Orchestrate Your Detox To Elevate Your Cellular Health With PEMFs Transcript

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Introduction to PEMF and Cancer

In the Power Tools for Health book, I have a section on cancer. There's basic biological information, there are clinical studies, and a lot of those come from Eastern Europe.

So I recommend PMF therapy for cancer on a routine basis. What we find very often is that people with cancer who are doing magnetic field therapy appropriately with the appropriate equipment, we can talk about appropriate in a second.

Yeah, definitely. Right? So if you've got the proper equipment then you can suppress the cancer production, the growth of the what you're doing is you stimulated the immune system.

You're creating a different environment for the cancer to be growing. And when you do that, then the body has a better fighting chance. We've found that when people stop their magnetic field therapy, they've been doing it for their cancer, and they stop it, the catcher grows.

Interesting. Because you've taken the breaks off. The magnetic therapy was, in some sense, providing breaks on the on cancer process. Welcome to the PEMF Effect, where breakthrough science helps take control of your health.

I'm Dr. William Pollack, and I am here to guide you in tapping into the power of PMS 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.

Dr. Pollacku2019s Background and Entry into Magnetic Therapy

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 Environmental Toxicants, Auto Immunity and Chronic Disease Summit.

My name is Dr. Ed Levitan. I'm your host for today's Episode and I am really privileged because we got to meet about a year ago, and I am really excited for this conversation with Dr.

William Pollock. He is a holistic doctor near Baltimore, considered the foremost authority on PEMF's pulsed electromagnetic fields therapy in North America.

interested especially in holistic pain management, regenerative health, stem stimulation, anti-aging, sleep, and anxiety. He has authored two comprehensive books on healing with magnetic fields called Power Tools for Health and Supercharger Health with PEMF Therapy.

Dr. Pollack, it's been a pleasure looking forward to this conversation. So can I start off by Tom, how'd you get into this? How did this start? Because this is not how we were trained in medicine, right?

It is absolutely not, because it didn't exist when I was trained medicine. Okay, well, there we go. No, it did not exist. It existed a little bit in Eastern Europe, but not in the US for sure.

And it's still not taught in medical schools in US. There's a history behind that. One of the reasons that it is embraced by medicine all that much So I started basically because as a family physician, I was a medical director of a group of family physicians in New Jersey.

We had 14 family doctors, the biggest family medicine group in the whole East Coast of the US. And we all shared patients, we're all rounded on each other's patients on a regular basis.

In a very short period of time, two patients admitted for gastric bleeding. So you don't get admitted to gastro bleeding, unless it's big, right? So these, one of them almost died.

Didn't fortunately go into sepsis, didn't shut down kidneys, but almost die. And the other one stayed for a couple of days and was discharged. I had to ask myself, what are we doing?

And a common factor, the common denominator for both of those was ibuprofen, non-steroidal anti-inflammatories. They were on non-steroidal anti-inflammatories for pain management.

Right, that makes sense. That's normally what we do it. Now we go to opioids. Well, back then we didn't go opioids that was the last resort in those days in the early 80s.

Last resort. Yeah. And that changed about 10 years later, became a first resort often, unfortunately. Yeah, yeah. But in any event, I said, well, this is crazy medicine.

This is insanity. It's a different definition of insanity is doing the same things over and over again, hoping for no bad results. Right. So we knew that there were complications associated with ibuprofen.

One of the ones that's not known and not talked about a lot is actually kidney disease. So there are about 40,000 people a year that are dying from GI bleeding and also dying for kidney disease from the use of non-steroidal anti-inflammatories.

That's more people dying form ibuprofen than are dieing from HIV. Yeah, yeah. I mean, isn't it? Isn't a fact that if ibuprofen was new to the market right now, they would never get FDA clearance?

Something of that nature? Possibly true, possibly true. Because, you know, once you start doing the side effects studies, want to do the mortality studies and so on, then you they shut down very quickly.

Yeah. So in any case, I said, Oh, this is bad medicine. How can I do pain management without using drugs? because my consultants didn't have any solutions, the hospitals didn' have solutions.

My peers didn t have other solutions either. So I studied acupuncture. I went back to the UCLA school and did the Joseph Helms course in Acupunctur for Physicians.

Got my certification in that. And then I tried to practice acupuncture. Again, this is 1990. Acupunture, what's that? Get away from me with those needles.

it's a little bit better now. It's not unfortunately not as a lot better. Now, because Madonna had acupuncture, you know, Madonna acupunture. All right, fair enough, needles all up and down her back.

So yeah, now it is acceptable. Okay. But so basically, I said, well, starting to acu puncture, but people were not we're rejecting needles. I say, Well, how can I do acuplcture without using needles?

So I discovered that other than using pressure or using Mach Sebastian, I've discovered, that actually in the Orient, they were using magnets on acupuncture points.

So let me look into this. I started using a magnets. And when I start using the magnets, i did discover with EMG and nerve conduction testing that a magnet on an acupunture point changed.

It decreased the flow up to the point, but it increased it beyond the points All right, so I said, what's going on here? What's this really doing? And of course, I discovered that magnets were doing a lot of other things at the point at which you put the magnet.

And the bigger the magnets, the greater the area of action there was. So I say, okay, this is legitimate. This is real. Why? Why is this working? How is it working, and I don't have an explanation.

I never learned in medical school what magnets would do on acupuncture points.

How PEMF Differs from Environmental EMFs

Nevermind what they would a tissue in general. In fact, I went to the bioengineering department at Johns Hopkins, and I met with the chief of bio engineering.

And I said, tell me why static magnets work. He said there's no science, there is no reason from a scientific perspective that they should work, right?

Because it's all about pulse magnetic fields, about dynamic magnetic field. They work then science knows about that, but they can't explain why a magnet would work Same principle.

It's just that you take the magnet out of the picture, it's the body that's doing the action. So, okay, I said, well, he's not going to help me at all to try to understand what's going on here.

And most of science at that time was actually in Cyrillic. it was action in the Russian languages, the Eastern European languages or German. Uh, and they were abstracts that were, you get the abstract, but you don't get a paper and there were obscured journals and so on.

so along the way I met a doctor from the Czech Czech Republic, Dr. Jerevich. uh and he had uh got his phd in magnets for rehab interesting and so he Had reviewed all that literature and He became the go-to person to consult for the for this for The government when people were applying for approvals by the government for magnetic therapies So magnetic therapy became a big deal in the czech republic But he, had translated all the literature, and it had a manuscript And he says i'll give it to you So whoa But it was in Czech English.

So you had to have some signs and you have to some Czechish. I redid the manuscript and I published my first book, Magnetic Therapy in Eastern Europe, a review of 30 years of research.

At that point already in like 87, 88, 90, somewhere in there, 91, they already been doing this for 30 30 years. That's crazy. Right. Well, they're mad Russian scientists, right?

Exactly. But they weren't that mad. They were smart. It's like crazy, like a fox, Right? Not like I might have good science. So they had developed enough clinical evidence They had enough mechanistic evidence for how PMFs could work.

And so I just moved on and started using pulse magnetic fields instead of magnets. Magnets are very limited because the intensity of the magnet is very important and a magnet only works in the area that you apply the magnets, but if you've got arthritis in five joints, what do you do?

You have to put the magnitude on each joint. So you're basically walking around, you know, having paper clips attached to you. Okay. What is PEMF? Because that's a, first of all, let's kind of, is there any association, a lot of people talk about EMFs, and then now you're talking about P-E-M-F's, Is there anything of similarity except the abbreviations?

Let's start at the basic, basic level. It's very, very important distinction. I consider EMFs, even though it is electromagnetic fields. That's what EMS stands for.

And pulse magnetic fields are pulse PEMF. So they still got the same last three letters. In my perspective, to make it simpler and easier, EMs in my prospective are environmental magnetic field, as opposed to therapeutic magnetic feels.

So I just want for our listeners just to make sure when people talk about EMFs, they usually talk electromagnetic fields coming from wireless modems, from bad, if you're hooked up your electrical socket poorly and you getting some electromagnetic field from that, but there's nothing healing or good about that kind of- A cell phone is an EMS.

Correct, yeah. A cellphone tower transmitting is a EMT. So those are essentially environmental. They're around us, all around, us all the time. And the big one of the distinctions is what's called an open loop and what is called a closed loop.

Okay. So let's talk about that. What's the difference? So an EMF basically is broadcast into the environment. It's got wavelengths. It's shooting out an environment, radars, television waves, radio waves.

Microwaves in the environment are all broadcast. And so because they have wavelengths, that's important because very, very short wavelengths. Micro waves have extremely short wavelength.

They absorb, they're absorbed by the body. That's the principle behind a microwave oven. You cause heating and hopefully the tissue is already dead when you do the heating.

I did have a story of one guy who put a hole in his microwave oven and was trying to heal a rash. His hand up and put his arm up against the microwave.

Okay. I was on a coast to coast interview and this guy calls in and he asked that, sorry. So EMFs basically are open loop, they're broadcast out. A PEMF, pulse magnetic field, is created by current flowing through a wire.

You need a source of the current. So you have an output machine and you Have a wire, then that wire the current flowing through the wire. Let's say that's my thumb.

That's the direction of the Current. And that creates a magnetic field that is perpendicular to the flow of The current in the Wire. Just to be clear, again, for those people that are technical, we have alternating current coming from our Sockets.

You're not talking about that.

Cellular Energy, ATP, and Inflammation

No. But the alternating current goes into a machine that's then rectified and turned into DC and then pulsed as a DC current. I'm not sure. That might be just my geeky coming out, but I just want to be clear.

People do ask us, does this machine produce EMF? Well, no, it filters it. It filters and rectifies it so it creates a dc field out of an AC field. We use the power source and So the current flowing in the wire is DC, but it's pulsed.

And every time it pulses, the magnetic field goes out and comes back. So because it goes, out it comes, back that's a closed loop. Okay. All right. It doesn't go out into the environment.

it. Goes out to the extent of the strength of. The magnetic. Field. and it, goes. Out only with the pulse. Right. Every pulse that goes up comes right back, pulse comes.

Back. So it's not in the environment, it is not radiating in environment like EMFs are. So PEMF are designed specifically for therapeutic uses, primarily.

EMS are design for communication. They are desing for other uses that sub intentionally may affect biology. But they're not designed for that purpose.

And so as a result, you have to do the environmental toxicity studies and so on about what the effects of those EMFs are on biology. They do have the effect of biology, but it's a dose thing.

So how big is the dose that you're getting? Little itty bits of doses now and then probably don't do a whole lot unless the organism is already compromised.

This is where we get into detoxification. And- Our favorite subject. Our favourite subject, so we can get into that in a second. So magnetic field therapy, PMFs don't do that.

They're not creating disturbance in the body, they're creating basically a reaction by the, body to then, which then is translated into energy by, the by.

In other words, a body makes energy. This magnetic, field as it's passing into the. Every time it pulses, it passes into, but it comes right back. That pulse interacts with the ions in, Okay.

Virtually every tissue has charge. Every cell, every molecule has some amount of charge to it. Some are neutral, in which case it doesn't matter. But if they have a charge, to them, then what happens is the magnetic fields interact with that charge…

to produce more energy. And that's called Faraday's law. It's Farada's Law of Magnetic Induction. Okay, Faradey discovered that if you pulse a magnetic field past a loop of copper, And you open that loop up or you close that look you can ask you create cause of light bulb turn on right All right.

Well the same thing's happening in the body the buddy takes that current that stimulation from the current and then turns it into energy and that energy then is used by the Body for whatever it needs it for So you're so you are actually let me just make sure I I got it clear so your exciting let's say electrons and positive, like you're exciting all the different electrolytes in the body.

And by giving, and then you giving them energy. The body produces the energy, correct? All right. So let I'm going to go where I've been interested. So hopefully this will be interesting for our viewers too.

From a basic science point of view, we think of energy that the body uses as ATP. And the free radical when ATP becomes ADP puts out energy. So is that the same energy as what you're talking about?

Or is it a different energy? How do you measure it? I'm just like, now I like the answer is yes. Okay. The answer. Tell me more. Yes. ATP. Does it create more ATP?

Yes, by a factor of 200 to 400% increase in ATP, okay. during the time of the stimulation. But every ATP molecule in the body is recycled between 200 to 500 times per day.

So you make the ATP, but ATP by itself is useless. It doesn't do anything. Sure. it has to be hydrolyzed. In other words, you have to strip off one of release energy, and that's where ATP becomes the energy molecule of the body.

In the cell, in the mitochondria, within the cells and so on. So those are the energies factories of a cell using oxygen and using other nutrients to make the ATP.

Magnetic fields hydrolyze it. They increase the amount and production of enzymes that strip off that phosphate And then they stimulate other enzymes that cause another phosphate to be added back to that same root molecule.

And so it recycles it many, many times. Much faster. OK. So many questions. All right. Let's start with, all right, I can see that. Now, how long? So let's say you give them energy for 10 minutes.

How long does that last? Because you said two and a half times it will build up ATP. How long will it affect last? Okay, so that's an important question because it's not just about the hydrolysis and the production of ATP, it is what happens with the energy that is produced.

Okay. Tell me more. The energy produced is then used by the cell for all its processes. It's used to maintain

membrane integrity. To maintain the proper charges at the membrane.

And once you maintain or stabilize the cell membrane charges, the millivoltage of the membrane, then all of a sudden you open up cell channels, membrane channels.

And there's about 200 membrane cells in the cells. So all these cell and membrane channel begin to open and waste gets out and energy and food or nutrients get in.

What the sell needs to operate now gets in, so ATP then is the stimulus, it's the catalyst. So you're not only detoxing, because you are removing waste, you actually feeding the cell itself.

You're increasing the nutrition to the cells itself, exactly. That's pretty cool. So, magnetic fields also stimulate adenosine receptors. It's not just the ATP, it's the adenosine receptor itself Okay, and what does that do?

There are sub types of energy adensine, receptors, and they are responsible for inflammation, managing chronic inflammation. So does it turn it on or off?

Turns it off. It amplifies the adenosine receptors by 20 fold or more. Does that turn inflammation though on and off, then it begins to turn off temporarily.

There's an increase in inflammation with that adenosine stimulation, but in the long run, what you're doing then is you causing the adenosine to be recycled as well, which then goes and targets the chronic inflammation, because chronic information happens because acute inflammation didn't turn off.

Cool. You don't get chronic infection without going through acute information first. Right. So then what the magnetic fields are doing is they're turning off the Chronic inflammation through stimulation of these adenocene receptors.

So it's almost, in my mind, I have it pictured like, it almost like a scar, the chronic inflammation. And then you have to work through the scar by increasing it a little bit in terms of increasing the inflammation, then the body can release the information.

Well, that's an important analogy. I think it is a beautiful analogy, when you a cut, a wound, cell injury, The body tries to fix it. And what does the body do?

It sends in leukocytes, it sends nutrients, sends circulation, and sends oxygen. All sorts of processes begin to happen when you have that acute inflammatory process going on.

What has been found is that PMF therapy increases the adenosine receptor by having the right magnetic field intensity. So you could start off at a very low level and then gradually goes up and plateaus.

About 15 gauss. There's a plateau of the amount of adenosine stimulation there is. So you need about 15 gouts at the adenosine receptor to turn off inflammation through the Adenosin process.

But then there's also nitric oxide effects. There are just so many different actions and components of PMF therapy, gene effects, circulation effect.

Treatment Intensity, Safety, and Device Selection

You know, the list is, there was like 25 in the Power Tools for Health book, I list 25 different reactions of magnetic fields and provide references for how they happen.

So in PF therapy then stimulates anti-inflammatory actions. Cool. That, I mean, yeah, there's still so many questions. All right. So it reduces how, all right, so how do you know what you're saying 15 gauss, but how There's, I'm sure there's a huge range.

How do you, and I am sure that there is different magnetic fields and how do know what's good, how you know it's not good? Fortunately, PMF is extraordinarily safe.

Okay. So what is good and what isn't good. Number one was the optimal magnetic field intensity at the target tissue. At the white cell, because the cell that does that work.

You need 15 optimally. But the magnetic field is like radiation. It's not ionizing radiation, it's formal radiation right? It is not deadly information, not killing cells like chemo for cancers.

What happens though is magnetic fields are like they follow the inverse square law. So when we do radiation on purpose to kill tissue, ionising radiation to fill tissue you have to calculate the dose.

And you have to calculate it based on how much energy you wanna deliver and how deep you want to deliver that energy. And that calculation is based the inverse square law, Newton's inverse-square law.

So what you to do then is you've to know, here's what I need as an optimal magnetic field intensity, and here is what the dose has to be in order to delivery it.

For example, if you're trying to go across the skull, you try to treat inflammation in the brain and you gonna put a magnetic fuel up against the head, that you want to say reach the other side of the head or to deliver 15 cows at the opposite side, the brain, you're going to need to have about 4,000 cows.

Wow. And that's not dangerous. There's no danger in that much cows on one side. Well, is there danger of doing an MRI to the right? Not currently reported yet.

So basically that's very safe and that using 20,000 or 30, 000 Gauss. Okay. So it's, you know, one, two, three Tesla. And now we have something called RTMS that the FDA has approved.

Transcranial magnetic stimulation. That's for treatment resistant depression. Yep. You put a coil to the front of the head here and you're talking about a 10, 00 Gaussian machine coil as being put on top of a brain specifically to treat the brain.

Interesting. I've had people go through TMS, but I never had the connections here. So you're helping me with the connection. Well, Tms is just magnetic field energy.

That's all it is. It's just a high intensity magnetic energy and designed in a coil is going to deliver in very focused way in certain spot in the brain because that's their target and their goal.

But even that energy stimulated there for treatment resistant depression is not staying there. that magnetic field goes through the whole brain. Sure, and that hopefully does some good for the brain, right?

Well, it does. And, you know, they don't want to talk about that because they focus just on where, the depression part of it. But yes, when you talk to about neurodegenerative disorders, where you're talking about neural inflammation, or you talking to allergic encephalitis or autoimmune en cephalitis, then basically the high-testing PMFs that go across the brain reduce chronic inflammation through the, through their brain.

But at the same time, they're delivering circulation to thebrain. They're increasing ATP production in the brain, their increasing stem cell production, in their brains, all the different actions of PMS that are in that Power Tools for Health book.

All of that's happening at same. So this, I think we might get granular and then come back. My next thing is when my brain goes to, okay, there's a lot of machines, PEMF machines that you just sit there and it's not delivering to any specific organ or you stand on it and not specific, organ, or tissue, whatever else, does that do anybody any good?

Or is that all bogus? Yes, it is because it goes back to, let's say, just use that example of the inflammation and the adenosine receptor. If you have a big magnet that a person's laying on, that's all going up, radiating up into the body.

It's not going into into body, but you're subject still to the inverse square law. So when you lay on your back on a piece of equipment, That's whole body it's going to drop off tremendously by the time it reaches the other side of your body So if you're laying on your back, what's coming out the front of your chest is going to be extraordinarily small.

If you want to treat, say from the back you wanna treat the breasts, then you gonna have to calculate the dose of intensity you need at the breast. Fortunately, magnetic field therapy is ignored by healthy cells.

So it's really only cells that are compromised that need the energy, take that energy and make it and use it. Healthy cells say, oh, that was a nice little tickle.

And they don't. And that's it. Because, because of what? Because of homeostasis. Okay, tell me what is homeo stasis? Alright, so home o stases means that if I push you, I give you a little push, right?

What does your body do? It tries to bring you back to where you were before the push. Sure. and biochemical processes in the body, energy processes, the bodies are all that way.

The body automatically tries to compensate. So if I give added energy into the brain, the brand tries the compensate by changing the oscillations of the bran waves in the brane to dampen it.

It says, I like it, but I want to go back to neutral. In the meantime, you've given the Brane a chance to do something that was stuck not being able to.

You can have homeostasis for normal conditions, which you can homeo stasis in abnormal conditions. Okay. That makes sense. Right. So if you got chronic inflammation, the body's going to find the best ability to function in the presence of that inflammation or in presence that compromise or disability.

It's gonna find that best balance it can. And so magnetic field therapy pushes that balance back towards normality. Because the cell says, I would rather be doing this, but I don't have the energy to do it.

A good example of this is non-union fractures. Wow. So one of the first applications that the FDA approved for PMF therapy is for fractures that won't heal.

So six months after a fracture happens, if it hasn't healed, it's called a non-union, right? And you can have delayed unions as well. But if you have a Non-Union, and what has been found is that magnetic field therapy at the right intensities stimulates the process of healing, even in a fractured that's been stuck for seven years.

Wow. Okay. Automatically starts to produce energy and the body takes that energy, and starts the healing process all over again. 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.

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anybody that, well, let me, yeah, still too many questions in my brain, but let us start with what else is there terms of it besides inflammation does do anything else or is really focusing on no as i mentioned circulation yeah um stem cell stimulation dna initiation uh uh inflammation reduction well edema basically reduction of edima and swelling so edem is the first one of the damage to a cell is edema, and then DNA and porosity of cell membranes and so on.

All of that happens kind of like at the same time. And sleep too helps with, right? Well, then there's another component to that, which is then the oscillations of the brain.

So you could basically do brain tuning. RTMS does some brain-tuning to some extent, but that's not its primary action. Brain- tuning is an important part of what we do.

Of course, I discovered, go back to the origins, it does acupuncture. I didn't know why back then but now we have much better science that says that the acupunture system is a DC current system.

It's a meridian system that current is flowing through that system continuously at a very low level and it has the Acupuncture points which are basically capacitors.

They bump up the energy at that point and drive it down to the next acupuncture point. They do the same thing the the one and so on. So that whole system is constantly keeping itself up in terms of the amount of energy.

And because it's electrical current, Maxwell's equations, again, science, physics says that magnetic fields interact with those and then keep the flowing even better.

Every time you're doing a magnetic therapy session, you are stimulating the acupunture system as well. That makes sense. Because, as we talked about, I studied some acupuncture also, and one of my teachers was a big, speaking of scars, she did a lot of scar work.

And it makes since that if it's a DC system, if there's scar in that system. You're going to block the flow. Right. She did. A lot. Of things to loosen up the scars so that the float can continue.

So it, it. Makes complete sense to me. Well, let's go back. Let's, go, back to the scar for a second. If you don't mind. Yeah, please. So when you have a cut, the body has to repair it.

And one of the ways the, body repairs, so energy is needed to, repair molecules are needed. Food is, needed nutrients are, need energy, is needing electrical energy needed?

And so if the. Does that, and it does it properly, you get a nice neat little scar, but you're, it's left a chance. Right. You're leaving it to the chance of whatever the body has in terms of resources and capacity to heal.

Depth of scar, whether it's dirty or not contaminated and not all these different factors go into it. But magnetic field therapy then gives the buddy an extra push.

A normal scar will heal in half the time. I won't heal it half of the with magnetic stimulation. That's cool. As opposed to leaving to it the chances of body doing the healing.

So you can take hypertrophic scars and reduce them. You could take keloids and reduce them. I was going to say it works on keloads. Absolutely. So keeloids are just ugly scars, I guess.

Well, it's hypertrophic. It's hyper reactive. Right. Over reactive and so that's also sort of an energy process that has gotten stuck in overdrive. How many treatments for how long would it take to reduce a keoloid or just a bad scar?

What would you say as a doctor if somebody told you I have a solution for you? Well, first of all, there is no solution. So well, OK, I'm offering a solution, so the answer is it depends.

Well that that's always the case. Yes, always. The case, right? So I say I have a tool. Here's the energy that it's

going to deliver and I've going deliver it right.

You're going use it the right amount of time for the the. Right intensities and in the Right location. Then it is going. Whatever energy the cell needs to be able to repair itself is gonna take the health.

Or so got 20 year old with a keloid. It's gonna be a lot different than an 80 year is there a range this is like one to 10 sessions is a 10 to 100 sessions what's kind of the uh also it depends on the um the nutritional levels of that person so i know a plastic surgeon in virginia beach who will not do plastic surgery on somebody till they've been on a nutritional program for three months that's smart that makes sense right because the cells are already primed cells already set up they got the nutrients they need so now you're going to push that cell you can make that sell work harder it's got to have the tools and the resources to be able to do the work So this is not magic, that's what you're saying.

You still need to eat well, you need still exercise, You have to do all the other things. Absolutely. Magnetic fields are simply stimulating the body to better.

But the Body has to have the ability to that. Is there any person that it wouldn't be good for? Well, it's biology first of all, right? So it doesn't matter what the biology.

Now, the only true contraindication to PMF therapy is people talk about implants, electronics, people talking about metals in the body, MRI kinds of concerns.

But I think, and nowadays, most of the implants and electronics are MR conditional.

Applications for Pain, Healing, and Non-Union Fractures

I mean, you can do an MRI. We don't worry about that so much anymore, but you have to find out if it's MR-conditional. It is. Metal doesn't matter that much.

but metal is implanted in the body and any metal that's implented in that body is a foreign object. It's a form body. Sure. The body like foreign bodies.

Not at all. So joint replacements have a lifespan. They have to be replaced after a period of time or revised, right? Because they fail. And one of the reasons they failed is because the bodies reacting with that stem, because it's metal, it is foreign objects.

You get osteolysis, you get bone breakdown. And that could happen faster or slower, depending on, again, the general health of the person. So it can vary significantly.

But the only true indication that I have found so far, and I don't have any science to dispute it, is transplants. And why? Yeah, tell me why. That's interesting.

Immune suppression. Okay. don't want to stimulate the immune system. You don t want cause a negative reaction with the medications that are being used for the immunosuppression.

Immunosupression then causes unpredictable reactions and then you could end up with a failure, an organ failure. Now, is this something you've actually experienced or it's just a theoretical risk?

Theoretical. Okay. As a physician, I understand how magnetics works. I understood how transplant works and I said, well, at this point, You know, I just don't want to take that chance.

Even a corneal transplant. Has there been antidotal evidence about like cancer and things like that, that PEMFs are useful for? I know that there may not be full studies.

No, there are. There's actually a fair bit of research. OK, not as much as you'd like, but there's a fare bit. So in the

Power Tools for Health book, i have a section on cancer.

there is basic biological information, There are clinical studies and a lot of those come from Eastern Europe. So, but I do, I recommend PMF therapy for cancer on a routine basis.

Okay. What we find very often is that people with cancer who are doing magnetic field therapy appropriately with the appropriate equipment, and we can talk about appropriate in a second.

Yeah, that's definitely right. So if you've got the proper equipment then you can suppress the cancer production, the growth of the cancers. what you're doing is you stimulated the immune system.

You're creating a different environment for the And when you're doing that, then the body has a better fighting chance. And we've found that when people stop their magnetic field therapy, they've been doing it for their cancer, and they stop it, the cancer grows.

Interesting. Because you've taken the brakes off. Yeah. The magnetic therapy was, in some sense, providing brakes on the on cancer process. Yeah, I think I have a patient with a glioblastoma that I forgot the name, but I'm sure you know it, the machine that…

PTF, tumor treating fields, neo-tuners, novacure, that's what it is. I So let's go into machines since we started machines. What would people wanna look at?

What are good machines? what are not good machine? How do we know? You're only one person. A lot of people are gonna be watching this. We're gonna send a lot people your way.

But how do you know, or is it really just look your website and see what is approved? Talk to, what do need to look for? Okay, so first of all, you have to start off with the most important principle.

Intensity matters. Faraday's law. The higher the magnetic field, the pulse of the magnet field and the faster it reaches its peak, The more energy is produced in the body.

So it doesn't matter how fast, how many times you do that. Frequency is much less important than intensity. If you're looking at a piece of PMF equipment, a salesperson is selling you something.

Ask them what the peak intensity is of that system. Remember we talked about magnetic peak intensity needed, the optimal magnetic intensity, needed for inflammation is 15 Gauss.

Right. But you have to get through the tissues. Then that's just going to work at the superficial level. And you need to calculate the dose for the depth that you want to go to, ideally throughout the whole body.

So if it's less than 15 gauss, you're wasting your money. Okay. There are a lot of companies that are selling the full body magnetic systems. that are one Gauss or less.

Wow. So what do they do? People say, well, they feel better with it. Sure. But they're superficial, so they are acting on the acupuncture points and meridians.

They're improving circulation superficially. There may be some secondary benefits beyond that to the rest of the body, but essentially it's essentially an acupunture effect.

It's not going to do the physiologic things that we want. So if you think about it from a physiologic perspective, it's all the different actions of a magnetic field.

It's not you use this magnet for this problem, use that magnet, for that problem. it doesn't work that way. All we're doing is giving the body the ability to heal itself.

And it is going to be smarter than me or you or anybody who says this is gonna work for everything. So I have to know what's the upper limit of what, why wouldn't anybody just, everybody just buy the most powerful machine they can afford?

That's the key. Okay. So let's talk about afford. Because intensity is cost. The higher the cost, the primary limiting factor for most people is going to be cost and so people come to me and they talk to about a particular system they're looking at.

I said for your problem, cancer or for kidney disease or liver disease, or again, brain fog or brain problems, Alzheimer's. Uh, well, you know, that's not going to do very much because it's going go into the brain except maybe this much.

So like tens, for example, and microcurrent is all very superficial. It's acting through the nervous system and then relying on the system to produce some systemic effects from it.

And it does that, it works, but it is not at the tissue level. My goals primarily are to work at tissue to heal. cause healing. So I can help you with your pain and magnetic fields have a natural painkilling effect like codeine or ibuprofen or Tylenol.

But I don't want just that. I want to heal the cause. If you don t heal cause, the pain just comes back and then you're going to be dependent for the rest of your life on that particular molecule to help with you pain.

So that's the benefit of PMF therapy. It can do what Tylenol does or ibuprofen does. But at the same time, it's also doing all the healing stuff. And that means you need to have the right 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 bodies 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 PemF 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 dot com, because real healing starts at the cellular level.

So what is the, you said 15 Gauss is really still, even 15 gauss, is still superficial. what should people be looking for? And let's just say, like you said, for joint pain, let say elbow, knees, wrists.

Let's make it specific. What should be people looking? Okay, lets talk about that because I wanted to spell one other concept that we're stuck with. The particular solution for a particular problem.

So every problem has its own specific solution. Okay, but you just told me magnets. I'm saying, I say we got to get rid of that. Right. So when I am doing stimulation for your joints for arthritis, do I just want to do that?

No, your whole body. Right. I want to help you in general. So you're getting us a device that can help me with that local problem.

Cancer, Transplants, and Clinical Use Cases

But really, if you are going to spend $5,000 for a machine to treat your local problems, you also want the same

machine, to be able to work for you for health maintenance and general health, maintenance again, over a longer period, for the rest of your life, essentially, the life of that machine.

In the Supercharger Health book, there's an appendix about the identity and receptor. and on drpaulock.com there's a blog about adenosine inflammation and pain and that blog has tables that shows you the magnetic field you need to start with to deliver the energy at the depth that you.

need okay that's awesome today you got a problem with the arthritis in your hands you don't need a strong magnetic to deal with that it's got to be at least 15 cows probably closer to 200 or so okay all right but then tomorrow or next week you develop a disc problem Or you fall, you break a bone, or you have osteoporosis that you're trying to prevent from fracturing.

So now you sort of have to think about, what do I want for the rest of my life? Right. Right, especially if you are talking about those numbers. Ideally you need a stronger machine.

DrPauluk.com offers consultations. I have a medical team. And if you go on drpolat.com, there's a tab on the right side, consultation, request a consultation.

You fill out a form and you send it in and then we assess your need and get a free consultation or I'm going to have a caveat. If you only want to spend $50 on a machine, don't bother.

Right. Get a catalog. Or you can look on our website and we've got a product comparison guide and you could buy cheaper machines. Buy cheap, get cheap.

Yeah. Right? Well, it's always the case in terms of we can't just buy from the Russians. Come on. Well we do buy some from Russia. We buy them from Germans and the Israelis and South Africans.

And we buy wherever the machine makes sense. That makes sense. So on the stuff that you carry, do you have a way to actually measure that what they say is true is actually coming true?

Yes, that gets complicated because of the physics and the engineering aspect of that. Yes. But we, I've verified the intensities of most of our equipment.

The problem is that when you get to the very high end equipment that produces Faraday's law, gets the highest intensity at the fastest rate, it's very difficult to actually measure those peaks because the equipment has to be extremely expensive to do that measurement.

And most manufacturers design the equivalent to measure their fields specifically for their equipment. So most of the time, a lot of people are doing formulas and estimates.

For a lot of devices, I've been able to measure those fields and say yes. How high do they get? You said 200 for risk, but how high can you purchase something?

Just curiosity, kill the cat. There are devices I have that range from 15 gauss, 10 gaus up to 10,000. 10,000. Okay. And you said the MRI was what again?

Pardon me? And the mri was? What varies depending on the MRI. So an open MRI is typically around 1000 to 2000. okay, so this is very powerful stuff. so it can be quite quite powerful and create muscle contractions.

Oh, it's can't be strong enough to initiate stimulate motor points and muscles that causes the muscle to contract. And is that in any way harmful potentially?

No, not really. Except for a concept with magnetic field therapy that's very important is magnetic fields don't tend to cause problems. They reveal problems, so when you stimulate the muscle to contract, if it's a healthy muscle, it just got to contracted.

No big deal, right? But if you have tendonitis around that muscle right then that must that tendonitis is going to be aggravated. So if have an aggravation with the magnetic I'll tell you an example.

I had a very buff guy who was doing a lot of physical workouts and so on. Very smart. And he started using a low intensity portable magnetic device, only about 200 gauss.

His knee started hurting when he did the therapy. He said, this is a piece of crap. It's causing me pain. A very impatient guy. So he basically threw it aside, did a bunch of other stuff and then came back and did it again.

Same thing happened. And I said, he needs to go see an orthopedist. There's something wrong with that knee. Turns out he had a septic knee, so the magnetic field therapy discovered a problem that he wasn't aware existed and because he an earlier intervention, it saved his knee That's pretty impressive.

That is pretty impressive. Hopefully there's not that many people out there with a septic knee. No, but we do have, we don't have a, hopefully not. We do, have protocols that they're in the supercharger health book as well about going low and slow.

So when you're getting treatment in a practice, when your getting treated in professional setting, and we'd go back to how many treatments do you need?

In a professional settings, because you are paying by the minute, right? They're going to crank it up. Because they need to know that it's working for you.

You want to that's it working. These very low intensity systems, you can barely tell that its working, so you almost don't feel anything. So people like to feel that is working in order to have a sense that this is valuable and it is worth me paying my money and my time.

The study on bone healing, shows us that the magnetic field intensity that you need and the treatment time that your need depends on the problem, depends of the magnet field, and so on.

So for non-union fractures, they surveyed people who got these machines. They were very low intensity. There were only 18 Gauss, but you're treating a wrist fracture that won't heal or a fibula that will heal.

Those are relatively superficial, so that intensity may be good enough. But the company said that, you got to be treating nine hours a day. right? So then they went back and surveyed all the people who got these machines, who were prescribed the equipment, and then asked them how many hours a day they were treating for, then found out when they healed, when was the fracture determined to have been healed.

The people that did nine hours per day healed in three months, even though that non-union had been there a lot longer, but on average they heal in 3 months.

People who did three hours or less took six months to heal. Okay, makes sense, right? So basically, it's based on the problem. And then you have to have the right piece of equipment.

So if they had used higher intensity machines for those fractures, they probably would have healed faster with less treatment time.

Detoxification, Sauna, and Closing Remarks

Very cool. It feels like we're approaching our time and I still have a lot of questions, but is there anything that we any major concepts or thoughts that We've missed that?

We haven't talked about? Um, the time and the intensity. So yeah, going to, uh, go to get treatment somewhere else is often a good place to start. That was, you can find out what you need.

Yep. And you see that it's working. It's actually doing something for you. Then you have to think about investing in one of yourself. Is there a lot of practices that have their own PMFs?

There are a. A lot now around the country. There were people who will horse people were doing PMS and horses who are now doing them in humans. They're not.

trained for human therapy, but they are anyway. Fortunately, it's very safe. The key thing really is intensity matters in getting the right piece of equipment and using it in the way.

Because if you don't use it the the it is not going to help you that much and you're going get frustrated because it isn't working fast. I think expectations is very, very important.

This equipment is a form of physical therapy. It's not a magic bullet. Yeah, and so on. Come on, we want some angels lightly striking. Oh, you can have all the fairy dust you want.

I think that's a good thing for your healing process. Right. You're a skeptic going into your heeling, then it might not be healing quite as well as if you really believe that it's working for you.

So combining your belief and the magnetic therapy will do results much better faster. But be realistic. The body, he has to heal itself. Magnetic therapy is not healing the body.

It's providing the money, the opportunity to heel itself, so you have to respect the time that's going to take for a body to he'll whatever. I think that such an important message because there's so many things out there and all of them work for some people and not others.

But I think the majority of the time we don't give enough people time to, like the therapy is enough time, to actually work and see and to really, patience is not a virtue in this culture.

Patience is Not a Virtue. And also I, think magnetic field therapy can be combined with most other therapies and one plus one doesn't equal two. Yeah.

PMF therapy added to whatever else you're doing, it's going to be a factor. It's gonna be one plus one equals 10 times or 100 times more. But if you can only afford one piece of equipment, I found over the years having tested and used all this other types of the equipment and modalities and treatments.

I find that PMT therapy is the best value because it is doing so many different things and you could do it at home alone. You've got control over it. You don't have to go somewhere to get the treatment, but you've gotta get that right piece of equipment.

And that's why the consultation may become important. Yeah. Tell us again where people can find you, because I think that it's so valuable. All right.

drpauluk.com. That's D-R-P-A-W-L-U-K dot com. Drpaulk. com And the two books are tremendous resources if you want to sort of… My website, drpaulk.com, is just loaded with information.

In fact, it's too much for a lot of people. That's a good thing in a bad way. Do you get a website cleaned up? Is that what you're saying? No, the information is important because everybody's finding something else.

Everybody's got some other reasons to have been there. They find different value. But the books then become important. If you what more of the science, uh less practicality but more the science there's some practical in there but not as much uh and that's the super charge your health book that the practical book okay you want the Science it's The Power Tools for Health book there are over 500 references amazing so the combination of the two actually is very useful this is amazing truly um i'm inspired and um like literally thinking how we can use this in our practice.

So I know we're getting together in a couple of weeks, so we'll talk then. It's been a pleasure, truly. it's an

inspirational talk to you. I think this could help a lot of people.

And thank you again for this episode of Environmental Toxicants, Autoimmunity and Chronic Disease Summit. and it has been pleasure. Yes, please. May I take us back to the topic?

Yes. and then so we have to slice and insert earlier. So how do PMFs help with toxicity and detoxing and so on? So we talked about opening the cell membrane, but the most important aspect of PME therapy in toxicity, whatever the source, whenever the kind, is the healing aspect.

You still have get rid of the toxicants, you still to get to rid the metals, so you have still get the insecticides or pesticides, and you'll still do chelation and all the other things that do that.

but then you have to heal the tissue. So getting rid of it is not necessarily solving the problem. PMF doesn't help get rid all the different toxicants.

To some extent it does, but if you've got mercury locked into your brain cells, You have to get it out of those brain cells. Then you have get out the brain.

Yep. And then you get to out it the body. So you still need that process of getting rid of all that stuff. Now, magnetic fields may facilitate it by decreasing inflammation, by increasing the locking in behind the blood brain barrier and so on.

It could help with removing the detox, get faster. Also, in terms of detox it's stimulating the liver. If you're just treating the brains, you are not going to as far as if you were treating brain and the livers.

liver is going to metabolize better, faster, right? It's going have more energy to do the metabolic work it has to, do then you're going help to detox the liver as well.

Same thing with the kidneys. If you stimulated the kidney, you can increase blood flow in the Kidneys. You're gonna filter better. Um, and obviously the third pathway or fourth pathway of detoxification is the skin.

So with sweating, the PMF therapy can be combined with sauna. Pema therapy doesn't cause you to sweat. How does that work in terms of how to combine it with sauna?

You don't do it while you're in the sauna. What you can do is you actually do after your sauna because once you start releasing with the heat and the sweating, you could accelerate that sweating process that's already started by the Sauna.

Interesting. I'm getting all sorts of cool ideas. All right. What else? Anything else. That's it. Sorry. Yes. No, no, it's amazing. Again. Thank you again.

And thank you for this episode of the environmental toxicants on immunity and chronic disease. We've been privileged to be with Dr. William Pollock and my name is Dr Ed Levitan.

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, be proactive and keep powering up to better health!

you