Introduction to PEMF Therapy

So PEMFs, on the other hand, are created in a very different way. When you pass a current in a wire, the current automatically generates a magnetic field.

It's perpendicular to the flow of current, so it's called the right-hand rule. So my thumb is the flow of the current, and my fingers are the magnetic field.

And the magnetic field wraps around in a perpendicular fashion around the flow of the current. That magnetic field, as the current pulses, right, the magnetic field expands.

Pulse expands. Pulse expands. 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. It closes on themselves. So they don't have a wavelength. They're 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 systems to do different kinds of healing work.

Welcome to the PEMF Effect, where breakthrough science helps take control of your health. I'm Dr. William Pollack, and I'm here to guide you in tapping into the power of PEMF therapy for recovery, vitality, and total body wellness.

From overcoming chronic pain, optimizing brain health, boosting energy, and aging with strength, this podcast is your path to cutting edge solutions for lifelong well-being.

If you're ready to move beyond symptom management and tap into your body's natural healing ability, you are in the right place. Let's dive in. Today's episode is a previously recorded session from a summit where I was a guest speaker.

Welcome to this episode of the Long Haul Chronic Fatigue Summit. I have with me today Dr. Bill Pollack. 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. Pollack, 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 to 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 in 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 ibuprofen and high dose Tylenol can also kill people.

So that probably 40,000 people a year are dying between overdosing on nonsteroidal anti-inflammatories, ibuprofen, and GI bleeding from the ibuprofen.

So I said- You know, due to long COVID and the pain that comes about.

Dr. Pollacku2019s Background and Early Work

And with long COVID, this obviously any kind of chronic pain syndrome is going to be a target, an issue for people having to do chronic pain management.

So I decided I better study something different. So this is again, in 1990, I learned acupuncture at a UCLA 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. 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.

I started looking at all of the science behind magnets and how magnetic fields work. And eventually I met a doctor, an MD-PhD from the Czech Republic, who reviewed a lot of that science in Eastern Europe.

And 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 there was science there, but we didn't have access to it in the West.

So I met this doctor, MD-PhD, Dr. Jarebek, and he had a manuscript. He had translated a lot of that literature into what I call Czech English. So he provided me with a manuscript.

I 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 1980. I'm sorry, that was probably a little closer, post 1995. Already in 1995, it was 30 years of research.

Amazing. 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.

I began to do more extensive work with PMFs after that. Eventually, after working with it for about 25 years, I published my second book, which was Power Tools for Health.

And then people started complaining that it 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 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 Supercharge Your Health with PMF Therapy.

I imagine, 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 certain medications.

So then you went down this path of trying to find other ways. And it sounds like you devoted your life to it, actually. And I believe that you wouldn't have continued down this road so deeply unless you saw Exactly.

But I wasn't satisfied. I wasn't satisfied even with that. So I said, okay, that's nice, but it has limitations. Everything

that you do has limitations.

And you have to know, you have all these different tools and you apply these different tools in different situations because each one works differently and better in different ways.

So I learned psychotherapy and sound therapies and healing and Reiki and homeopathy and nutritional therapies and supplements. So I had all of these tools now in my book.

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 we know about, everybody's probably heard of EMFs, and we talk about 5G, talk about cell phones and Wi-Fi and all that EMF, we call it EMFs, right?

So the EMFs 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, 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. to degrees depending on the amount of exposure. So that's the whole basis behind a microwave oven.

Put food in it, you put water in it, whatever, and it heats it. That's heating, and so basically it's damaging that tissue. So if you've got something living that's in the microwave oven, it's going to kill it.

But fortunately, most of the time, I don't think most people put living things in microwave ovens. But we get very close to that when we put a cell phone to our ears.

So PEMFs, on the other hand, are created in a very different way, where you pass a current in a wire. current automatically generates a magnetic field.

It's perpendicular to the flow of current. So it's called the right-hand rule. So my thumb is the flow of the current, and my fingers are the magnetic field.

And the magnetic field wraps around in a perpendicular fashion around the flow of the current. That magnetic field, as the current pulses, the magnetic field expands.

Pulse expands. Pulse expands. But it always collapses back on itself. So unlike microwave, which keep going into the environment, these magnetic fields close themselves.

That's called closed loop. They close on themselves, so they don't have a wavelength. They're 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 systems 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 they're FDA approved PNF devices for healing fractures that won't heal to help with bone grafting or spinal fusions to help with reducing edema and pain.

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.

What PEMFs Are and How They Differ from EMFs

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 going to ask me, are you sure Dr.

Barbi? I can use this because isn't it the, what, what about going through, you know, getting an MRI or, or CT scan, really go into the depths of how this is different?

Well, an MRI is a magnetic field. The difference between MRI and the therapeutic magnetic fields is MRIs are very high, they have two components to them.

An 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 a cell and water.

And we can differentiate now tissues and the water density of tissues. That's an MRI. And MRIs are extraordinarily safe except for because of the static magnetic field, the high intensity static magnetic field.

You have to watch out for metals. Right. And you can do heating. The radio frequency magnetic field 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 for MRIs are extraordinarily safe and these are incredibly high magnetic fields, so they get up to like 20,000, 30,000, even 120,000 magnetic Gauss, 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 PEMFs as well. and they're different than the MRIs, but they are PEMFs, and they go up as much as 10,000 Gauss, so they're considered extraordinarily safe.

Thank you for explaining it to the audience, because I know there are a lot of people out there who are afraid to even get into an MRI, even get an MRI done, and we know how safe they are, and so sometimes then when there's electromagnetic treatments, people who are afraid of an MRI are even afraid of this, And so I'm just happy you're addressing this because I know that this can really help people, just like an MRI can help save someone's life if it gives the right diagnostic.

But there are rules. In an MRI, again, you don't go into an MRI if you have metal clips in your body because 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, but we can use post-magnetic fields for therapy purposes, even for somebody who's had a joint replacement.

It was that if they have metal, those hard 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 PMFs that we use for therapy are really very safe. Yeah, fantastic. Let's bring this into long haul. Tell me what you've seen with respect to the PEMF therapies and how people with long haul have been treated.

What symptoms have you seen change? So 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 what you do then is once 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.

And they say, okay, fine, then magnetic fields are going to be able to help this health condition. And it's going to help the following aspects of that health condition.

And depending on the tissue and so on, you'll be able to get a reasonable estimate of how long it's going to take to get a benefit. So long syndrome, let's go back to the mechanisms of PMS, 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 field therapy is to reduce inflammation.

There's a natural painkilling effect of magnetic fields. So like aspirin or codeine or Tylenol, there's a natural painkilling effect. 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 give symptom relief and healing at the same time. And healing at the same time. Perfect. So it improves healing generation, it increases ATP production in the body, so it gives the body more energy.

So cells that are damaged by inflammation and toxicities and mold and so on, all of a sudden the tissues begin to wake up. You can detox tissues. You can help the cells open up to the membranes, so the cells that are damaged are stuck.

And there are over 200 membrane channels in a cell. And those membrane channels are like the windows and doors of a house. They're going to be open. And the house is locked up.

You don't get stale. 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 die off, and as a result the cell gets sick. So when you start to do magnetic stimulation to a cell with PMF therapy, you start to unstick these membrane channels and calcium and electrolytes and gases come out of the cells, nutrients get into the cell, so all The cell is not now magnetic field therapy does not raise the debt.

I want to tell everybody that it does not raise the debt. It may help the living dead, but not the dead dead. Okay. All right. Reassuring. Hopefully. The question is how near-dead is the tissue?

So the closer it is to death, the worse the damages in the cell, the harder it is to recover it, no matter what we do. But because magnetic fields have these 27 different actions of proving circulation, helping with healing, growth factors, I mentioned ATP, 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 voltage of the battery, provide more juice, and then the body will take that energy now and do whatever it wants with it.

So I can't tell a magnetic field to improve circulation. I guarantee you if there's decreased circulation, it's going to help it. but it has to deal with the corners of that decreased circulation.

So if the corners is a motionless 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, it has so many different actions. If you really want to dig into this, you're going to have to read one of those two books. And I have links 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 at 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. And they're chronically inflamed, they're not detoxing properly, their cells are not working properly, they're not 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.

Okay, another big mistake people they make people make is they over treat. So it's two sides of the same coin. And the problem is that you have to, 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're going to dose.

Safety, MRI Comparison, and Therapeutic Uses

And if you know that somebody is exquisitely sensitive, you're going to start over with a very low dose and gradually increase the dose as you see what the response is in the body.

So long-term syndrome and toxicity situations of toxicity and hypersensitivity, like multiple chemical sensitivities, you want to go low and slow. So on my website, it's also in the book, in the Supercharger Health book, but on my website, I have a book going low and slow.

And that book 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. They're 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 coach and run a marathon tomorrow.

Absolutely. You have to 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 completely different. 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 its own sort of Tell me what I should do.

Tell me where to back off. People have to know their bodies, but we make a prescription, we see them back and they tell us how they responded and then we adjust the protocols or increase the intensities or the treatment time and so on.

If you do that, then magnetic field therapy can be amazing. So what's the problem in long haul? By the way, I have a disclosure. People may go online and find out that the FTC slapped Dr.

Pollock'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. Are you tired of living with chronic pain?

Medication only masks the symptoms, but real healing starts at the cellular level. I'm Dr. William Pollack, the leading expert on PMF therapy. Pulsed electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPawlik.com PEMF Systems. Visit DrPawlik.com, that's D-R-P-A-W-L-U-K.com, to register and claim your savings.

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

Transform your health. Visit DrPauloth.com today and let's get started on your healing journey together. They went after us as well. So I had to take that blog off.

Fortunately, at the same time, right about the same time, I published an article. So it was in a medical journal, Magnetic Fields Help, Inflammation, or the Immune Aspects of COVID.

I had to take that blog off my website. So, but I did write another blog about the lawn mower. So if you want to read more about magnetic field therapy and lawn mowers, I couldn't call it COVID because of the FTC.

I call it lawn mower syndrome. Mm hmm. All right. So what is Levenmüller syndrome? Who knows? Definitely knows about inflammation. But that's the key is the inflammation and different organs in the body, the brain, the nervous system, the liver, the heart, the kidneys, The muscles, the digestive system, basically any part of the body, including the reproductive system, can be damaged.

The breasts, for breastfeeding, they can be damaged as well. 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 in the body.

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 if EBV wakes up wherever it's hidden so shingles can wake up right HHV6, CMV, HSV all of these viruses are latent and Lyme disease.

and Lyme and the co-infections with Lyme. 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 on Western blot, Lyme literate doctors, I don't want to dump on Lyme literate doctors, but Lyme literate doctors assume that you're positive if you have two or three bands.

But with a Western blot, if you have two or three bands, they can cross-react with EBV. So they're positive not because of Lyme, they're positive because of EBV.

So then you don't really know what you're dealing with. Right, we like to use Infectolab testings of 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 in a lot of my Lyme patients, we're looking at interferon gamma, we're seeing tick-borne disease and a multitude of viruses, including bacteria like mycoplasma pneumonia.

Mycoplasma pneumonia, that's also a chlamydia pneumonia, also bacteria that live long haulers as well. Right. Right. Yeah. So long haul syndrome is a very complicated problem.

And it's, it's not easy to do it. But if you do the one thing that is common across almost all of the problems with long haul syndrome is what you said before, it's inflammation.

Let's talk about inflammation and PEMFs. There's a blog on the website about adenosine. So the adenosine receptor is not only the adenosine receptor, the adenosine related to ATP production, but the adenosine receptor on the neutrophil is responsible for chronic inflammation in the body.

All the tissues of the body have adenosine receptors. everything, and the white cells carry adenosine receptors. New research has shown that 15 gauss magnetic field was the optimum magnetic field intensity to target or hit the adenosine receptor on the neutrophil.

And where does any inflammation you know not have neutrophils involved? 100 percent, right? A thousand percent, actually. So what happens then is that if you stimulate those adenosine 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 field 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 gouts at that target tissue.

So if you have long COVID, guaranteed you have many areas of your body that are involved. For sure. And they, you know, it's a disease that has just one name, but it's not just one disease.

It's multiple diseases in the body, inflammation, infections, biotoxins now from other infections that have come along. So the person is toxic. They're inflamed.

infected, it's making them tired, it's making them have brain fog.

PEMFs for Long COVID and Chronic Inflammation

That causes brain fog. And one of the things we're discovering now about brain fog is there's something called perfusion and ischemia and reperfusion.

The brain fog has been found to have hypo-oxygenated areas of the brain. There are low oxygen areas of the brain. Almost everybody with brain fog is going to demonstrate on FNIRS studies, nearby spectroscopy testing will show decreased oxygenation.

And so PMF therapies increase oxygenation, but they also are anti-inflammatory and they also help things to repair. So not only are you helping to decrease inflammation, but you're also then helping the body to be able to repair itself.

And the big challenge with PMF therapy 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. I don't know. The body is going to tell us. with one treatment a day or one treatment every three or four days.

Some people need a treatment three or four times a day. Because what happens is you treat, they feel better temporarily, and then the problem comes back.

And this is a problem we see with pain. You can treat a pain and knock out a pain right away with a painkiller, right? but it comes back because you haven't gotten rid of the reason, cause.

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. You have to decrease the inflammation. You have to support the functions of the body.

You have to create regeneration in the tissues, increase stem cells. And that's one of the things magnetic therapy does too, is it increases stem cells.

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

And cellular function, cellular tissue function, yes. Right, right. Because we know that there is immune dysregulation in people who have lung hall 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 hyperinflammation and hyperimmune 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 of meridian. Because the acupuncture system is an electrical current system.

We call it qi. But the Chinese or ancient Chinese didn't know what current was. They didn't have electricity. Right. And they didn't know the body had nerves that conducted.

Right. So the body had 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. Wow. So now tell us how it works. Is it localized? Is 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 a magnetic field is like the wind in the trees. You don't see it, right? You know it's there because the leaves are moving. And it doesn't stay in the trees.

It goes right on through. So that's what magnetic fields do in 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 it'll stop a magnetic field would be metal. Metal can cause the magnetic field to bend.

So essentially, as it goes through the bodies, it goes into the tissues and through the tissues, it's creating the charge that we talked about. 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 healing begins. So it's passing through the body completely transparent to a magnetic field. Your body was designed to heal, but illness, chronic disease, stress, injury, and time can slow that process down.

What if you could restore your body's natural ability to recover, recharge, and feel its best? The key to healing is giving your body the energy to repair itself.

PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals

and helped thousands of people reduce pain, regain energy and take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com. That's P-R-P-A-W-L-U-K.com because real healing starts at the cellular level.

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 weeks of PEMF 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 this study was published. It was only N of 1, but I think you have more to share with respect to what you've seen with regards to patient outcomes.

Okay, so 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, imaging, and so on, and say, here's your diagnosis.

Okay, now you've got a diagnosis, now here's the treatment, right? You're thirsty, have some water. You're hungry, have some food, right? You're hungry, 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 how 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 have tendonitis or muscle spasms.

I don't care because magnetic fields do so many different things. They're basically going to 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 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 back aches 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 field therapy, well, 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 grateful. It's hallelujah. Because once you've cured your headache, are you done with life?

Likely not, right? Life keeps happening, right? This happens and that happens and so on. So again, you're better off getting a tool that's going to help you in a myriad of different ways, which is then once you make the investment in the tool, you're going to be able to use it for the rest of your life.

almost whatever comes along. Fractures heal in about half the time. Tuts and wounds heal in about half the time. I had a little girl who cut off the end of her thumb in a door jam.

The doctor sewed back on again, and I have pictures in the Power Tools for Health book. And I'm going to have to three hours a day of a small intensity, low intensity magnetic field.

Three months later, she's regrowing her thumb. She's regrowing her nail. She already regrows the thumb. She's

not regrowing the nail. Wow. So what happens inside?

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 this? Well, I think the Supercharger Health Book, I would recommend, strongly recommend.

If you want the science, get the power tools as well. But 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 80 different health conditions and I tell people what magnetic system is 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 in broader terms. So getting the right system is clearly important. The biggest mistake that people make with their PMS systems is they don't know what the intensity is.

And intensity matters. We talked about that. If you're dealing with inflammation, you need that 15 gauss at wherever the target tissue is to have the optimal magnetic field benefit.

There are lots of people who bought their devices from marketing companies, and the people who sold them their machines know nothing about magnetic field therapy, except whatever they were trained to tell about their system.

And those systems are typically, most whole body PDF systems, unless you get the right one from what I discussed in the book, most of those are under one dose.

So gauss, G-A-U-S-S, is the intensity of the magnetic field. Fridge magnet, for example, is more like 2,000 gauss, 3,000 gauss, right? So if you start with one gauss, how much healing are you going to do in your body?

You need 15 for inflammation, right? And then you not only need 15, but you need 15 at the skin. But what about deeper in your body, in your heart, or your brain?

You're going to need to go across the brain, you treat on this side of the brain, and you want to deliver 15 gauss across the brain, you're going to need 4,000 gauss.

Okay, 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 tried and sold one of these very low intensity system, and I'm not going to 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. Yeah, right. And they tell great stories because people say, oh, this person did fantastic, that person did fantastic, that person healed this and that person did all this.

Well, yes, acupuncture does that too, right? So yes, only your own weak PMF system is still going to make you feel good, but it's not going to do for long hauler especially.

It's not enough. Good to know. There's just too much inflammation. There's too much inflammation 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?

Right. You need to have the bricks and you need to have the mortar and you need to have the shingles and the wood 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 bone. 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 non-union 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 a breast lift or a facelift, he will not do plastic surgery until they've been on a nutritional program for three months.

Choosing the Right Device and Dosing

It makes absolute sense. We need that results are always spectacular. Magnetic field therapy is no different. The same thing applies to cancer or my long haul injuries, chronic trauma.

All of these things are benefited with and again, you need the help of adequate nutrition. It 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 are just supplying the push, the energy, the charge.

Like if you're building a house, you could use hand tools or you could use power tools, which is going to work. Right. Power tools. But you have to have electricity for power tools.

And 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 it's great information. Really, really good.

I think a lot of people are going to benefit from this. So tell us how they can find you and how can they get their hands on a machine if they want one.

All right, 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 drpawlik.com, we have on the home page on the right side, there's a product comparison guide. So you can click on that, you can download that, and you can look at all the different devices we have, again, by the costs and the intensities and so on.

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 PMF device, and I strongly recommend reading that.

Great. 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 problem.

So, drpauw.com is a huge resource, lots of blogs, but again, I do recommend the books because that's all synthesized and 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 $1,000 or more, at least $1,000 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 discovered this over time, too soon or 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, if 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.

Is that way with anything, really? Anything in medicine and 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.

I could give someone the right medication at the wrong time or the wrong dosage. Exactly. People need to know. Clinicians know this. I think most educated consumers know that as well, ultimately.

Yeah. Well, I'm really happy they provide that consultation because I think that that's really going to benefit people. And by the way, I see a fair number of long hauler patients, not too many, not as many as I should, I think, but we do see plenty of those.

We see cancer patients, we see chronic fatigue syndrome. Basically, the list is universal. It doesn't matter what you have going on, basically. The only one contraindication to magnetic field therapy.

There's only one contraindication, true contraindication, somebody with an organ transplant and the reason for that is that they're on immunosuppression and we don't want to mess with the immune system because we don't know what way the magnetic field is going to help.

It could over support the immune response of the body, could over support the immunosuppression or it could basically undo the immunosuppression 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. Metals are not a problem. As I mentioned, implanted electronics are not typically a problem if they're MRI conditional. If the doctor doesn't tell you that you can't do an MRI, then you have to be really careful with magnetic fields.

You have to use it properly. If the doctor tells you you can do an MRI, most of the time, we don't have to worry about magnetic field therapy. Well, thank you so much, Dr.

Pollock. Any questions for yourself, Nafisa? Do you have a case or a patient that 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 was you talked about chronic fatigue syndrome.

Long COVID and CFS mimic each other greatly. In fact, you could even 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 their chronic fatigue, and I'm thinking about now, well, What part of my treatment would I insert the PEMF therapy in?

Would it be prior to infection treatment, after infection treatment? Talk about co-infections or concurrent infections. You know, COVID is long gone actually, so let's call them new infections.

So now I'm treating these new infections. What is the best time to bring in the PEMF therapy? Um, 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 PMFs because they can sort of bump the therapy is homeopathy.

Uh, in some cases, frequency based therapies like wife can be potentially an issue. Uh, magnet, magnetic field therapy, uh, with chelation, that could be a problem.

So people should do magnetic field therapy the day before or the day of chelation. Because you're moving a lot of minerals around in the body. So you can get incredibly fatigued because magnetic field therapy is also pushing a lot of minerals.

Okay, so what if I'm using other detoxification therapies? Maybe I need to wait if they're getting perhaps the idea of… I think chelation is the only one I was talking about.

So basically, a peel chelation is not a problem. But other types of antibiotics or antivirals, any IV therapies, magnetic field therapy is going to make that better.

The timing of the treatment is largely going to be practical, quite frankly. You know, what are they there for? What are they supposed to get? And how much time do you have?

And is the magnetic device being used or not? You know, et cetera. So timing doesn't matter much. Even with HBOT, hyperbaric, PMS therapy probably makes hyperbaric work better if you do PMS before hyperbaric.

But it doesn't matter. You can't do any harm. It may be marginally better one sequencing versus another. Without any therapies, you can do magnetotherapy at the same time you're running the IV.

It'll 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 ALA, you can have hypoglycemic reactions.

Right? So if you're running the ALA in and then you're doing magnetic field therapy at the same time, the ALA may be used faster by the body. So maybe high dose vitamin 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.

Timing PEMF with Other Treatments and Closing Remarks

Not during, you may be more likely to have a reaction after you've run the IVs, because how long does IV vitamin C last in the blood vessels? We don't have a good idea of that.

So I think probably we better do 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 it 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 an hour or two hours after a meal or an hour 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 going to have them to work better in the tissues.

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

So ultimately, depending on the patient, 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 of that.

Okay. Yeah. Great. Well, thank you. And I bet 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. I love these summits. I love doing these interviews.

People get a lot of great information. And I'm sure it's very new information for most people too. Yeah. Yeah. Well, thank you. I learned a lot. Thank you, Nafisa.

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

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

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