Mastering the FlexPulse: A Deep Dive into One of the Most Effective PEMF Systems (Part 2) Transcript

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Introduction to FlexPulse

So I find a lot of my clients, especially my senior clients, they replace their sleeping aids with Perflex Pulse. So they bring it to bed with them and they have the coil, whether they split it between a couple, like each pillow gets, each person gets a coil under their pillow, kind of sticking out from under the pillow.

and that program can run, again, the versatility of the FlexPulse, we could run that program for an hour or all night, whatever that individual needs.

So yeah, I see that the most used program in my demographic. This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hello, this is Riz Lakhani with the DrApala.com team and we're back for part two of our interview with Sean Dillon and we're going to take some time here to talk about the FlexPulse device and I have one of those devices right here.

The FlexPulse is a portable PEMF device and it allows us to treat specific local areas of the body, We also use it a lot to treat the brain, and I have the original FlexPulse, which had six programs, and there's since then been a newly released FlexPulse that has ten programs, so the technology's evolved a bit.

So Sean, I'm going to go ahead and hand it off to you. We're curious to hear all about how you use the FlexPulse, since that's something that you're doing a lot of.

I guess up in Canada, I'm kind of the biggest promoter and distributor of it. Like the reason I love it so much, I've just been fortunate enough. I've seen the Plex Polis right from its prototype days.

I met Dr. Kolek in Vancouver once upon a time, a decade ago. He kind of pulled it out from underneath the table and showed me his intentions with it. And just like our first interview, you know, I based a lot of my observations and my treatment techniques on nature, right?

We know this is natural supplementation. Earth has a very specific and unchanging pulsing magnetic field. that every other species on this planet is working quite well.

That's why I love the FlexBall so much. Just like natural supplementation, you want to deliver it to the body as natural as possible. We touched on high-intensity fields last interview or our first interview but you know low and slow is actually the best way to use PEMF and having the flex pulse be portable and the only portable one that allows us to travel everywhere we go whether it's in our car at our office in an airplane with this also magnetic field like it's intended.

Nature's And Earth's natural plasma magnetic field is everywhere all the time. It's just a low intensity. We can't feel it. So it's similar with the plex pulse.

It's low. You can't really feel it, but it's there all the time. And that's my favorite thing about it is that we get to import this very important environment around with us.

Definitely natural supplementation, supplementing the cells with what they need to do their job well. And so I have sort of used the FlexPulse for a variety of situations where, number one, I think one of the interesting things about the FlexPulse is since it has these multiple programs in it, this is a system where we are actually leveraging the frequencies and in my work with Dr.

Paula but you know one of the big highlights is that with PEMF therapy the biggest most important variable is

intensity because there has to be the right intensity to get the job done where it needs to take place.

How FlexPulse Works and Frequency Control

So frequency is really sort of one of those things that has not been considered to be as important with the exception of, we know that when we're treating the brain, that's when we have the brain is able to tune to particular frequencies that are put out by the PTMF system.

So in other words, we're able to use the FlexPulse to help tune the brain to a more relaxed state and into a state of deep rest, which is associated with Delta, or we can use it to place the brain into gamma.

If we need to be more creative or alert, focused, we can also use settings to help with treating depression in individuals that are not responsive to medication.

So this is a system where we leverage not just the intensity, which it's amazing that the FlexPulse is much higher intensity than many full body systems that are available out there at, you know, much less of a price point.

But we get to use those different frequencies for different purposes. And so that gives us a lot of versatility. And I use this in my clinic with patients to help relax them or to help sort of help them feel more at ease and more centered if they've had a stressful day because we have this direct treatment going on to the brain.

So are there any particular special ways that you use the FlexPulse with your population of clients? Yeah, just to touch back on how neat it is to be able to control frequency with Flex Pulse is the way I relate this to everybody is like with any magnetic field, especially a very specific pulsing one, as we spoke about before and as everyone's getting the clue of is that we're speaking to ourselves in a language that they know and understand and by controlling the frequency are related to people just like music for us right like sound is how we communicate so if there's a band on stage that's heavy metal the whole crowd is going to be rocking out right and then if we switch the band to country band right every the whole crowd is going to start doing two-step um and same thing right if we put a very slow you know opera type of music classical music on everyone's going to calm down and go to sleep so that's kind of how i relate the flex poles is we're changing the type of music that ourselves are listening to which forces them into these behaviors whether it's what you were saying relaxing concentrating or finding new pathways to deal with moods or addictions so yeah the most helpful frequency I see within my clients and my wife uses pretty much every night is that three hertz.

And that again, that's more focused towards the brain. That's we're using a magnetic field in this case for an organ. And we're surrounded by that three hertz, which is forcing that organ to fall in line and get into that deep relaxation mode.

So I find a lot of my clients, especially my senior clients. they replace their sleeping aids with the Flexpulse. So they bring it to bed with them and they have the coil, whether they split it between a couple, like each pillow gets, each person gets a coil under their pillow, kind of sticking out from under the pillow.

And that program can run, again, the versatility of the Flexpulse, we could run that program for an hour or all night, whatever that individual needs.

So yeah, I see that the most used program in my demographic. Yeah, I would agree. I use that one a lot. It's a very helpful program. And when I want to use the FlexPulse for other purposes outside of this, so this is entrainment, the phenomena you're talking about.

I love that music analogy. I'm going to use that one because that's perfectly in sync. You know, you just automatically start to match what's going on.

I certainly know that experience in myself with music. You know, I will often, however, use the other programs like the alternating 10 and 100 pulses per second.

If I'm working on an injury or, uh, you know, I want to help somebody with the inflammation at a tendon or a joint. So for knees and shoulders, because we get this output of 200 gauss coming out of the flex pulse, you can actually affect areas more deeply in the body, you know, again, than some of these larger systems can do.

And also the 10 hertz, just the regular 10 pulse per second, I should say. Frequency is used a lot to just sort of help stimulate the brain, stimulate nerves, because in a lot of the research we see that 10 pulses per second is a very widely studied frequency, particularly for nerves.

You had mentioned the coils. So just to show the device again, you know, again, this is what the flex pulse looks like. And I have one coil here that's attached, connected here at the bottom.

But our device allows two of these to be connected. So you can do the treatment in a way where you are stacking two paddles together or you can split them apart so you can have one on each side of the head and when you have both of the coils connected the intensity coming out of the device is split between the two coils but if you just have one coil connected then it's getting the maximum intensity and of course the intensity is adjustable with this but Oftentimes, we recommend after starting low and slow, if one is able to maintain the highest intensity in here, that's often where they'll get a lot of benefit coming out of it.

And so you can use it with one coil, you can use it with two, you can stack them, split them. So it's a very well-designed device and user-friendly. Really, you just have to make sure you have a weighted keep the paddle or the coil on the body if you're going to be using it during the daytime or during activity with some kind of band or some kind of tape you know can help keep it in place or if at nighttime on the pillow on the mattress so lots of lots of good options there for using this.

Yeah. And again, that's my favorite thing right from seeing the prototype, which is seeing how versatile it was and it is with all of those features, like being able to strap it to your belt, put it on one spot, stack it, sandwich a joint, and then again, choose the frequency and choose the intensity of.

what you need so it makes it a very personal and specific treatment protocol and i love guiding my clients through that discovery like as you said like as you gain tolerance or your your pain goes away you can still add more intensity or add different types of treatments and it becomes endless use of this of the flexible so i have my personal line is seven years old eight years old i have clients that are still ordering just paddles to keep their gen one going and then everyone loves what's happening with the gen two just all the little features and extra frequencies Another big thing too is again back to that supplementation.

What I personally, myself love most about FlexPulse is that we call it the nature channel. It adds the Schumann resonance. So again that makes it the perfect type of natural supplementation is that even if you're not treating a specific area or problem you still can carry the Schumann resonance around with you all day and it creates kind of like this little force field of protecting yourself against any interference that we get from our EMF environment.

Sleep, Relaxation, and Brain Entrainment

So you can have it in the car, you could have it at your workstation while you're working on the computer. You can always have, especially your blood, traveling through this natural pulse magnetic field.

Now we, you know, again, look outside and we see every other system on this planet is perfectly balanced and aligned in a 7.83 Hertz environment. And yeah, getting to choose that with the FlexPulse is my favorite thing about it.

and it's subtle, no one notices it at first, but they notice when they don't use it after a while. They're like, oh wait, I should pull that thing back out because my little aches are coming back or my energy's dipping again or I'm not sleeping.

It's just the vanity of humanity when we don't feel it, we drop it and then all of a sudden it's missing. So I need to see that in my clients as well.

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 Pollock, 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. Yeah, my personal devices here are also several years old and I'm still impressed at the technology, the way that it helps and serves and you know we have something in this case particularly where it's not just working to help the body but it really is helping the brain.

The size of the magnetic field coming out of the coil is enough to really stimulate parts of the brain pretty well, especially if you move the coil around to different parts of the head.

You mentioned we briefly touched on things like how we tune the brain and help it to become less stressed, less anxious. Isn't that what these medications are trying to do?

Isn't that what we're trying to help people with to feel well and better? To feel more balanced and at ease and more like themselves and not so stressed out.

And we have this ability to do so without necessarily having to only rely on medication. pharmaceuticals and having things done to us more invasively.

So it's exciting to see this being more widely adopted and becoming another option for people who we want to naturally supplement ourselves with something safe that's going to provide benefit and it's going to work on the physics of the body which influences the chemistry of the body and the brain and just helps us we've got to use this technology that actually serves us and doesn't necessarily have really a downside to it like a lot of the other technology that we have does.

No, and that's where a lot of pharmaceuticals fail us, especially when it comes to hormone and chemical balancing is that they're unable to treat people at an individual level.

Right. These medications or drugs have to go through so many studies and so many protocols that they just get this like kind of just this high average.

And that leaves a lot of people behind when they're trying to especially rebalance their hormones. So, yeah, again, that is just it's another testament to the versatility of the flex balls.

And, yeah, again, it's strength to be able to get through that skull and affect because it's a pretty thick math for magnetic field to get through. So to add that strength in such a small unit to get into the brain is very helpful.

And I know people love looking things up online and stuff and you won't necessarily find a lot of science or great research about PEMF itself. But just what we're talking about is it's very well known and it's a field of study now where it's TMS, so transcranial magnetic stimulation.

That's kind of where you can find a lot more solid studies is by using that word. instead of trying to use PEMF. So that's again back to that entrainment, back to using impulsive magnetic field to get the organ as a whole back to frequencies and then releasing that innate ability to create the right amount of hormones or reactions that you need to feel healthy.

And yeah, one important thing to know about the research is that certainly we have seen, particularly in the US, we have FDA approvals for the use of PEMF therapy for a variety of things.

So it's just interesting to consider that one of the first FDA approvals that took place was for bone healing. for on-union fractures. And later on down the line, we saw the FDA approve the PEMF therapy for the treatment of depression in individuals that don't respond well to medication.

And so, you know, on two different levels, you know, you have your bones, you know, have a very physical issue, foundational structural issue. where we know that the research has been enough for the FDA to bless us to use this for healing bones as well as healing the brain, totally different kind of tissue, it really magnifies the supporting ability of PEMF therapy.

And of course, with the research of Dr. Pollock's second book, the Power Tools for Health book, contains over 500 different resources, references to different studies, and that includes both animal and human studies on a variety of topics.

So for anybody who wants to understand the research better, that book is very highly recommended. And again, over 500 reference studies in there. So it's jam-packed.

And his third book, which just came out earlier this year, Supercharge Your Health with PEMF Therapy, contains some of the latest and greatest PEMF science.

So there's more of the recent studies since the publication of the second book.

Device Setup, Coils, and Everyday Use

And so we see again and again, there's so much validation of this. a big part of moving ahead I think in this world is going to be changing the mindset because right now the mindset to simply you know wait for a problem to happen and then take something or go have something done and that may or may not work and it's going to have its own set of side effects and you have possibly not addressed the the true cause of what's going on.

And because our mindset is ingrained in such a way where this is what our psychology leans towards, we have to make a paradigm shift here and realize that we don't need to be doing those things that come with the side effects or the consequences.

Whereas with PEMF therapy, there are really no major side effects that we know about. It helps the body detox. You know, it actually helps us in more ways than what we are using it for.

So any parting thoughts, Sean? Yeah, again, it's just for me, I always turn to nature. We're already innately programmed to thrive and practice preventative medicine.

8.4 million other species don't need Tylenols or sleeping pills. or surgeries to recover from injury. So that's where I always draw my inspiration from.

And that's what I love most about the FlexPulse is that it just allows us to bring that environment that when you look out your window, is happening everywhere all the time with you.

And we can join the rest of the universe and be balanced and rejuvenate and be happy. And Sean, you're using the FlexPulse device to help with folks who are dealing with cancer as well.

Yeah, one of the biggest ones I'm using it or I'm helping people with is for prostate cancer particularly. Just because that type of cancer is easily trackable through blood work, so we're able to track results and maintain results.

So again, with the versatility of the FlexPulse being able to move the coil packs wherever you want, And just with

my demographic, where I live here in Canada, there's a lot of retired people.

It was the warmest spot we got in Canada here. So my demographic has definitely changed when I moved here. So yeah, dealing with lots of prostate cancer and of course, those are PSA markers.

which are just the shadow of cancer, but that's how we use it to track the health of that prostate. So yeah, I have endless amount of documentations of sometimes knocking down that PSA marker with a higher intensity unit.

So I personally use the 120. But being able to maintain that for the person at home is one of my favorite things to do with the FlexPulse again, because it is affordable.

It is strong enough for it to work. So I always guide clients to whether usually, you know, A lot of elderly people have that routine of having their sit down after dinner and watching the six o'clock news.

So that's basically when most of my clients use it is just that one or two hour wind down at the end of the day. They have it in right by their most comfortable chair and literally get that paddle stacked or singularly.

right on that draw state and we're able to keep those PSA numbers down and of course no one wants to call from the oncologist so those phone calls stop coming for that person and then yeah they feel a lot better because they don't they're not getting any bad news anymore.

Right, you know, I know from some of the research that, you know, we see that there are effects of PEMFs on cancer and, you know, many people benefit from using it.

I think that's really why. So it sounds like you're having, you try to use the high intensity device when you can, but then in between visits or just to kind of have something going daily, you've got the handheld unit.

Yeah, that's wonderful. I mean, this is, you know, not only helping to reduce the actual problem, but also it's prevention at the same time and creating a good terrain in the body using the PMF therapy.

So that's wonderful. Have you found that the results that you see are based on what stage the person's cancer is at all? I personally, I find that the further along or the higher the stage of the diagnosis, the easier it is to affect that person.

You know, by the time a human body develops a tumor, it's just in general that cellular landscape is only working at about 20% of its efficiency. So its cellular charge is not very high.

So that's why I find the worst they are with this problem. the easier it is to affect them. Typically in my practice, I'll use the high intensity to get them somewhere, but so valuable with the FlexPulse to have them bring it home and maintain the results that we get with those once a week high intensity sessions.

And that's where I think the greatest value comes with the portable unit is that you're not going back to the poor EMF environment that led to these problems in the first place.

You're protecting that environment, that landscape that your cells are in with the FlexBalls and maintaining every gain that you get with other therapies, not just high intensity pants, but with your diet changes, with your vitamin bags from your naturopath, with your Cairo adjustment.

You're able to maintain and keep stepping forward, whether it's with cancer or with any other ailment that you're dealing with.

Schumann Resonance and Preventive Wellness

And again, it always comes down to just releasing that innate ability for your body to heal itself. Cancer is not contagious. You're not a victim. You didn't catch this problem.

Your body developed it. And PEMPs are here to change that frequency to undevelop it, just like any other non-contagious disease that we have a huge list for.

And you know, the big common ones, arthritis and inflammation, autoimmune problem. Again, those are all non-contagious problems. People are not victims.

You do not need a drug or medication to kill a bacterial or viral infection for you. You have the ability to let your landscape slide and develop these problems.

And you also have the ability to augment your cellular activity to catch up with those tasks and get rid of those things, those symptoms that we call disease.

Right. Yes. As you stated, it's not just one thing or the other. So that's really important to consider that we have to have a multifaceted approach and it is about how do we create a much more optimal terrain.

And so that's not just done by PEMF therapy or any one other thing, but it's the combination of many things. And it just so happens that we have this marvelous PEMF therapy that just supports, you know, I hear Dr.

Pollock often say, and I've, experienced this as well, that the healthy cells will ignore the PEMFs and the unhealthy cells are the ones that will benefit from the charge in the fields.

And so we have this marvelous way to support. So again, it's exciting to see how it can do so much in the body. And we're not limited to big clunky devices that you have to lay on a table.

We have devices. that are portable that can be used in a variety of ways. So there's a lot of value in that. Do you have any other sorts of things you'd like to share about how you're using the Flexballs or any other thoughts about it at all?

Yeah, just one more. Really exciting thing for me personally, just with the guidance of Dr. Pollack, my wife and I were able to support my new child's environment as she was growing in the womb.

So again, as you may know, high intensity pants are not recommended for children or pre-bescent humans because they are so efficient at healing bone fractures.

So part of the risk with high intensity with kids is that, you know, you'll use a bone that's still trying to grow. So with the guidance and helpful hand of Pollock, my wife and I were confident enough to use the Flex Pulse.

directly on the womb. We definitely stuck more towards what we call the nature channel, the Schumann residence. So providing our infant with the environment that we're supposed to be in, it allowed my wife to just put it on her belt buckle and the unit on her belt buckle and then put the attachment directly on the womb and, you know, be able to walk around with it or rest at home with it.

Yeah, through that we definitely noted a very perfect child that came to us and we continue to use it. I have in her bassinet is grounded, but we also have the flex pulse going near her, not directly on her, but usually, or not usually, always on the 7.83 hertz.

So just recreating that natural environment that all the other animals are in. And that's, we have a very calm alert and fast-growing baby and we're really excited to, I guess, be one of the first people to create that environment for an infant and the only time we'll tell what the advantages are later in her life.

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.

Yes, yes. I've thought about this often because, you know, the, of course, high intensity PEMFs, you know, over the womb while pregnant, as you said, it's not really recommended.

But, you know, does that mean that we need to completely rule out using PEMF therapy? I think that's an important question and there are certain situations where sometimes out of an abundance of caution, we may not be doing something that actually could be quite helpful.

PEMF therapy is not used generally on patients with pacemakers, but I've certainly helped somebody who has a pacemaker and she had a knee problem and we were able to do high-intensity PEMF therapy on the knee because we know that that is not going to interfere with the function of the pacemaker at all.

Cancer Support and High-Intensity Applications

So we were still able to work around that. And so in pregnancy, this is quite an interesting question because we know how beneficial PEMFs are It almost makes you wonder how could it not benefit the baby in the womb growing, especially when it's not at very, very high intensity.

Interesting question to ponder, and we'll see if more folks take the cue from what you've done, and we might start to see some more of that. I can't help but think of, in the world of acupuncture, we kind of have this joke that there's acupuncture babies, the babies whose mother has been receiving acupuncture treatments.

And oftentimes we see that there are less adverse events and healthy babies are born and they benefited from the mother receiving acupuncture treatment.

Yeah, we actually use that as well. We're a little older, so we were we needed a bit of help. And yeah, Acupuncture was the follow up, you know, to opening those channels and creating a healthy womb and healthy environment.

And so I'm just excited. I've always been scared to. Treat someone else's kid or someone else. Right. Of course. Yeah. Yeah. And so I like the way you said it.

You know, you did it with guidance and you made sure you knew about it and then you made the decision to do this and it has paid off. So yeah, I think that's interesting too.

You know, with the acupuncture, that's something that we're doing a lot in our clinic is combining. You know, I think there's going to be a day where increasingly you'll see people doing more combined acupuncture and PMF therapy.

And I actually wonder, I think, and there's no way for me to know this for sure, but I think I actually helped a patient become pregnant. with doing PEMF therapy because this is somebody who had been pregnant before and you know she was wanting to become pregnant again and this was somebody in her upper 30s and so you know we had been doing acupuncture and PEMF therapy actually more for musculoskeletal reasons but of course we did full body PEMF therapy and a lot of it was also done right over the abdomen because we were working on the low back and hips And after like one or two treatments, she's like, by the way, I'm pregnant.

And it was just interesting to sort of consider the timing for that. And, you know, we know that with what PEMF therapy is doing in the body, helping to increase circulation and reduce inflammation, it's supporting having a

healthy terrain.

And so it makes sense to me that it could have possibly helped. But because we don't routinely use this, we don't really know. Maybe there will be a day where we actually use PEMF therapy to help.

support fertility and such. Yeah, I think so for sure. And again, it just comes back to that homeostasis, right? Our bodies are programmed to be perfect.

And when you use it on those organs, on those reproductive organs, it's able to create the right chemicals and the right everything it needs to have that little miracle of life spark up.

Yeah, again, I was so excited to finally use it on our own situation because I wasn't willing to risk someone else's pregnancy. Of course. Yeah. And yeah, Dr.

Pollack was really kind enough to go through all of the science. We measured the depth of tissues in that area and the penetration of a field through that thickness of a tissue.

And we came up with a really good protocol and it turned out to be perfectly safe. And I know everyone's proud of their own kid, but I think we got a special one.

Yeah, she came out perfect. And we feel she's already ahead of her game, even just at five months. And we're really excited to see what kind of adult and child she becomes because of this good start to her life.

Yeah, it's going to be very exciting. I look forward to maybe reading your documentation of it one day, the story. Before concluding, I wanted to touch back on one quick thing.

We were talking about cancer and it occurs to me you described it in this way where it's developed. And so much of this now is happening because not on our own fault, but just, you know, we're surrounded by so much of the high frequency emitting technology out there, cell phone towers, 5G, hidden, integrated, and, you know, we just, we're sort of, we're being bombarded by this suit.

You know, I think that that doesn't help things. And so all the more reason why, you know, with PEMF therapy, I think there's a huge preventative role.

So, you know, we don't need to wait for the problems to start. This to me is, in addition to all the powerful ways it can help, it really is preventive.

If we're doing this on ourselves, we really are doing so much to support and undo the effects of that bombardment that's just constantly taking place.

and we don't even know it because we can't feel it until it generates symptoms and it might be too late at that point. So I just really want to emphasize we owe it to ourselves just as human beings that we really leverage something like this because the best medicine is preventive medicine.

And this is every other animals doing that they're preventing any medicine right and I've always or any Problems and yeah, I always tell people that this is the antidote to our current electronic age weird The words are the same.

It's P EMF or EMF, right? We live near electronic equipment that are emitting magnetic fields.

Pregnancy, Infants, and Safety Considerations

You're never gonna hear those words part EMF and So we have this new environment, this new EMF environment, and it takes a pulse in, a very precise one, to undo those effects.

So yeah, I call it the antidote. Like if you want to still drive your car, crank up your phone, and enjoy the internet,

you owe it to yourself to undo those effects.

And it's a lot like what we do with every other natural element that is in our lifestyle, right? We filter our water, we add minerals to it again, we add minerals to our diet because it's not coming to us from nature the way it was supposed to.

So we already filter a lot of these natural elements that we know are important. And PEMF is the next filter and the next conversation that we have to have as humans.

Because again, it is senseless. You can't touch it, taste it or feel it. So when you pick up your phone and you put it on your head, you're not like, oh, that gave me cancer.

So it's not this finite reaction. It's this slow sandbag. And again, that's why I say everything's developed. It's developed slowly. And yeah, preventative care unfortunately doesn't get any recognition or the recognition it needs because everyone loves talking about bad things and how they like got through this hard time where if you just practice preventative care you know you never get to know how bad it was or how much it hurt or how many surgeries you need it you don't have this thing to talk about So that's why I love being a part of this conversation, sparking conversations in people is that we have to talk about the senseless environment that we feel and then that preventative care actually does work.

If you have nothing to talk about, that means it's working. That's good. Yeah, it's a great thing. And unfortunately, people in our culture love complaining and if they you know have if you like hey Betty how's your arthritis today and she's like oh it's so bad the weather's changing she as an individual has to want to change that conversation and I see that in my practice sometimes I start getting people's hands moving again and now they got nothing to talk about and they stop coming.

Cause they like going long, right? This is still really bad. I can, I can relate. There definitely is, you know, a section of people who are maybe attached to what they've got going on and it has a role in their identity or it's just a too big a part of their life.

But for the folks that don't know that this is out there. And then, you know, first off, they need to know because this is not something that it's in the mainstream yet.

And hopefully this event is going to be part of launching this further into the mainstream. But, you know, time and time again, people go and research this and they come back to me and they're like, man, I couldn't even find anything bad about it.

And it's like, yeah, I mean, you're right. We don't really see too much of that. That's rare. You know, that's special. It is definitely exciting to be a part of this movement and to educate people about this.

And the folks that get it, they certainly get it. A good PEMF system will definitely not be cheap. The Flexpulse does a lot to circumvent that because it is at a much lower price point than many PEMF devices and it is strong enough to do the work.

But, you know, the reality is it's the value. You know, it's like… What other treatments can you do that not only are going to help with whatever problem you're trying to work on, but also provide that preventative aspect?

I can't think of much that does that. So it's the value. We might be used to insurances covering things and we just want to do it if the insurance covers it.

But that conversation has to change. We got to be willing to make some commitment and put in some time and research and get the value. This is how things are going to change.

Yeah, one person at a time. And yeah, again, that's why I love being here.

Preventive Care, EMF Exposure, and Closing Remarks

I'm so honored to be able to spark the conversation because I try to do this on a one-on-one, not try, I do do this on a one-on-one with each of my clients, but it's great to have a larger stage and a louder microphone.

And hopefully people get the commonality of the topics that we keep talking about, right? Like it's innate, it's within you and magnetic fields are the way to release that.

For lack of a better word, you know, it's your God-given right to be healthy. He gave you all the ability within that DNA. And every other animal is practicing it but us.

Yeah. Yeah. I still think about that analogy. I never thought about it that way until our interview, the first part that we did. So that's such a cool way of looking at things.

All right. Well, so… I think I don't have anything else I want to add about the FlexBuzz. I recently had to get myself a set of new coils because I wore out my other ones, but my device is still going and I use it and patients use it and we love it.

So it's special. And of course it has Dr. Pollock's input in the engineering of it as well. So many folks get to benefit from that. Any parting thoughts here before we conclude?

Uh, no, I think we covered everything. Yeah. Part one had a lot of my favorite things to say, so hopefully we'll revisit a couple of those. Very good.

Okay. Thank you so much again for your time and we will hopefully talk soon. Yeah. Stay in touch. All right. Take care. Bye. You too. Thank you for tuning in to Doctor Talks.

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