Reduce Hyper-Inflammation Triggered By COVID With Pulsed Electro-Magnetic Fields (PEMFs) Transcript

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Introduction to PEMF and Dr. Pawluk

– Welcome to this episode of the long haul chronic fatigue summit I have with me today, Dr. Will Pawluk. We're going to talk today about pulsed electromagnetic field therapy as a way by which to help people who are suffering from long covid. Dr. Pawluk.

I'm so happy to have you here with me today. – Thank you. I'm very happy to be here as well and honored. Thank you. – Thank you. So let's start by having you introduce yourself to the audience. Tell them about you and your devices.

– The technology goes back well actually, the technology itself goes back 50-60 years. I started doing magnetic field therapy about 30 years ago and one of the reasons I started doing it is because in my practice I was a chief of family practice and a group of about 14 family physicians in New Jersey.

So we rounded patients all the time. We shared patients all the time in the hospital and in the space of about a week we had two patients almost die of gastric bleeding.

Gi bleeding and the common denominator. The common factor between them was the use of ibuprofen. And so I said I said, wait a minute. We're almost killing people to manage their pain with ibuprofen.

That's not right. We have to find better ways of treating pain than being able than making people toxic. And I'm not just talking about opiates. We're talking about baby proof in and my hydro Tylenol can also kill people. So that probably 40,000 people a year dying between um overdosing on nonsteroidal anti inflammatories.

Ibuprofen and G. I bleeding from the ibuprofen. So I said people, – You know the pain that comes with – Long covid, that's obviously any kind of chronic pain syndrome is going to be a target, an issue for people having to do chronic pain management.

From Pain Management to Magnetic Therapy

So I decided I'd better study something different. So this is again in 1990 I learned acupuncture at the U. C. A. U. C. L. A. School for Physicians as opposed to acupuncturists. And when I tried to do acupuncture at that time since people didn't know acupuncture, it was like stay away from me with those needles, right? So I got to find another way to do acupuncture without using needles. And I discovered magnets, small little tiny magnets that you put on acupuncture points.

But then over time as I was doing that I discovered that the magnets had other actions. They were doing other things. They were healing the tissue underneath the magnetic field and acupuncture never did that. So I started using them more and more and more and started working with European machines, started started looking at all of the science behind magnets and how magnetic fields work etcetera.

Eventually I met a doctor an MD PhD from the Czech Republic who reviewed a lot of the science in Eastern Europe, that science was in obscure journals or it was in the Cyrillic alphabet. It was not in English.

So we didn't have access to it and we knew it was science there, but we didn't have access to it the West. So I met this doctor MD PhD Doctor Jerabek and he has a manuscript. He had he had translated a lot of that literature into what I call Czech English. Right.

So he provided me with a manuscript and revised the manuscript and produced a book called magnetic field

Therapy in eastern Europe, a review of 30 years of Research.

So that was in in about 1980. I'm sorry, that was probably closer post 1995 1995 Already in 1995, it was 30 years of research. Right. So we finally, we had a dump of information from Eastern Europe about what magnetic fields are, how they work and clinical studies, lots of clinical studies. So, I began to do more extensive work with PMS after that. And eventually after working with it for about 25 years, I published my first, my second book, which was power tools for health.

And then people started complaining that it wasn't wasn't practical enough. So I said, I agree it's more scientific. I agree it's 500 references. So if you want the science get that book. So it's called power tools for health.

But if you want more practical, how to more hands on how to how to pick magnetic systems with the different problems you have and then how to use them properly.

Then the next book is called Supercharger health with PMF therapy. – Yeah, I mean, this is fascinating your story. Right? You started off wanting to help people not have the inflammation or the bleeding out from from certain medications. So then you went down this path of trying to find other ways and you sounds like you devoted your life to it actually.

And I believe that you you wouldn't have continued down this road so deeply unless you saw exactly. – But I wasn't, I wasn't satisfied even with that.

So I said, okay, that's nice. But it has limitations. Every every everything that you do have limitations. And you have to know I have all these different tools.

You apply these different tools in the different situations because each one works differently and better in different ways. So I learned in therapy and uh sound therapies and healing and Ricky and uh empathy and nutritional therapies and supplements.

So I had all of these tools now in my box. So when I saw a patient there was a 95% chance I was going to be able to help them significantly with their problems. But the most common tool for everything ends up being magnetic field therapy because it works in such a phenomenal way and it's so safe and it does something that nothing else does and that is to basically heal the tissue.

– Okay, so tell us what exactly are pulsed magnetic fields. – So, um we know about everybody's probably heard of E. M. Fs And we talk about um 5G.

What PEMF Is and How It Differs from EMFs

Copyright cellphones and wifi and all that E. M. F. We call E. M. Fs Right? So the E. M. F. are generated by signals that are broadcast into the atmosphere. So they're what I call open loop.

They just keep going into the atmosphere and they have a wavelength most magnetic fields on the other hand. And those. But by the way, frequency based fields, especially microwaves get absorbed by the body because they're extremely short wavelengths, they get absorbed by the body and when they get absorbed by the body, they do damage degrees depending on the amount of exposure.

So that's the whole basis behind the microwave oven. Put food in and you put water in or whatever and it heats it. That's heating. And so basically it's damaging that tissue.

So if you got something living that's in the microwave and it's gonna kill it, right? But fortunately, most of the time, I don't think most people put living things in microwave notes, but we have very close to them when we put a cell phone to our ears.

Alright, so P. E. M. F S on the other hand are created in a very different way where you pass the current in a wire

automatically generates a magnetic field, its perpendicular to the flow of current. So it's called the right hand roll.

So my thumb is the floor of the current and my fingers are the magnetic field and the magnetic field wraps around in a perpendicular fashion around the floor of the current that magnetic field As the current pulses right? The magnetic field expands, pulse expands, pulse expand but it always collapses back on itself.

So unlike microwaves which keep going into the environment, these magnetic fields close themselves. That's called closed loop close on themselves. So they don't have a wavelength there pulsed, that's why we call them pulsed electromagnetic fields. And they are designed in ways with intensities and pulse rates that are healing.

So once we know that these fields do healing work then we design different kinds of magnetic system to do different kinds of healing work. And we have all kinds of magnetic systems from very weak to very powerful from very rapid pulsations to very slow pulsations.

And they are not actually FDA approved different kinds of machines. So there are FDA approved E PMF devices for healing fractures that won't heal to help with bone grafting for spinal fusions to help with reducing edema and pain.

So those are approved by the FDA. Now we are now using devices called TMS. Transcranial magnetic stimulation for stimulating the brain directly with 10,000 gauss magnetic fields to treat depression.

So basically we're treating the left forehead. – Fantastic. I know I noticed there are patients watching this who might be afraid still so tell us more.

Tell us more. I have many many patients who I know are gonna ask me are you sure Dr. Parpia I can use this because isn't it the what what about going through you know getting an M. R. I. or a C. T.

Scan really go into the depths of how this is different. – Well an M. R. I. Is a magnetic field difference between M. R. I. And the therapeutic magnetic fields is M.

R. I. S. Are very high. They have 22 components to them. Extremely high static magnetic field is basically locked in like a fridge magnet locked in. And then we have high frequency magnetic fields. The high frequency magnetic fields stimulate the protons in the body and then they get things moving oscillating.

And then the static magnetic field locks that in and then we can tell the difference between the cell and water. And we can differentiate now tissues and the water density of tissues.

That's an M. R. I. And are extraordinarily safe except for because of the static magnetic field. The high intensity static magnetic field. You have to watch out for metals and you can do heating the radio frequency magnetic fields can actually heat the tissue and it can cause burning.

So people have tattoos and little metal fragments in their tattoos. Can cause heating and burn the tissue. So but even then we know that if you follow the safety rules very modernized are extraordinarily safe.

And these are incredibly high magnetic fields so they get up to like 50,000 even 120,000 magnetic ghosts the intensity of the magnetic field. So they're extremely hot and they're relatively safe.

The TMS machines that we're using are like PMS as well. And they're different than the M. M. I. S. But the RPMs and they go up as much as 10,000 Gauss. So they're considered extraordinarily safe.

So – Thank you were explaining it to the audience because I know there are a lot of people out there who are afraid to even get into an M. R. I. You can get an M. R. I. Done and we know how safe they are.

And so sometimes then when there's when there's electromagnetic treatments, people are afraid of an M. R. I. Are even afraid of this.

Safety, MRI Comparisons, and Clinical Use

And so I'm just happy you're addressing this because I know that this can really help people just like an M. R. I can help save someone's life if it gives the right diagnostic. So but there are rules M. R.

– I, again, you don't go into an M. R. I. If you have metal clips in your body because that the static magnetic field can cause that to create a problem.

We don't have those high intensities so we don't usually worry about metals and we can use pulsed magnetic fields for therapy purposes. Even for somebody who's had a joint replacement use that if they have metal metal heart valves, they could use them if they have implanted electronic equipment used appropriately. So you have to know how to use it appropriately to be able to be safe with it.

So PEMFS that we use for therapy are really very safe. – Yeah. Fantastic. Um let's bring this into long haul. Tell me what you've seen with respect to the pen therapies and how how people with long haul have been treated, what symptoms have you seen change.

– So um let's go back to mechanisms. Okay, Because that's key if you understand the different actions of magnetic fields and you understand and then you what you do then is you want, you know, the actions of magnetic fields and then you look at a given health condition and you say, what's going on in this health condition?

They say, okay fine, the magnetic fields are going to be able to help this health condition and it's going to help the following aspects of the health condition and depending on the tissue and so on, you'll be able to get a reasonable estimate of how long it's gonna take to get a benefit. So long syndrome, let's go back to the mechanisms of PMS. The big the big actions of magnetic fields and there are like 27 of them and they're covered in the two books that I wrote.

So one of the key aspects of magnetic therapy is to reduce inflammation. There's a natural pain killing effect of magnetic fields. So like, like aspirin or codeine or Tylenol, uh there's a natural pain killing effect.

But that's and that's okay but that's not what we want. We want to heal the cause of the pain. And most of the time pain is caused by inflammation. So you can help with the pain just temporarily help with the pain. But then the goal is to be able to help to deal with the inflammation that's causing the pain. – So I love that.

It can be a symptom relief and healing at the same time. – So they so it improves healing generation. It increases a TP production in the body. So it gives the body more energy. So cells that are damaged by inflammation and toxicities and mold and and and so on. All of a sudden the tissues begin to wake up.

You can detox tissues, you can help the cells open up the membranes so the cells that are damaged are stuck. And there are 200 over 200 membrane channels in in a cell.

And those membrane channels are like the windows and doors of the house. They're gonna be open house is locked up. You don't get stale right? So the cell has to have everything moving constantly.

And we have about 500 trillion cells in our body and about 100,000 biochemical processes per second in every single cell. So when a cell gets stuck a lot of these processes begin to collapse. They begin to dialogue.

And as a result the cell gets sick. So when you start to do magnetic stimulation to a cell with PEMF therapy you start to unstick these membrane channels and calcium and electrolytes and gasses come out of the cells, nutrients get into the cell.

So all of a sudden the cell is now Now magnetic field therapy does not raise the dead. I want to tell everybody that it does not raise the dead. It may help the living dead, but not the dead dead, reassuring.

Hopefully the question is, how near dead is the tissue? So the closer it is to death, the worst the damages in the

cell, the harder it is to recover it no matter what we do.

– Right. – Right. But because magnetic fields have these 27 different actions improving circulation, helping with healing growth factors uh mentioned a teepee increases in circulation. All these things happen basically at the same time. We don't control what happens in the body with the magnetic field Hallelujah. The body controls what happens to it with the magnetic field. All we're doing is providing the body with more energy more juice. Like increasing the intent the the voltage and military more juice. And then the body will take that energy now and do whatever it wants with it. So I cannot tell a magnetic field to improve circulation. I guarantee you if there's decreased circulation, it's gonna help it.

But it has to deal with the colonies of that decreased circulation. So if the congress is a blood vessel then you have to open up that blood vessel magnetic field therapy actually opens blood vessels. So it improves circulation that way.

But again, has so many different actions. If you really want to dig into this, you're gonna have to read one of those two books.

How PEMF Helps Long COVID and Chronic Inflammation

And I have on my website to talk about all these things as well. – You're making me want to get a machine for our clinic and home. Honestly like yeah, I mean I've seen them work for patients and other clinics and now diving into the science of it. I know that this is what my patients need, the ones who suffer from complex chronic illness.

Their tissues are stuck – They're inflamed. They're not detoxing properly. Their cells are not working properly. There are healing again. Their bodies are just stuck. Now. We talked about this before before we got on the call. The problem is that most people, the biggest mistake most people make is they don't they under treat.

Another big mistake people they people make is they over treat. So it's two sides of the same coin. And the problem is that you have to like like clinicians do all clinicians do is you have a sense of what kind of therapy the person needs and you make your prescription and you tell them here's what you need and here's how you here's how you're gonna dose.

And if you know that somebody's exquisitely sensitive, you're gonna start off with a very low dose and gradually increase the dose as you see what the responses in the body.

So long time syndrome and toxicity situations of toxicity and hypersensitivity, um like multiple chemical sensitivities you want to go low and slow. So on my website it's also in the in the supercharger health book.

But on my website I have a blog going low and slow that teaches us that we need to start off very gently very gradually and see how our body deals with what we've given it, what we're doing to it.

We have the same kinds of reactions with acupuncture. We have the same kinds of reactions with homeopathy are the same kinds of reactions with supplements. We can have the same kinds of reactions with nutrition, right? We have to gradually increase it.

A metaphor that I use is athletic training. You don't get off the couch and run a marathon tomorrow train, right? And you have to know how to train. You have to train properly. You don't want to hurt yourself or you're not ever going to run that marathon. – Exactly. It's different for each person.

– It's not only different for each person, it's not only different for each person, it's different for each person's body parts. So your brain will tolerate something different than your shoulders or your back or your kidneys or your toe.

So each tissue in the body is going to have it all sort of tell me what I should do, Tell me when to back off. So you people have to know their bodies.

But we make a prescription to see them back and they tell us how they respond and then we adjust the protocols or increase the intensity of the treatment time and so on.

If you do that, the magnetic field therapy can be amazing. So what's the problem in long haul? By the way, I have a I have a disclosure. People may go online and find out that the FTC slapped Dr. Pawluk's hand. So, I had a blog on my website about how magnetic fields help Covid.

And we've all heard stories about how the FTC went after doctors. They went after us as well. So, I had to take that block fortunately the same time. Right?

About the same time I published an article. So it's in a medical journal, magnetic fields health, inflammation or immune, the immune aspects of of Covid.

I had to take that block off my website. So, but I did write another blog, bring along. So, if you want to read about magnetic field therapy and long hours, I didn't couldn't call it Covid because of the FTC.

I call it syndrome. All right. So what is long hauler syndrome? Who knows? – Definitely we notice about inflammation. – That's the key is inflammation and different organs in the body. The brain.

The nervous system deliver the heart, the kidneys, right? The muscles the digestive system basically any any part of the body including the reproductive system can be damaged the breasts for breastfeeding.

They can be damaged as well. They and long haul syndrome can increase the risk of cancer. And we know that the immunizations are a disaster because the immunizations, the spike protein goes everywhere in the body and it can cause a ton of inflammation anywhere. And on top of that both covid and the immunizations activate latent viruses.

– We've seen we've seen those viruses that were just dormant suddenly pop up – 85% of the population has EBV. So who doesn't have? So basically almost everybody has EBV. Which means that E.

B. V. Wakes up wherever it's hidden. So shingles can wake up right. H. H. V. Six, C. M. V., H. S. V. All of these viruses are latent like and Lyme disease and co infections with lions and one of the most common co infections with Lyme disease and people don't understand this. You know the western blot test if you're marginally positive of Western block. Lyme literate doctors.

I want to dump on Lyme literate doctors but Lyme literate doctors assume that you're positive if you have two or three bands with the western block. If you have two or three bands they can cross react with EBV.

So they're part not because of their positive because of EBV So then you don't really know what – Right we like to use infected lab testing looking at T cells so now we can know which infection the person is active with right here right now. So what I am seeing and a lot of my line patients like interferon gamma are seeing tick borne disease.

And a multitude of viruses including myco including bacteria like mycoplasma, – mycoplasma pneumonia that's also a comedy. A pneumonia. Also bacteria that live a long long haulers as well. – Right.

Right. So long haul syndrome is a very complicated problem and it's it's not easy to deal with. But if you do with the one thing that is common across almost all of the problems with syndrome is what you said before it's inflammation.

Let's talk about inflammation and PEMFS there's a blog on my website about identity. So the dentist seen receptor is not only the dentist and receptor the identity and related to A T. P. Production but the identity and receptor on the neutraphil is responsible for chronic inflammation in the body.

All politicians have a dentist and receptors everything. And the white cells carry a dentist in receptors And we should just shown that 15 ghost magnetic field is the optimum magnetic field intensity to target or hit the identity receptor on the neutrophils. And where does any inflammation you know not have neutrophils involved? 100%. Right. A 1,000% actually.

So what happens then is that if you get if you stimulate those identities receptors with the right magnetic field intensity you're going to be able to decrease inflammation.

So knowing the intensity of the magnetic field you use becomes critical. The other thing that almost everybody who does work with magnetic therapy doesn't really pay much attention to and they should is the fact that magnetic field therapy like radiation therapy Like sunlight like sound or cold and heat they all drop off very rapidly as you move away from the source.

So you have to calculate the dose of the magnetic field depending on how far into the body you're going if your goal is to deliver 15 goes at that target tissue.

So if you have long covid guaranteed you have many areas of your body that are involved. – For sure. And you know, it's a disease that has just one name but it's not just one diseases, multiple diseases in the body inflammation infections um biotoxins now from other infections have come along.

So the person is toxic, they're inflamed or infected, making them tired – That causes brain fog. And one of the things we're discovering now about brain fog is there's something called perfusion and scheming and re perfusion.

The brain fog has been found to have hypo fractionated areas of the brain, the low auction areas of the brain, almost everybody with brain fog is going to demonstrate on F. F. N. I. R. S. Studies near infrared spectroscopy testing will show decreased oxygenation.

So PEMF therapy is increased oxygenation but they also are anti inflammatory and they also help things to repair. So not only you're helping to decrease inflammation, but you're also then helping the body to be able to repair itself.

And the big challenge with chemotherapy is it's very hard to do this in a doctor's office. As I mentioned, we have 100,000 biochemical processes per second in every cell in the body.

How much treatment time do you need? – You tell me.

Dosing, Intensity, and Going Low and Slow

– I don't know, the body is going to tell us. So something with one treatment a day or one treatment every three or four days. Some people need treatment three or four times a day. Okay, Because what happens is you treat they feel better temporarily and then the problem comes back and this is a problem.

We see the pain. You can treat the pain and we can knock out a pain right away with the painkiller. Right? But it comes back because you haven't gotten rid of the reason.

Because so until you start healing the body. So we can symptomatically improve things. But we want to not only improve your symptoms right now, but we want to be able to improve your symptoms over time and in order to improve symptoms over time you have to heal you have to heal the tissue have to decrease the inflammation.

Have to support the functions of the ability you have to create regeneration and the tissues increase stem cells. And that's one of the things magnetic therapy does too? Is it increases stem cells fantastic.

And all organs in fact, – That's very exciting. Very, very exciting. It sounds like patients are able to get back to their to a higher, to a better state of immune, more optimized state of immune regulation.

– And cellular function. Cellular tissue function. Yes. Right. Right. Because we know that there is immune dis regulation of people who have long haul as well. So we're bringing the inflammation down.

Then the immune system is going to begin to self regulate. – Correct. Magnetic field therapy decreases hyper inflammation and hyper immune function and it raises low immune function.

So, magnetic field therapy, one of the things I discovered PMS do early in my career working with PMS. And the reason I went to magnetic field therapy is because of acupuncture. And every time you're doing magnetic field therapy you're stimulating the acupuncture points and meridians.

Because the acupuncture system is an electrical current system, we call it cheap. But the chinese, ancient chinese didn't know what it was. They didn't have electricity and they didn't know the body had nerves that conducted, right. So the body has all kinds of charge in it and that charge then becomes an important part of this.

And magnetic field therapy stimulates that charge including the acupuncture system. So every time you do magnetic therapy you're doing acupuncture. But you're doing a lot more? – Well. So now tell us how it works.

Is it localized somebody? Yeah. How does it work? What does it look like? – Essentially, magnetic field therapy is a local phenomenon. So when you pass a magnetic field through think of it this way the metaphor is magnetic fields like the wind in the trees.

You don't see it right? You know it's there because the leaves are moving, it doesn't stay in the trees, it goes right on through. So that's what magnetic fields doing the body they go right on through.

So magnetic field doesn't care whether there's a body there or not. It's the same from here to there. Whether there's a body in the middle or not. The only way to stop the magnetic field would be metal metal can cause the magnetic field to bend. So essentially as it goes through the body as it goes into the tissues and through the tissues.

It's creating the charge that we talked about. That creation. The creation of charge causes this cascade of all of these processes that magnetic fields do.

And the body produces those processes has those reactions. And then that's when the when the healing begins. So it's passing through the body is completely transparent to a magnetic field.

– So now I saw a paper, I'm sure you did too. I think it came from Austria. There was a woman who did five, it was five weeks of treatment, 10 treatments. She had long covid and well brain fog improved.

She was able to go back to work, fatigue improved. So I was really happy to see that the study was published. It was only end of one, but I think you have more to share with respect to what you've seen with regards to patient outcomes.

– The key thing, certainly the way I've been trained as a doctor, you have a diagnosis. Somebody comes to you. They give you the list of their symptoms and you do your testing and imaging and say, here's your diagnosis. Okay?

Now, now you've got a diagnosis. Now, here's the treatment, right? You're thirsty, have some water hungry, have some food, right? You're hot. Here's something to cool you off. So we react that way.

But magnetic field therapy does so many things we can't so long long haul Covid. I don't care what your diagnosis is. I don't care whether you had a heart attack or a stroke or whether you have kidney disease or you broke up or you have tendonitis or muscle spasms. I don't care because magnetic fields do so many different things. They're basically gonna handle almost anything that you have going on.

And that's the beauty of it. It's not a condition specific treatment program or process. And you're you're lucky then because you can take it for granted you're going to get help regardless.

Now you may not get help as fast as you want for the things you want to help help with the most. So you got a headache now you got backaches and you got shoulder pains and you can't walk that fast and so on.

But you came in because you had a headache. The headache is your primary reason for being there. When you

start doing magnetic therapy where the headache is still there. But all the other pains in your body are now gone. So what?

So the body decides what's going to get better. I don't decide what's going to get better. The magnetic field doesn't decide what's going to get better.

Your body is going to decide and that's that's that's grateful. It's hallelujah because once you've killed your headache, are you done with life? Life keeps happening right. This happens and that happens and so on.

So again you're you're better off getting a tool that's going to help you in a myriad of different ways which then you, once you make the investment in the tool, you're gonna be able to use it for the rest of your life.

Almost whatever comes along fractures heal in about half the time cuts and wounds heal. In about half the time. I had a little girl who cut off the end of her thumb in the door jam, the doctor sewed back on again and the pictures in the power tools for health book and I'm gonna have to three hours a day of a credible small intensity and low intensity magnetic field. Three months later, she's regrowing her thumb. She's regrowing her nail.

You already read through the thumb. She's not regrowing the nail. So what happens inside? So as as as you give the body the resources it needs to do the work it wants to do then it's going to get better.

– Fantastic. Is there anything else – Now you just need the right magnetic system? Right? – Right, right. Is there anything else you want to tell our audience about about this?

Well, I think uh the supercharger health book, I would recommend strongly recommend if you want the science to get the power tools as well. You should definitely get the supercharger health book because it really goes into the actions of magnetic fields and how it deals with pain.

I review about any different health conditions. And I tell people what what magnetic systems the best for that particular type of problem. But again, they do a lot more than that problem. So you have to think of it, you know, in broader terms. So getting the right system is clearly important. The biggest mistake that people make with their PEMF systems is they don't know what the intensity is.

All right. And intensity matters. We talked about that if you're dealing with inflammation, you need that 15 ghosts at wherever the target tissue is. They have the optimum magnetic field benefit.

There are lots of people who have who bought their devices from um multi level marketing companies and the people who sold them their machines. No, nothing about magnetic field therapy except whatever they were trained to tell about their system. And those systems are typically most whole body Pff systems unless you get the right one from what I discussed in my book, most of those are under one goose. So goes G. A.

U. S. S. Is the intensity of the magnetic field fridge magnet, for example, is more like 5000 gauss. Right? So if you start with one gauss, how much healing are you going to do in your body?

Choosing the Right Device and Avoiding Common Mistakes

You need 15 for information. Right? And then you're not only 15, but you need 15 at the skin. But what about deeper in your body? In your heart or your brain?

You're gonna need to go across the brain. The treat on this side of the brain. And you want to deliver 15 gulfs across the brain. You're gonna need 4000 gauss.

So that's really critical. You have to get the right piece of equipment. And the biggest source of referrals for me is the people who bought or used or being sold one of these very low intensity system and I'm not gonna name names.

So if your distributor or the selling of the system can't tell you what the intensity is. Run – Makes sense or else you just have a machine that's just, – You don't know what you're getting, tell great stories because people say, oh they did this, this person did fantastic. That person didn't fantastic.

That person healed this and that person did all this. Yes, acupuncture does that too? Right. So yes, only your own weak PEMFS system is still going to make you feel good.

But it's not going to do for long hauler, especially, it's not enough to know. – There's just too much inflammation, There's too much information and it's too deep.

That makes a lot of sense. – Now, the other thing I would have to say is you can't build a house without bricks and mortar, right? – You need to have the bricks and you need to have the mortar.

You need to have the shingles and the word and everything else. Well, nutritionally we have to have the nutrition. You can't make a new bone if you don't have the minerals that you need to make born, you can't repair tissue until you unless you have the proteins and the lipids and the carbohydrates that you need to help to rebuild those tissues.

So you have to have adequate nutrition and that's one of the reasons that nonunion fractures happen is that people were not appropriately, they didn't have appropriate nutrition. I know a plastic surgeon in Virginia who will not do plastic surgery on somebody, whether it's a breast augmentation or breast lift or a facelift. He will not do plastic surgery until they've been on a nutritional program for three months.

His results. His results are always spectacular magnetic field therapy is no different. The same thing applies to cancer. My long haul injuries, chronic trauma T. B. I. S.

All of these things are benefited with PEMFS. And again, you need the help of adequate nutrition. – Makes a lot of sense because you're trying to rebuild tissues and you need the proteins for that. You need the substrates for that to be done.

And the magnetic fields basically just supplying the push the energy that charge like you're building a house. You could use you could use hand tools, use power tools which is gonna work next. – Right, – Alright. Power tools.

But you have to have electricity for power tools. A magnetic field therapy basically is providing the electricity for the power tools for the body to do the healing that it needs to do.

– Makes a lot of sense. Thank you very much. – I hope I didn't overwhelm people too much or talk too fast. – I don't think so, I think is great information. Really, really good.

I think a lot of people are going to benefit for the from this. So tell us how they can find you and how can they get their hands on a machine if they want one. – Alright, so again, the books, the two books have lists of tables of the device, different devices and their intensities and their approximate prices. So there's information there on dr pollack dot com we have on the homepage on the right side, there's a product comparison guide.

You can click on that, you can download that and you can look at all the different devices we have again by the, the costs and the intensities and so on.

Um then there's a video on that same page when you first open that page, before you go down the list of machines, there's a video about how to choose and use a PEMF device and I strongly recommend reading that the supercharger health book really will teach you about magnetic field therapy and you get a much better sense of how to use it and what kind of system you probably going to need for your particular problems.

So DrPawluk.com is a huge resource. Lots and lots of blogs, but again, I do recommend the books because that's all synthesized in sort of like in one place for those people. What I don't want is that if you're only willing to spend $25 on your health, don't bother, don't bother.

I don't want to be doing consultations and we offer free consultations for people. If you're not willing to spend at least $1000 or more at least $1000 to get the right piece of equipment for your problem. Then if you're willing to do that, then we provide consultations, free consultations and I have a chiropractor and an acupuncturist and myself, we do these consultations for people and the goal there and I've discovered this over time. Too soon old, too late smart over time that if you don't get the right piece of equipment and you can have the right piece of equipment and not use it right.

You don't get the right piece of equipment and then don't use it right, You're not going to get the right reactions or the right benefits – Anything really even in life, any tool you want, you've got to get the right one, you better know how to use it or else nothing could happen or something could backfire.

You know, give someone the right medication at the wrong time or the wrong dosage. You know, people need to know – Clinicians know this and I think most educated consumers know that as well. Ultimately. – Yeah. Yeah. Well, I'm really happy to provide that consultation because I think that that's really going to benefit people.

– And by the way, I do I see a fair number of long hauler patients, not too many, not as many as I should, I think, but we we do see plenty of those. We see cancer patients with chronic fatigue syndrome, basically the list is universal.

It doesn't matter. That doesn't matter what you have going on basically. The only one contraindications, magnetic field therapy, there's only one contra indication true contra indication, somebody with an organ transplant and the reason for that is that they're on immune suppression and we don't want to mess with the immune system because we don't know how what way the magnetic field is going to help it could over support the immune response of the body. Could over support the immune suppression.

Or it could basically undo the immune suppression. And the last thing we want to do is to have somebody have an organ fail because we can't predict what's going to happen right there. Metals are not a problem.

As I mentioned, implanted electronics are not typically a problem if they're M. R. I. Conditional if the doctor doesn't tell you that you can't do it and the doctor tells you can't do an MRI then you have to be really careful with magnetic fields. You have to be using property.

But doctor tells you you can do it most of the time. We don't have to worry about magnetic field therapy. – Well thank you so much. Dr. Pawluk – Any questions.

Any questions for yourself you have.

Nutrition, Contraindications, and Treatment Timing

Do you have a case or a patient that you comes to mind? – Gosh. Well honestly all of our patients suffer from complex chronic illness. The ones that we've had.

Well that have been our patient prior to the pandemic and throughout the pandemic it turns out they don't have long covid. I think that's because we've been supporting their systems. We've been treating them right.

But now we have a lot of patients who are new to us that do have long covid And something you just said a few minutes ago as you talk about chronic fatigue syndrome.

You know long covid and cfs mimic each other greatly. In fact you could even, you know, say that they could be the same thing in some ways. And so I'm thinking of the new patients that are coming in and they're they're chronic fatigue. I'm thinking about now.

Well what part of my treatment would I would I insert the PEMFuh therapy? And would it be prior to infection treatment after infection treatment? Talking about co infections or concurrent infections?

You know, Covid's long gone actually. So let's call them um new infections. So now I'm taking these new infections. When is the best time to bring in the pen therapy? – We talked a little bit before about going low and slow. Yeah, so that applies and it really almost doesn't matter including any other therapies. The only therapies that you have to be really careful with with PEMFS because they can sort of bump the therapy is homeopathy.

In some cases frequency based therapies like life can be potentially an issue magnet magnetic field therapy with population that could be a problem. So people should do magnetic field therapy the day before or the day of ovulation because you're moving a lot of minerals around. So you can get incredibly fatigued because magnetic therapy is also pushing around the minerals.

– So what if I'm using other detoxification therapies. Maybe I need to wait if they're getting everyone was talking about. – So basically appeal calculation is not a problem, but other antibiotics or antivirals, any ivy therapies, magnetic field therapy is going to make that better.

Um The timing of the treatment is largely going to be practical quite frankly. What are they there for? What are they supposed to get and how much time do you have it? Is the magnetic device being used or not you know etcetera. So timing doesn't matter much.

Even with H. Bot hyperbaric therapy probably makes hyperbaric work better if you do PMF before hyperbaric but it doesn't matter. You can't do any harm right? It may be marginally better 11 sequencing versus another. Um Without any therapies you can do magnetic therapy at the same time you're running the I. V.

You probably get into the tissues better faster. So you may have to look for the risk of having reactions. So again if you have, say with L. A. You can have um hypoglycemic reactions right?

So if you're running the L. A. In and then you're doing magnetic field therapy at the same time. The A. L. A. B. May be used faster by the body. – So maybe five and C.

As well because that can also cause hypoglycemia. – And it could also cause hypoglycemia. So you may want to do magnetic field therapy before. Not during you may be more likely to have a reaction after you've run the I.

V. S. Because how long does I. V vitamin C last in the blood vessels and you don't have a good idea of that. So I probably would be better to the magnetic therapy beforehand.

On the other hand relative to food. If you think about it, magnetic field therapy can help the body to break down the food better to absorb it. Better to get into the cells better. So that's the best timing for magnetic field therapy after a meal. It probably ultimately doesn't really matter that much. But it may make some sense that it probably would be better than two hours after a meal or two hours after supplements because they have to be absorbed. They have to be in the bloodstream in order to get them into the tissues and then once they get into the tissues you're gonna help them to work better in the tissues.

– I love it. So we would use it synergistically with treatments it's actually gonna benefit them if we're using the right time. – And what I'm saying is much of the time it probably doesn't matter that much.

So ultimately depending on the patient's depending on what you're doing you may find that certain timings work better than others. But I'm saying it's probably not really all that. – Okay. Yeah. Great well thank you and I but I'm going to have more questions as we start to use it more with our patients.

You'll be hearing from me. – I look forward to it. – Yeah well thank you so much for being on our summit. It's been very informative. – My pleasure. It's I love these summits.

I love doing these interviews that people learn a lot of a lot of get a lot of great information and very new information for most people to Yeah, – Well thank you. – Thank you, Nafysa.