. Like you actually hear it pulsing and you feel like a tap with it as well.

Yeah, it feels like little tap. So how does somebody figure out, and I know you are an amazing resource. How does

someone figure the right device for them?

Do you do consulting on that and help them with that? So that's one of the aspects of finding information on what you should get. Okay. Supercharge your health book has guidelines.

You have to decide, do you want to have just a local treatment like that? Yeah. Battery operated and lower intensity. So you have the intensity that you need for what you're trying to accomplish.

And that's the basic decision. Then you have a battery operating machine, the stronger machines have to be powered. So they need an outlet, a power outlet to help accomplish that.

There's a range of intensities. A key on my website, on drpaulett.com, unless you the book, if you book Supercharger Health is an appendix about adenosine, So the adenosine receptor is responsible for inflammation and research has shown that 15 Gauss.

So Gaus is the measure of magnetic field intensity, G-A-U-S-s. Okay. 15 gauss is optimal magnetic fuel intensity to help with inflammation. But then we have another law of physics called the inverse square law that the magnetic fields intensities drop off very rapidly as you move away from the applicator.

We have to account for the intensity and then you have to account for the distance that you're trying to treat. So if you read the identity blog on drpawlik.com or you can read it in the book, then that tells us that we need 15 gals at the target tissue, like even the skin to decrease inflammation.

But if it's working deeper into the body, for example, if we wanna treat across the brain or concussions or Parkinson's or MS or head injuries, then basically you need a stronger magnetic field.

So to go across the brain and deliver 15 Gauss through the Brain and across The Brain, you get about 4,000 Gaus. Deliver 15 across-the-brain. The book gives you those kinds of guidelines.

What are you trying to accomplish and what devices are there to do that, that will do That for you. That's where I'd go for that science. Because you can't really do harm with it, I would say that most people are going to be better off with a high-intensity machine.

So if you can have at least 4,000 Gauss with your equipment, and you're going be able to take care of most problems, most will need PMFs for. Okay. 4000 gauss.

The flex pulse you have is only 200 gaus. 200 is stronger than 15. Right. It's not going work that deep. other most important thing to understand about magnetic field therapy is that every magnetic feel therapy treatment to the body is stimulating acupuncture points and meridians.

So that's one of the key mechanisms of action of PEMFs. I stopped doing acupunture therapy because magnetic fields can do that and more. Right. That's outstanding.

You have to sort of figure out for yourself and the Supercharger Health book provide you the best guidelines for what devices to get and use. I guarantee you though, price is gonna matter.

Yeah. Unfortunately, there are a lot of people, probably a lotta people listening and watching, who may have already spent $6,000 for a one-Gauss machine.

Or one Gauss Machine, yeah. Right? Multi-level marketing, that's what happens. You can spend $ 6,00 for one gauss-machine. Always, always, ask for the intensity.

yeah you don't know the intensity then you know what you're buying yeah so the one gals machine is not going to do a whole lot well it's going stimulate the acupuncture points and meridians so you'll feel good with it with the treatment yeah it is healing because it doesn't have the energy to go deeper into the body to heal adequately okay

like the brain or the heart or stomach or through a spine or across the hips yeah right Superficially can help superficially, but it may not heal deeply in the hips.

So if you have bone on bone arthritis in your hips or your knees, 15 gauss or one gaus is not going to work. You have to go higher. Yeah. But some people are paying too much for not a whole lot.

OK. OK, cool. Well, you've been a wealth of information. You've. Been so helpful for me over the past couple of years and and you're just you got a huge heart.

I know you love helping people. and check it out. I'm a huge fan and it's so good to see you again, Bill. Thanks again for being with us. You're very, very welcome.

Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights and inspiration to take control of your health. If you enjoyed this episode, don't forget to subscribe, leave a review and share it with someone who could benefit from PMF therapy and holistic healing.

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

you