Inside an Integrative Health Clinic: How Practitioners Are Using PEMF for Patients Transcript

(Transcripts are generated by AI and may contain errors)

PMF Success Story With Husband's Knee Recovery

And I had heard about PMF and we actually decided to buy a unit that allowed us to have a consult with the doctor once you purchase the unit. And when we hold it was Doctor Pollack.

So when he talked to us, he said, you know what, try this machine. It's a high intensity PMF or three months. So my husband faithfully did his PMR for the three months.

I would say he's getting probably 32 minutes to an hour every at least five days a week because he was that committed. This was such a big stress for him.

And by the end of those three months, we canceled our stem cell appointments. And he saw such dramatic change. Hi, this is doctor is from Doctor Polycom and I'm here today with Lisa.

Kazuki and Lisa is a health entrepreneur and the founder of Ian's Future Health. Ian is a health optimization and longevity clinic located in Alberta, Canada and using the latest in longevity medicine and hormone optimization, Lisa and her team of doctors, naturopaths, nutritionists, and health coaches are on a mission to measurably reverse your biological clock so that you can look, feel, and perform at your best now and into the future.

And that all sounds really, really great. Who doesn't want that? That's really wonderful. And I love how you've incorporated the concept of the future into your clinic name there, because we all want to live well in the present and also have a great, wonderful future as well.

And for those of you who don't know me, I've been working with the Doctor Polycom team for the last year or so, and I'm a acupuncture practitioner who also uses a lot of PMF therapy in my clinic.

And so this is going to be a great conversation between colleagues talking about how we use PMF therapy to help people out. And so we so thank you so much for sitting down to do this interview with us.

We appreciate your time and willingness and helping others learn about this stuff. Yeah, you're you're welcome. Looking forward to it. So I was curious about could you tell me how you learned about PMF therapy?

Where'd you first hear about it? And and how did you get involved with it? Absolutely. Yeah. So I actually learned about PMF before I brought it into the clinic, because my husband and I are avid skiers, mountain bikers, mountain climbers.

So we have been extremely hard on our joints. And unfortunately for him, he's a little, little older than I am using this piece now. And his knees after our ski trip a few years ago just went like it was January, which is supposed to be prime ski time, and he couldn't move. But he was done.

And so we had we looked into all kinds of options. He started up and to his knees he did.

Introducing Lisa and Ian's Future Health

He was doing cortisone shots into the knees and we were like looking at stem cell therapy. At that point because, you know, we just felt like we were out of options.

And I had heard about PMF and we actually decided to buy a unit that allowed us to have a consult with the doctor once you purchase the unit. And when we hold it was Doctor Pollack.

So when he talked to us, he said, you know what, try this machine. It's a high intensity PMF or three months. if you need to go for other therapies after that, at least you've provided a nice, hospitable environment for those therapies too, especially for injections to go into the RV.

And if not, like else what this could be he he's doing a long distance check on us. He doesn't know how severe the osteoarthritis is. So my husband faithfully did his PMR for the three months.

I would say he's getting probably 32 minutes to an hour every at least five days a week because he was that committed. This was such a big stress for him.

And by the end of those three months, we canceled our stem cell appointments. And he saw such dramatic change. And he's been using it ever since. He has osteoarthritis, so he needs it for maintenance.

But it's been pretty amazing for for him and his level of activity is back up. It's not higher than it used to be. And between that and some And he's been using it ever since.

He has osteoarthritis, so he needs it for maintenance. But it's been pretty amazing for for him and his level of activity is back up.

How Lisa Discovered PMF Therapy

It's not higher than it used to be. And between that and some some rolling, keeping the muscles in good shape, it's been it was kind of a lifesaver for us.

That's wonderful. So I mean, you you learned about this in your quest to find solutions for your own health issues and before you ever even use it with patients, it sounds like your husband was able to use it himself and benefit from it.

And one thing you said that was really important is that you had the consultation with the expert before purchasing your machine, because a lot of equipment is available out there for people to just go and get, but then they don't always know what might be right for them or which system is going to be ideal for their particular needs.

So being able to have a consultation with Doctor Pollack is is definitely great, so he can really point you in the right direction and save you time, because a lot of people get started with this stuff.

They kind of don't really know where to start from. So that. Yeah, absolutely. I mean, he has a great table on his website that we found just through googling, like we we had a really connected the dots completely where all the stuff was coming from.

But we found this great table that explained the different PMF units. Right. Low intensity, high intensity what you want. So in our case, we actually had a snake in the wheat and bought a really expensive PMF unit, which thank goodness was the right one because we based this table and then had gotten a free treatment consult.

So I think that's the other key point is get some help and purchasing a unit for sure, because there's so many different intensities out there. And depending on how much time you want to commit to this, you know, you might need something pretty powerful.

Or maybe you're okay with, you know, walking around with one attached to you for a while. So that's the first bit. And then the second bit is what which you go to copy.

Just somebody to really help. He helped us set expectations that it was a because of the level of injury. It wasn't going to be a quick fix. So it was nice to know going in so that, you know, my husband could stay committed to the process.

Right. They feel like if he failed out after a month, like he would have missed out on so much benefit that we're

seeing today. So yeah, absolutely. That that's very interesting.

And especially for people like you and I that are running a clinic or a wellness center. And we might be seeing folks several times per week and delivering treatments, but there is a difference when you're able to do treatments much more regularly.

And so setting that expectation from the beginning definitely goes a long way. So that's really, really wonderful that he had this great experience. And then did you afterwards decide that you were going to start using this at your own future health?

Yeah. Like I, I really felt like it needed to be part of our suite of health technologies that we brought in. So we're being a long term and optimization focused clinic.

We had we you know, we knew we were definitely going to use therapies like infrared sauna for lymphatic drainage through through, skew like a balancer Pro, we had red light therapy and a few other key modalities in addition to, you know, your traditional hormone replacement therapies, drugs, IVs, those sorts of things.

And I just where I went with the PMO was because with chronic injuries, it takes a lot of time and commitment. I thought, well, I have I have a red light bed, which is really great for some immediate relief when we have a lot of inflammation.

What do I have that's going to work specifically on joints and bones and maybe on some acute areas of pain. So people come in with a specific problem with their neck or a shoulder injury.

You know, if you're doing an entire bed that's supporting cellular health, it's great. It's really good. But sometimes you just want to be able to target a location of pain.

And so that's where I felt like the PMO was was the right tool for us. So we primarily used high intensity high intensity unit here. And it allows us to target specific joints or areas of injury for people, which is which has been really attractive.

So we're also a membership base. So I do have my chronic care patients that just come regularly and use it consistently. And that's where they see the most benefit.

But I have really found that people that get some acute injuries that ache from their back out, that's the common one, right? Has the there's always a time of year when you throw your back out or you throw your neck out.

Those people tend to feel the PMF right away, get in for, you know, get maybe like a week, two weeks of a bit more intense sessions, but they're happy. You.

Right. And so, part of what you're saying is that you're able to treat at a different level. There's a lot of times in my world when I'm doing acupuncture treatments, we're working on the acupuncture channel system, and there's a particular, you know, level of the body that you're working at.

But when somebody has got pain, then they have tissues that are in distress and there's inflammation and cells of, you know, cells are injured and not operating properly.

And so therapy works at that deeper cellular level to help encourage the healing and reduce the inflammation. And I can't really think of many more things that work at that level deeply going through the body and encouraging a lot of change along the way.

So, you know, I was definitely pretty excited myself when I learned about PMF therapy years ago.

Choosing the Right PMF Unit and Setting Expectations

And I kind of took a similar route to you where I experimented with using it myself. And at that time, I didn't really have any particular health problems.

I just kind of saw the potential of what it could do. But once I started doing it, I was hooked. And along the way, in the last few years, I've had definitely a lot of memorable experiences with using the therapy, and part of it is when you do the full body treatments and you're able to have these magnetic fields go through your entire body.

But then the other part of it is when you're doing those local treatments on problem areas, and you can really feel the specific part of the tissue that's injured.

I think that's really amazing how the therapy really hones in on that for many folks. And we certainly have a lot of folks that after shoveling snow and clearing their driveways, that kind of thing, they'll come in with the back pain and they do really well with just adding some energy back to them.

So I really love how PMF therapy works synergistically with what I do and with what you do. And I have to say that when I first learned about you from Doctor Pollack and I went to your website, I was really impressed by all the cool stuff that you have.

You know, it's a very unique offering. And to have things like the the functional medicine piece and the infusions and the R x machine, which I think is really, really cool for muscles and strength in layering it in with PMF therapy, you have all this great stimulation going on that really encourages longevity.

So I think that's amazing that we kind of have this ability to help people in a different way. Absolutely. And it's really interesting because I like how you mentioned, you know, having the treatment work at the cellular, cellular level.

And there's really obvious ways where it helps. So, like I mentioned, with the back or when joints especially, but even people who come in with injury wear something like red light where you need to actually have exposed skin, you know, potentially if someone's had a surgery or has an incision there, there's bodily fluid that could be exposed.

It's nice to have another option like PMF. It goes right through your clothes. It goes through right, right through your dressings. So that was a good option for us.

But I know you're you're mentioning all the different things we have in the facility. And I have a few people that come, like most people are coming for specific treatments, but there's a few, let's just call them Biohackers that come because they just want to stay.

Help is help is possible for as long as possible, and they're going to use whatever tools are available to them to do it. And I had a fellow that was doing a lot of air acts, like a lot of fitness, and I hadn't even occurred to me to, to share the path with him when they said, what is this?

Can I can I give it a try? I said, sure, and he put one of our coils. So pretty big coil that was big on his midsection. Just laid it on there. And at the end he's like, that was the best experience I had.

He's like, I just got. It actually seemed like it put him into a parasympathetic state. So out of fight or flight, he said he completely relaxed and just had this wonderful sensation going through his body of calm.

And I think I checked in, you know, it might have been dark. Paul here is this is this possible host? It's like, yeah, like especially if someone's in that really hyped up state of fight or flight.

It's just adding a more of a systemic PMA signal can really change that person's state of being. So and then I'm sure you see other, you know, subsequent effects from that.

Right? I mean, they may had improved sleep. Their digestion might be better because they're operating from a more relaxed place in their nervous system, and their mood might be better.

And so you have these multiple effects that occur which, you know, that's it's really nice where it's not just, you know, you're laser focused on one area.

Of course, a lot of times people want to work on a specific ailment, but you get all these other benefits from it as well. So I definitely see a lot of relaxation occur.

It's pretty funny because you'll walk in the room sometimes and there's all these clicking and clacking going on, but the patient is fast asleep because they're just so relaxed.

And I often even see patients who they might be there for pain or for, you know, some sort of distress. But they will come back and say, man, I had the best night of sleep that I've ever had in my life.

And that wasn't something that we were necessarily, you know, wanting to achieve. But it happened and it supports everything else. So, you know, talk about, you know, this amazing way to help people in more than just one way.

You know, we're really talking about whole health. Absolutely. I love those stories. Do you have any other interesting stories or experiences with the PMS machines at all?

Yeah, I mean, I there's two other things that come to mind for me. One is because I brought up biohacking just now, I think that, well, like I don't use the term as much, but I think we all are trying to do some form of biohacking from the perspective of we, we live these stressful lives, we live, we have the lifestyle we want, and we actually don't have a tunnel.

We we usually set to make massive investments around stress or around workload.

Adding PMF to the Clinic's Longevity Toolkit

So it's how do you find ways to keep up the life that you want, but still stay healthy, still stay grounded. And so one of the one of our our numbers busy lifestyle owns a business, loves to work.

So he's he all has he's an older Fellaini's 50s guy. He's probably been a body closer to that bodybuilder style, working out for quite a long time. And just the the joints and the tendinitis starts up and, you know, I say like, you just need a bit more work.

However you can you back off of it? Nope. Back off. You got a golfer, got a guy. He's weightlifting. And so he he was doing regular chiropractic visits.

And so we decided to pair him with a pmml machine for some of his tendonitis that he was getting from all that like lifetime of weightlifting and some of these other activities and, you know, between having the the joints worked on an align the chiropractor and then coming in and getting the mouth, I think he was doing twice a week at the time, he was able to not change a thing or just recover.

Right. So I think those are kind of cool stories too, because not everyone wants to make a big lifestyle change, and sometimes we can get around it by doing something else, right?

Yeah, as long as they're not, you know, ruining their health. And I mean, one thing I always hear Doctor Pollard say, and I often repeat, is that life is a process of breaking down and building back up, breaking down and building back up.

And and so there's all the wear and tear like you talked about and some of the degeneration that happens in the tissues. And so, you know, sometimes if you just provide some of the energy that we need, we can fix those issues and get people back on track.

And, you know, if they're getting joy out of playing golf and doing all these sports and being busy and productive, then that's probably going to be good for their health to continue it.

So what a nice way to for us to be able to support in that building back up process. Yeah, yeah. And so tell me, I mean, you you've seen a lot of patients too.

I'd love to hear what your yeah, some of your memorable experiences. And so there's, there's been definitely a lot of interesting things that we've seen more recently.

I remember we had a guy come in last week who had sciatic pains and a lot of gluteal issues, hip problems going down into the leg. And you know, we we were going to start acupuncture with him.

But I didn't have the opportunity. I didn't have time that day. But I was able to get him to use our EMF therapy while I was doing some other stuff with another patient.

And after about 20 minutes or so, he got up and felt pain free for the first time in years. And the never gets old, you know, and that of course, it doesn't always happen because much of the time you make incremental progress and people need time, right?

Like you mentioned in the beginning, you got to have that realistic expectation of meeting the right amount of treatment and the right amount of exposure and intensity to do the job.

But in this case, years of discomfort was cleared up in one treatment. And of course, I would not want to stop there. I'd want to keep working with this patient to make sure that we have a good state of his body and and a good terrain to for him to continue doing what he needs to do.

But that was pretty amazing. That stands out. And I've had other situations. So sometimes you'll be doing full body treatment. Or for instance, if you have that square pad like the half body pad and you apply to the body and it's high intensity, so you're seeing muscle contractions.

But oftentimes I only see it on one side of the body, even though we have the pad treating both sides right. So if I have both hips covered, I might only see movement in the quads of the right leg.

And that's always fascinating because the stimulation is going everywhere.

Targeted PMF for Pain, Recovery, and Relaxation

But one part of the body is responding differently because the tissues in that body are differently. So it's very interesting to see how sometimes you see this sort of very specific reactions to the treatment, even though you're treating broadly.

But the area that's the problem is what's going to light up or become more noticeable. So that happens pretty routinely. Have you been taking videos of it sometimes, like I've got a guy's I've got pads under his calf and you see one calf just, you know, fluttering along in the other one's barely moving.

And of course, you know, he had a big problem in his leg from a biking accident. This gentleman. So just being able to see some of that stuff is really, really cool.

Yeah, I hear you. And I always tell any of our patients that use the payment, I'm just going to set it where I think should be a good starting point. You need to move the cattle or the coil around your cell because you know, when you hit the right spot or if it's like it's like a the energy seems to go to the area where there's the most damage or the most need for for the energy.

And I think patients always respond really well to that because not very often you can go for a treatment and really like tangibly feel, okay, I've got it.

This is in the right spot. Well, right. There was another patient. Actually, this was even more recent. She had, basically she was dealing with like long haul Covid symptoms and really low energy.

And it was difficult for her to take full breath. It seemed like it was some kind of inflammation of the rib muscles, maybe. And that's an area where you can't really do acupuncture because it's close to the lungs. Right.

So what did we do? We did PMF therapy on her, and she came back the following week and she was like, oh my God, I was pain free for the first time in a month.

And it was just nice to know that there was something that could provide some relief. You know? And like you said, being able to move the equipment around to the right places, it's empowering.

You know, like the patient's not just relying on us to be there doing the whole thing. They can actually take part in it and, find the hot spots and hold the treatment there for as long as it's necessary.

So it's a little bit interactive in that sense. And it never gets old hearing people's reactions. You know, I agree and I mean I do I have found in our clinic, you know, those those quick recoveries are probably less common like because they TMF works the best I have found.

When you can get on the injury right late. So, you know, if someone's come in and right after they've done something, usually we see quite quick, like rapid results.

I get a lot of people with chronic. I've had this for ten years as well. You got it for ten years is probably not going to do itself. And two treatments.

I don't think there's any practitioners that would have that experience. But I'm curious what you have found to be sort of the typical length of time for people to see results.

I would definitely agree with you. If they come earlier in the injury or disease process, then they respond much more quickly. Also, if it depends on their state of health prior to beginning treatment.

So if it's somebody who's generally pretty healthy already and they don't have a lot of issues with digestion or, you know, health problems, then they tend to respond much more quickly.

Whereas the chronic folks, sometimes you really need a lot more treatment time because they've been distressed for so long, and then the body adapts and it's not functioning properly, but the body is so smart and wise, and it can come up with ways for us to keep living our life.

But, you know, that involves mal adaptation. And so for the chronic cases, depending on how long the person's been dealing with their particular ailment, it might take, you know, upwards of a dozen or even, you know, 20 treatments for long standing changes to persist.

One thing I find is when people get treatments closer together, then that tends to help, and it creates a little bit of momentum. So if they're coming twice a week, they're almost always going to be doing better than if they come once a week, you know?

And then I also find that to be the case for acupuncture. So you get a little bit more momentum with regularity. And but that also makes a difference as well.

The two main things I've learned from Doctor Pollack about PMF therapy is that there's two important variables. One is the intensity. So how strong is the magnetic field?

Because the stronger it is, the more deeply it works in the body. And if you have a deep issue like a issue in your organs or deep muscles of the body, then you need a strong magnetic field to get there.

So the intensity and then the exposure time. How much treatment are you getting? You know, regularly for 20, 30 minutes twice a day routinely. I hear Doctor Pollack recommend that for chronic conditions is you want to try and get multiple treatments if possible.

And that's what we're we really see people start to improve. And lastly, I'll say that when people combine therapies a lot like what you're doing in your clinic or you're you're offering all these different things, when you add PMF therapy into the mix with other therapies, that's really what seems to make a big difference as well.

Absolutely. Yeah. And we've even we have done PMF at the same time. It's over. I neat treatments right. So it's not so just you know maximizing someone's time in clinic but also really approaching things from a number of different avenues.

And I think it's really interesting because we all intuitively understand nutrition. So whether that's through a nutritional IB, having supplements, eating right, we all understand our cells need good nutrition to function well.

Treatment Timing, Intensity, and Combination Therapies

And so then they explained they also need energy right. There's there's energy in our inherently in our cell. You know sometimes people will connect the dots a little bit and go okay, yeah.

It's not just when I'm eating. It's the energy fields that I'm surrounding myself with. It's kind of why we say, don't stand in front of the microwave.

It was would be some bad ones. And and so I love I 100% agree with you. Like just to maximize some of the fat in combining modalities. I'm a, a huge believer in, you know, chiro with a lot of what we do because a lot of our treatments don't actually work on realigning bone structures, works on muscle or works on cells.

So there's there's always risk of big cyst. Our body is a big system. And so if you think that there's a silver bullet out there or a magic pill that's fix everything with one one type of treatment, I just I don't think that's that works and never seen the arc like agreed.

Okay. Well I think that really covers a lot of good ground. Do you have anything else that you'd like to add as far as how you use PMS in your clinic or in your personal life at all?

No, the only other thing I, I personally try to try and use in the clinic is PMF for headaches. And it's largely because I'm in migraines suffer and migraines.

And so it's something that I've tried. And what I found personally was that it's, it's challenging for my true migraines because you have to catch them so early to have the PMF effective.

But as I was experimenting, I started, you know, it's some friends and my husband who would get call it normal headaches. And I was certainly willing to see the results like ten minutes on the PMF.

And most of my friends, we had people in the clinic if they're here for something else, and oh, I got a headache starting. I'm very quick. It's my personal experiment and can you just try to meso and it's been super, super effective for these.

What I would call regular headaches offers. So I'm really curious if you have any experience there. I'd love to know more, but it's been my own personal pet project.

Yeah, yeah, I, I definitely have and I know Doctor Pollack has written a lot about this as well. So we definitely like to use PMF for headaches. And a lot of times we'll also do treatment of the neck and cervical spine, or maybe even the upper trapezius, which sometimes contributes to migraines.

So yeah, we've definitely seen a lot of people improve with using that. And you know, some folks are not necessarily going to want to be pope with a lot of needles and that sort of thing.

So when you have an alternate option for them. But I think that really helps a lot. And that's interesting. You say that you use it for yourself in that way, and your husband uses it for his body.

I use PMS on myself all the time. My assistant in the clinic is in the back right now, F on himself. And so when you know, like patients come in, they see that we're actually using these for ourselves.

I think that really anchors the value of it, because I don't want to go without my therapy because it helps me so much. Absolutely. You know, what's funny is, when I first got started with acupuncture, my dad used to never come into the clinic that much.

Like, you know, once in a while, he'd show up as soon as I got the PMS, he would be hitting me several times a week.

Headaches, Home Use, and Final Thoughts

He busy this morning, and I come in and it's, I mean, I think people really start to do well with, the value they get from it, and it shows and, and, you know, the fact that they ask for it.

And then one more. Absolutely. All right. Well, any parting thoughts at all, Lisa? No, I just had a great conversation and thanks for sharing with me some of your experiences as well.

I mean, I love PMF as a therapy. It's one of the ones I actually recommend to like patients to get for home use. We have a lot of things in the clinic that you really would never buy and bring home.

They're just too crazy or too complex to use. And so Kim's a really nice option for people who maybe needs that, have arthritis and need some ongoing support.

There's lots of great options for home use, and once you have one, the whole house can use it. So it's not limited to one person and even animals can use it.

And yes, there's so, so many, you know, ways to to incorporate it. Well, I want to thank you so much for your time because I know you're very, very busy and you're running your amazing clinic, which is full of so many cool things.

I actually can't wait to maybe visit one day, because I really got excited when I saw all the cool stuff you've got online. Thank you so much for your time and your expertise, and keep up the great, great work and I hope you have a great rest of your day.

Thanks so much for having me to, Harris. All right. You too. Bye bye.