How Pulsed Electromagnetic Field Therapy (PEMF) Can Help Those With Thyroid Disease Transcript

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Introduction to Doctor Talks and Thyroid Health

Hi, I'm doctor Kelly Halderman. I'm a former medical physician and author of The Thyroid Debacle. I'm now devoting my life to education, research and biotech because I realize we need educated people to bring us cutting edge information, especially when we find ourselves with a diagnosis such as hypothyroidism.

When I was practicing allopathic medicine, I myself became very sick, bedridden with what would be diagnosed as Lyme and mold infections. Along my health journey, I was also diagnosed with Hashimoto's thyroiditis, a condition I was told that could only be managed with medication.

Well, I'm here to tell you that there is more than medication to help you, as you will learn through my powerful interviews with several functional medicine practitioners.

There are tools that will help empower you to take charge of your health. Join me today as I interview leading doctors, naturopathic specialists to uncover the most useful health insights for you.

This podcast has been launched in collaboration with Doctor Talks. Visit them today at Doctor talks.com. Backslash Calendar to learn more about their upcoming summits.

Hi everyone. This is doctor Kelly Halderman. Welcome back to Doctor Talks. We have a very special guest today continuing our series on thyroid health.

His name is Doctor Joe Murphy. Welcome, Doctor Murphy. Thanks, doctor Halderman, it's nice to be here. Yeah. Thank you for having me. Yeah. Awesome to have you here.

So, Doctor Murphy has been a good friend for a while. But, you know, what really stands out in my mind is before I even met him is that he was known as a really great functional medicine doc on the West Coast who got incredible results.

And so I not only wanted to, you know, become his friend, but I really wanted to learn more about his practice. And I wanted to learn about how was he getting people.

Doctor Murphy's Background and Functional Medicine Practice

Well, and so I've invited Doctor Murphy today because I want to pick his brain and I want the listener to learn about PMS. Doctor Murphy used a lot of different therapies in his office, but I don't think there's anyone we could interview on the planet who would know more about this.

So, Doctor Joe, why don't you start off by telling us about your practice? Like what made you become a functional medicine doctor? And then we'll get into the PMS.

Okay, well, first, all the practice name is Newport Mesa Wellness, and we specialize in alternative Lyme and cancer and autoimmune treatments. Getting incredible results using a combination of hyperbaric PMF, laser, infrared sauna, I mean, whatever.

You know, it's specialized condition specific supplementation. So detox protocols and to assist the body and just, rebuilding itself. But but I have a great story.

I think it's a great story. It's my story. So I started as a commercial fisherman on Long Island. In 1973. I was 13

years old, and it was a really hard job.

I was commercial shellfish harvesting and going through my growth spurts. I was doing this hard physical labor and sort of messed up my back. And, so I got involved going at 18 years old, going to some chiropractors, and they were really cool.

They were like the coolest guys. They had great cars, new surfboards, you know, they could travel. They had great looking girlfriends and wives. These guys were happening.

These men and women were just like, happening group of people. And, you know, it's really attractive to me. But, you know, they offered they offered like one guy in 1978, I'm 18 years old, offered a full scholarship to life down in Georgia for me.

Right. He goes, you got great hands. And you know, you're a natural and stuff. And, you know, I, I was a full blown into being an alcoholic and an addict with cocaine and and booze.

And so fast forward, you know, I basically just burned everything down. I got sober in 1988, and I decided finally. But I got to do something like I was everyone would always call me a diamond in the rough, you know, you're a diamond in the rough.

You're a diamond in the rough. Yeah. And basically what that meant to me. I was a loser, you know what I mean? I was a good looking, smart loser, you know?

And, I went back to school and, got everything done and went into, I packed college at Lac Los Angeles College Chiropractic in 1994, and, graduated in 97.

And I went to work in this med legal clinic. Right. And then they were good guys, right? But they were basically anti chiropractic anti anything, that wasn't Western medicine, you know, they were into doing insurance evals and checking the work of other doctors and all this stuff.

And I got this really bad attitude from them and I really had to shake it. And I finally I got my own practice and, 2002 and, you know, I had this work comp clinic and I was really kicking ass.

And Arnold Schwarzenegger came in to California's. The government shut down workman's comp. So hundreds and hundreds of thousands of dollars laid in that I didn't get paid for working on legit injury people.

Right. You know, and then 2008 came, and in 2009, you know, I got hooked up with a, a, I guess a no, no, chiropractic neurological group, and I started getting my training in functional medicine.

We, we started in 2009, and it was a slow there wasn't a lot out there. Tell me there wasn't there was nothing out there back then to really get trained in functional medicine, you know, you know, Ben Lynch had some stuff on genetics and, you know, he was just coming out with it.

So by the time 2012 came, came by, I had done, a whole functional neurology course and I had done a ton of functional medicine courses with all the just with whatever I could get.

And I did, I did, I did all the, genetics courses and stuff, and, I started, you know, I started focusing on changing my practice and one a cash practice where because insurance didn't cover any of this.

Right? And, it really became it really became an issue that I had to become a cash practice. And patients were willing to pay cash for something that worked.

And that was the most important thing. They really were, they wanted to get better. So I had these people coming to me and, you know, fast forward, you know, I started getting involved with Lyme, you know, and, I and I had people coming to me that I couldn't help.

Right. And I had, I got, I'm in one of the functional neurology deals in Colorado, and I'm talking about having a couple Lyme disease patients. It's like 2013, 2014.

And the guy goes, you shouldn't be doing Lyme. Send them to me. I'm the Lyme on the line, you know, guy, right? And I'm like, okay. So I send them, send these two patients to him and basically sells and $4,500 each to supplements and send them home.

Right. And you and I both know what happened to those people. Right. And they they happened to become my first two patients with Lyme using Rif. And, got great results with them.

And, as I progressed into doing more and more of this. And so learning about all the different supplements that and enzymes and peptides and the things that would really help people, I found out about PMF, right.

And I got my first pulse centers unit. An energy program. And I think it was 2016. And I started, you know, that's like six that's going to be almost seven years in a couple months, going to be almost seven years.

How Pulsed Magnetic Field Therapy Works

I've been doing PMS and I just started getting the results that I couldn't believe, especially with auto immune. Right. But with Lyme and cancer, we use it big time to help detox the body and to help, with the big thing with PMF is that it activates the ATP in the cells and creates cell permeability between the cells.

And, you know, it just it just launched a whole new practice for me. And that bed was completely packed all the time, and I ended up buying another one, then another one, and I went three of these right now and probably need another one.

And, and that's basically how I got to where I'm at now. Awesome. Yeah. Your story is really inspiring. And, I think for the, the, the person who's completely new to PMF pulsed electrical magnetic field therapy, we should just start with kind of the, the nitty gritty about what is what is the person going to experience.

You know, I know it's from person to person, it's different. But what's the mechanism like? What's happening? What are we what are we harnessing the power of.

And again, you mentioned that it upregulate ATP but kind of go into, you know, what's happening there on a on a cellular level, on a physiological level.

All right. Well, first of all, all PMF maps aren't the same. Yeah that's good. All right. So you go all the time. Well I do Beamer right. Yes, yes. And understand this folks out there that a Beamer met.

If you got to look at it, it's 40 gallons of treatment. Right. And an Energy Pro XL is 40,000. All right. That's a big difference. So it's basically if you want to say the energy flow is like a Mercedes Benz or Ferrari.

The Beamer is a golf cart. It's it's a it's basically a pogo stick. So I'll say tobacco. Tobacco Gauss is the measure of the strength. Right. That's what you said.

Okay. So, you taught me all this too, so I appreciate. So then we're looking at the strength of it. And you're saying that the Beamer mat is just a sprinkle of this?

Yes. Okay. And then, so the the pulse that you have, the pulse center, is it like, on steroids? And so. Yes. So I had the BMA mats in my office. They came in the whole works back years ago, and I didn't get any results.

I had people on them for a month and they're trying to sell them for $6,000. These, these, these units that I have, they start at 40,000, you know, to get them fully done.

And even more now. But, you know, to get down into what it really does, it goes through your whole body. You can

feel it. You know, when you lie on this, your stomach will twitch.

You know, your muscles will twitch, you will feel it. Right. And that's only at 50 is 60%. All right. So one of the big things is about hydration. With this it's really important that your patients are hydrated because patients that aren't hydrated don't respond well.

So it's really it activates everything in the body. All right. So you know it's one it like we're talking about it. It activates the adenosine triphosphate which is the ATP for the cells.

And basically it supercharges it. So the mitochondria is now getting basically rocket fuel in there. And it's it's at a 2 or 300% production. So you get all this cell probably you get this detox effect pulling out all the garbage out of your body.

You got to be activating your cytochrome P450 pathways. These are your liver. These are your liver detox pathways. All right. And basically you're going to start flushing out a lot of toxins.

And trust me when I first started doing this I definitely destroyed a couple of patients that didn't didn't have proper, pathways. And I really learned my lesson, you know, that.

You know that you know that we go slow and low and, you know, and you build up to everything. You know, some people can handle it right from the beginning, but, you know, it's I got this for Lyme and cancer.

And I found out it's incredible for autoimmune and neuromuscular conditions. Right. So one of the things is that, you know, people's gut lining is all messed up.

Right? And that's one of the things that leads to thyroid. And it's a real, real big deal. So this is going to help shut down the inflammatory cascade okay.

Your pro-inflammatory cytokines interleukins plus your glands. That gut lining is going to be inflamed. Now if you keep eating junk it's not going to work.

Right. So yeah one of the big things is that we get people to change their diets. And while doing this type of therapy, they're going to respond a lot better.

Right. And using specialized enzymes to help heal the gut. Now, if they have Lyme disease, right, it's totally different protocols because Lyme will constantly until you get rid of the Lyme, you know, he's going to have gut issues right.

And inflammatory cascade issues. So but for like the regular thyroid person, that's usually just, you know, you know, an irritated gut lining. And in the autoimmune state, this works incredible.

Right. And what we do is we we'll sandwich them, we'll put the square pad all the way up right below the chin, and we'll run it that way. And, we get really nice results.

Okay. I want to go down the rabbit hole of, of using it on, like, on the head, but I want to save that for a little bit later. Because I don't really know anything about using PMF above the neck.

I know about below the neck, but let's say we do a lot. We do a lot of transcranial electromagnetic therapy. Yeah. And we're going to have to hit on that for sure before that.

So, I follow the work of doctor Jerry Tennent, and he wrote a book called Healing Is Voltage. And, you know, his story is that he was the inventor of Lasix and he was a maximalist.

You have that, but I have the book. So, yeah, I have the book. Yeah. Me too. And he got sick. And so he was in bed, just crippled in and he grabbed his cellular cellular biology textbook and he thought, if I can get one cell to

work, if I can understand the physiology, I can get all my cells to work again.

And the premise is, is that when your cellular voltage drops, you're toast. Like, then you start activating all the latent viruses in the leaf and everything starts taking over.

You don't have that energy and you don't have that protection. And so I've looked up some studies lately showing that the voltage of cancer cells is very low, is very low.

So is that tying into this pulsed electromagnetic field therapy is that we are literally delivering the energy. Yes. Deficit. And and that's what you're saying.

And so I'm looking at this going cancer in line. You know those are like you said those are where you don't you don't not treat the line you go after the actual.

But I can just see that as why the, the results you're getting is because you're pouring electrons, you're pouring that energy into this very depleted cell.

You and your cells aren't working. You know, there's there's that you are cells basically. Right. So do I do I have that right, doctor? Yes, absolutely.

And what's really interesting about that is that, you know, like kids like under like 20, right. That'll be like they'll feel it right away. Right? I mean, you get up at 30, 40%.

They're like, whoa, you know, because they're they charge they charge your bodies. Their bodies, hydrated. They're doing good. They don't have a bunch of well, not some, you know, most most kids.

Right. But what happens is we've had people in their 60s, 70s, 80s and 90s that aren't hydrated, and I'll put them on the table and they'll barely feel it at 80, 85%.

And they're like, yeah, I don't feel anything like and they're just dying. They are absolutely dying. And when we start doing this, we start bringing up the charge, especially with the cancer patients, because we can isolate with the rings for breast cancer and colon cancer, prostate cancer, we can get it, shut it right up in there.

Brain, Sleep, and Neurological Benefits of PMF

And it has such a huge effect, you know. Yeah. Granted, you have to do other things. But this is kind of this is going to help right away. It's going to cancer doesn't like ATP.

That's right. Cancer doesn't like ATP. Autoimmunity does like ATP, right? It does. You know, if we shut down the inflammatory cascade and if we become on the basic side instead of acidic, it's incredible.

Also putting oxygen into the body is really important. And cutting the glucose out. You can shut down cancer so fast and autoimmunity so fast. If you stop putting in the toxins that that cancer likes, then and all the bad foods that that irritate the gut lining.

Right, right. Okay. So do you do oxygen while you're doing the PMF therapy. So actually I've done it a few times when I before I got a hyperbaric, I was actually running a generator and putting people on it.

But most of my people that are doing PMF are doing hyperbaric now. So. And I have hyperbaric in the office, so okay. Yeah, oxygen is a big thing because it's going to it's going to want to use that oxygen that's in the body.

And that's what's really cool about it. If you if you're getting a bunch of fresh oxygen into your body, high level purity, and you go on the PMF table, it's going to absorb right in either.

Yeah, if you do it first or second or or second to first, it doesn't make a difference. It works okay. We need to have a

part two on hyperbaric. That's what we need to do.

So we will plan that. Stay tuned. Doctor Murphy was going to we're going to delve into hyperbaric okay. Circling back to PMF now a lot of people are sensitive to EMF.

So you know, some people have, problems. I've noticed, you know, where they go in and there's a lot of Wi-Fi and they just start to not feel well. Have you ever had that experience with PMF or should people not worry about that now?

You don't worry about it. It's it doesn't put out any harmful emfs. Okay. I want to like debunk it. So like the same thing, like the right machine, it doesn't put out any, you know, the true light doesn't put out any harmful emfs.

Right. So that that's a nice thing. And I had I had the meters and the offense metering stuff and it was it was perfectly fine. Yeah, yeah. I'm sure with some of the people you get in there, you would know because they tell you that like it didn't make them feel very.

I'm sure you'd hear it over and over and over again with the sick population you have, if it was setting off some sort of EMF ish. But that's where it's kind of like it's kind of a black box to some people with like, what's goody a mess?

And then you just said PMA. So I'm trying to debunk some of these, you know, where people are like, I'm too sensitive, right? Right. But the difference is that this is magnetic therapy.

It's not an electrical therapy. It's magnetic. All right, got it, got it. And and the generator is not close to you, you know. Right. Know. It's that's the only thing that would make emfs.

And it's it really doesn't got it. Which is nice. Okay. And your, your best patients do. Well when you said they're hydrated and then I'm sure their mineral status, I'm sure they have to like definitely keep up.

I do agree with that too. Yeah. So you know we we put our patients on a DHEA and a and you know, a real good omega three mix. And they will we'll have, we'll have them do a teaspoon before they go on.

And it just and a nationalized, product. So it goes right into the cells and they really they really get good results. And you from your experience you can find because you've been doing this for so long, you can kind of find the sweet spot so that you don't over you kind of have an idea of like not pushing them too hard because.

Yeah, so let's just say someone says, I want to go do PMS and they find somebody in their area, but they're not as good as you are. Like what advice again?

So you said hydrated, get your minerals, have a mega threes on board and all that. But like what would be you know, to try and keep them out of that. What you said like totally like detoxing them.

It's like okay so so the numbers the numbers go from zero, you know, 0.1 to 9 nine. Right. And the lower numbers are deeper slower. And there are more detox numbers. Right.

We we actually we've got like a 2.0, that's two beats per second. Right. But it's a lot stronger. It's deeper. It sort of hits you like that. And that will that will be more of like a lymphatic wash.

And we call it a wash. Right. But most of my patients, for Lyme cancer, we usually run between 5 and 5.5, on neurological settings. 998. Oh, okay. And there for the head.

So it's a shallower, gentler, you know, faster, more of a tap instead of like, a, like a. Yeah. And and I've experienced the PMF before, so I know what you're talking about.

So you mentioned you mentioned the brain there. You mentioned doing the transcranial. Can you, can you start from scratch on that kind of thing. Okay. Yeah.

So there's there's been lots of lots of research on, transcutaneous cranial, magnetic therapy, which means it's basically on the head. And what we do is we run, the rings and we'll put the rings, the, you know, the the, the, the black, on the side.

And the black will be on this side. So it's, it's calling a color. So it's if you look at it's blue, the about blue, but if you're looking at right and they look like a, they look like a, like a pad, right.

Like just for the person who's watching, they just rings. They, they look like a gymnast rings. Yeah. That's what they look like. Right. And I will put that on there and we'll start.

We'll start at a nine, 9090 depending on the patient. And we'll go, we'll start off at ten minutes and we'll take it up to anywhere from, they start feeling it around ten.

On the strength level now, remember, because all the way up to one zero, one, two three. So they'll be at 1012, on the strength all the way up to 18 to 20.

And they'll be like, they'll feel across their eyes, across their cheeks, you know, behind the head. They'll feel it. And, most people really like it.

It's really interesting. So as we get people doing this on a regular basis, one of the things that this does is that it plumps the gabber, which is a neurotransmitter in the brain, which influences melatonin.

Using PMF for Thyroid and Autoimmune Patients

And this is really interesting. So when I first started doing this, I had forgotten that I was telling about, hey, you can get really deep sleep and even vivid, vivid dreams, right?

And some of the people were telling me some of the dreams that they had and they're like, oh my God, I had same dreams last night. One of my patients said her and her husband went on a bank robbing spree.

You know, like a crazy, crazy dreams. It was just hilarious. And so I tell all my patients. Yes. One of the side effects is that you're going to get some really restful sleep and possibly some very deep, vivid dreams.

And it's worked really good on patients with insomnia. It's worked on PTSD. I had a bunch of Navy Seals in the office in 2018. I took care of, and they really loved it.

It really like for them, a lot of, calm and peace. It's it's worked for insomnia really nicely for insomnia. But also like migraines and stuff like that.

So what it what the how it works is that we're going to be running it one direction. The magnetic pole is going to be going one way. So either right to left or left to right, it doesn't really make a difference.

And you're going to start getting the sides talking to each other, the right side connecting to the left side is going to start influencing the axonal transport.

And in the synapses start, you know, talking to each other. And if they've been you know, if you have blood brain issues, blood brain barrier issues, you're going to really notice a, you got to really notice a difference where it's going to tighten up that kind of ability.

Right? We're only good things we go through instead of bad things, but it will also start getting, like people with ADHD and, and anxiety and depression, they'll really start feeling good.

Actually, you know, and it's, it works really good. Also the main thing with line right is just, you know, that blood brain barrier is destroyed and they have a lot of inflammation.

So you're going to be shutting down the inflammatory cascade in the brain. And that's the real that's the real important thing. That's what there's a lot of cool side effects from that you know.

Yeah. You know usually when you're in side effects you don't hear like oh you're going to sleep better and you're, you're going to have like, you know, positive detox reactions.

So coming back to the topic of the thyroid series. So, you know, looking at your typical thyroid patient, they've got Hashimoto's. They've been to their their regular doctor who basically put them on synthroid and told them to come back and get their labs tested.

But they're frustrated, right? Doctors out. They're frustrated. They're they're standing in front of you, their hair's falling out. They're gaining weight. They can't sleep.

You know, their digestion is crap like this is part of it. Sounds like this is part of the protocol. If you'll, you know, if if you see that is is that what you see is you see, like we gotta dig in like to these patients, like no one's dug before, I'm sure.

Like, you dig and kind of give us, give us an idea of how you would address that if someone walked in with with that story as well. First of all, we all know that the thyroid is the accelerator.

It's the, you know, it's the pedal, you know, and that's where you're going to get your energy from. And if you know, if the patient's not willing to jump into the deep end of the pool, well, like I have patients that will come in.

Well, I just want to try it. I go, no, I'm not interested. I go, you have to be willing to want to do everything that it's going to take because it's not going to work then, and you going to waste your money.

Right. And I found by addressing it that way, 90% of the patients are willing to like to, to do it. Right. But you know, but, you know, you got 10% of the people that don't want to really do the work to get better, you know, and that that's a that's a real issue.

And you really gotta you really gotta pick your patients for this. They have to be willing to want to do this because it's three times a week on that mat, you know, and it's it, it really it really will get the thyroid start working.

It really will help. And that's the most important thing. But it it reflexes back down to the, to the gut lining. Yes. Now if you're eating junk and you're coming in doing therapy, you can get limited results.

If you clean up your diet and shut down, you know what's going on. And so healing the gut lining, you know you're going to get great results. And the thyroid is one of the first things that responds to to on an autoimmune level.

That's one of the first things that really responds to cleaning up the gut, right? 100%. I mean, you said people well, yeah, people are pouring in just all kinds of things that are inflaming their gut.

I mean, we know there's a gut thyroid connection and there's there's just going to be an a downward spiral. And you write a book about that. Yeah, I actually did somewhere behind your.

Yeah, it's your Christmas gift. So it's on the way here for, for you to read it, but. Right, I mean, a huge portion of the thyroid work we we were Doctor Eric and I wrote the thyroid debacle found on Amazon or wherever you like, buy books.

Is again, like, we have to we have to address the gut. I mean, said almost 2000 years ago now, like, all disease begins in the gut. I mean, like how, how much more direct do you have to be?

Right? And I totally believe it. And I think that's where, you know, when when I lecture and things, I start with the first step is, is not detoxification.

The first step is to stop, eliminate the sources. But you have to be willing. Yeah. You have to be willing to change. You got to do something like in 1988 when I got sober.

Right. I had to be willing to change. I had to be in enough pain to want to, you know, stop doing drugs and alcohol. Stop ruining my life. Stop being a diamond in the rough, you know, and stop being a loser.

All right, well, it's the same thing. I mean, with these people. Health losers, they they've been told by the doctors to, you know, take this pill, you know, and they feel miserable and they get they get heavier and heavier and they get, you know, more lethargic.

And it's this vicious cycle and I've I've had such incredible results over the years with people that just, you know, jumped into the deep end of the pool.

You know, we have a we have the Yoda saying, paint it out when you walk in and it's, you know, do or do not, there is no trauma. There is no try only do you know, you must you must unlearn everything you learn, you know, and it's true.

I mean, you know, and not everybody wants to buy it. Everybody thinks that, you know, you know, web MD is all knowledgeable. And I also have another sign on the door that says you'll be charged double if you come in with a diagnosis from the internet, you know.

Oh, yeah. Doctor Google here to serve you, right? Yeah, I totally agree. And like you said, people, you know, you got to do the work. Healing is just as much about unlearning, as it is learning.

And you have to unlearn some of those things that were planted in like that. You know, you have no control over your body. Wrong. Like, you know, you're going to need this medication forever. Wrong.

I mean, we have so much power inside our bodies. And I think this goes back to our topic, doctor, are always like energy, like energy production. When when you set off the cell danger response.

Choosing Quality PMF Devices and Finding a Clinic

And we cover this a lot in a lot of these different interviews because it's very central to what's going on in thyroid disease. When you set off the cell response, it's because your energy level dropped and your mitochondria are responding appropriate, right?

So you're not broken. People are not broken. It's we just have to have the right people in our court on our team. Like Doctor Joe. I'm sure you work with patients like almost partly as a partly as a coach, like, hey, oh got to do some changing you you can do this.

You but you have to put in the time and you have to put in the work. And then I think one of like the, you know, one of the therapies that I think is a godsend is PMF because it gives people this.

It's it's incredible, I call it I call it the fix it machine. Right. I swear to God, I call it I got some video out there on the internet that I call it the fix it machine, because it really is.

I can deal with so many different things, and I've had people just walk in the office with their back out so severely and do 50 minutes on the pump on the low back, you know, concentrating 60% on the low back with the square mat and the rest on the full body.

Right. And they walk out and they're 80 and 90% better going. This is the best money ever spent. Yeah right. And I didn't even get a chance to adjust them.

They just did the PMF, you know and it it we can it's a broad brush how we can do it and then yet we can do the fine detailed work with it. And using the rings and the pads.

And there's so many different ways that we can help the body get charged, you know, and it's it really it's just it's frequency and duration, you know, it really is, you know, that you got to do this for a certain amount of time, and you got to be frequent with it.

And, you know, as the popularity of PMF has gotten, you know, it's people know what it is, you know, and the sun, you know, and, you know, it's been it's been know, you know, popularized in the last 5 or 6 years where people started to hear about it.

Right. And unfortunately, you know, a lot of my patients have been, have wasted the money on, on inferior quality, multi-level mats that, that have a bunch of bells and whistles that don't do anything.

You know, it's almost like they're talking about the technology, but they're not. They're not addressing, like you said, the strength and the power of the device.

So what we're saying is don't go right and don't go on Amazon and, and Google PMF and see which one has the best reviews. What we're saying is, if you buy a car, would you buy a car with a lawn mower engine or a 300 horsepower twin turbo, you know, engine, right?

You and I are Range Rover drivers. So we we know what we would like, right? Yes, yes. My. So, That's right. I one day I'll have a diesel. But I agree with you.

So it's like, I really would like the people who are listening to to know that the, that. I'm sorry guys, but the best thing you can do is go to a clinic like Doctor Joe's.

You can actually. And we'll tell everyone about where they can find you. But there are ways to find these high and pulse centers. By going online, you can go online, I believe.

Right. Actually, pulse centers has a location map. That you can put your zip code in and it'll tell you who the nearest person is. And if they, doing human because they have an equine version.

So, you know, you don't want to go to the guy that treats horses because that's a different that's a different unit. Yeah. Right, right. But, yeah, it's that easy to find.

You know, then again, in more populated cities, they're easier to find, the little harder to find in, in rural areas, but they're there. There's docs that have them.

I mean, yeah, and like you said, you know, like not everybody who has Hashimoto's needs to thyroid is they don't you don't need EMF. Like that is not your rate limiting step.

Your lack of healing is not due to not having pre-op. What we're saying is that it's a very, very powerful tool that can move the needle really far real fast.

Real fast. Right. So there's other things, you know, even getting out in the sun, drinking good water, having good food, that's all electric electron.

That's all energy. So we're kind of talking about the currency of energy. This is just a therapy that I think that, you know, if you've really been through the trenches and you're really struggling, like that's why I wanted to bring you on because you're absolutely an expert in it.

And I think that, there is a learning curve. And so again, like, I think these pulse centers, if you go and find them, I bet those doctors like Doctor Joe have been trained well.

But don't waste again, don't waste your money on the, on the Amazon, you know and and I think that's just great advice right there. Yeah. It really you know something. It really is.

They're expensive and you know the the expensive for what you get I mean yeah it's super, super expensive for what you got. And you know, it's, you know, we used to have an old saying if you don't run from it, you know, and that's basically you're buying from and that's it.

Yeah. You know, totally. And I think we should mention that, you and I are do not work for pulse. We do not get. Oh, no, no, no, I mean like hold up everybody.

There's no conflict interest right at all. There is no kind of like, I just am here to be the host, to get people the information they need to feel better.

That's all we really want people to do is still better. So let's say, Doctor Joe, that someone is so blessed that they live on the West Coast. They live somewhere, you know, near Orange County.

Where do we find you? What's your website? You said the clinic, right. So I'm I'm Newport Mesa wellness.com. Okay. We are located in the back bay of Newport Beach, right below the Santa Ana airport.

We're super easy to get to, my, you can call me on my cell. It's (949) 292-2775. The office numbers (949) 650-4255. You can call me any time. Look, you know, if I don't pick up the phone, leave a message or a text, and I'll get back to you.

Right. Usually, you know, within an hour or so, unless I'm really, really slammed. But I'll get back to you. All right? And, we do everything we do a we basically handle most everything that you can do.

We we can run blood. You know, and I run nine thyroid tests for my people. You know, not one, you know, and there's a big difference in how you test. And it's a lot easier when you have all the right tools to, you know, to inform a patient properly.

But if you know, if you're feeling, you know, if you're feeling punk and you're not, you know, you don't like the way you feel and you're sick and tired of being sick and tired. Give me a call.

You know, and if you have Lyme disease, do not wait, okay? Because Lyme can manifest into things like ALS and Ms. and lupus and horrible, horrible things that will destroy your life.

And it might take 20 years, but it will happen, you know. Right? That's right. It's living and breathing, you know, testimony to that, like I did that Lyme in the blood, thank God so, so fast.

Because it was eating. My brain was eating my myelin sheath. So that was not going to I was not going to have a good outcome. So I, I do think, you know, people waste a lot of money trying these tinctures and this and that and, you know, you need a specialist and, you know, Doctor Joe has a license plate that says Lyme Doc, right. Like Lyme done.

Yes it does. And I have one that says Doc Lyme. Oh. Very cool. Yeah, I got two of them. No, but, you know, like, my average patient before they come in has spent 80, $220,000 on therapies with the Lyme literate doctor.

That hasn't worked, you know, and they're the worse, you know, three, 4 or 5 years later, the doctor's still trying to get them to do I. V. antibiotics.

And, you know, just spend another 20 grand and, you know, and it's it's so sad. It's really, really sad what happens to people, you know, and we, you know, I try my best to, to, you know, make it, make it as easy as possible on them and, and give them access.

And that's whole key. The nice thing about my clinic is that, you know, if you're coming in on a one year live program, you have unlimited access. You can come in as much as you want.

It's just, Yeah, that's really, really nice. Yeah. And you're I mean, you're not only really, really smart and really good

job. You're really nice guy.

I mean, he just gave you his phone number, and, like, there's not a time that Doctor Joe's ever let me down. Like, you're right. Like you call me back unless you are slammed with patients, but, like, very loyal, very loyal.

And that's the kind of doctor you want to have. You want to have someone who's there till the end. I mean, this is this is your guy. I am so happy that you took your time out of your day.

I do know how busy you are, doctor Joe. Thank you so much. Like, I really appreciate it. I, I really want to make sure I get a verbal commitment that you will come back to talk to us about.

Yes, sure. Okay. Absolutely. All right. Well, thank you so much. And we'll talk to you soon. Thanks. It was awesome.