PEMF and the Vagus Nerve: Exploring the Nervous System Connection Transcript

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Introduction to PEMF Therapy

Doing the PMF is such a great way to increase that cellular charge up to, you know, it's not going to be 100% necessarily with one time, but you're going to get that increased cellular charge.

So it's like I said, I often tell people it's like charging your phone in. We got to charge ourselves in too. We have to do that because if we don't, we're going to find ourselves at zero and then we're going to be reactive.

Yeah, yeah. And this is not about reactive. This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Today's episode was previously recorded on the Pain Solutions Summit that I hosted.

Hi, this is Riz Lakhani with the DrPauluk.com team. And today I'm here with Dr. Jennifer Nelson-Hawkes. And Dr. Nelson-Hawkes is the founder and director of Simply Health Collective, which is a very cool place that offers a lot of innovative therapies And among those therapies is PEMF therapy.

So we're here today to talk about all things PEMF. And Dr. Nelson Hawks, welcome and thank you so much for joining us on this conversation today. Thank you so much for having me.

Yeah, so we are both practitioners who use PEMF with patients in our day-to-day practice, so that kind of gives us a cool perspective. But before we talk about that, I'm very curious in how you became involved with PEMF therapy and how you learned about it, because it's one of those things that it's still not really widely known in the public, is it?

Right. No, that is so true. You know, I'm people, but people are finding out about it more and more. So I came across it actually through a different device called the Hockett at that time.

So I've, I've owned my own practice for the last going on 10 years now. And when I started as a practitioner, I knew that I wanted to have that one-on-one with my clients, but I also knew that I couldn't just do everything by myself.

It's not just about offering a supplement or changing their diet. The way that our day and age is, sometimes we need that extra boost of something to create the body to be able to do what it's designed to do.

When I was looking at starting my wellness center, I was looking at devices that could really be utilized for everyone. And at the time, I needed to have the biggest umbrella, the biggest bang for the buck when I started.

And so I started out with the Hockett, which is a full body detox machine that has the Hugo attached to it, which is the PEMF.

How Dr. Nelson-Hawkes Discovered PEMF

But as time has gone on, love the device, we found that the Hugo, the PEMF that we have is even more supportive for the body in variations of clients, different ailments that people have.

They don't just need to be in the pocket for the detoxification purposes, but we use it daily in and out in, you know, separate from that machine now.

So that's been very eye opening and very cool to see. Very cool. Okay, so you kind of made your way and found PEMF after starting off with other wellness devices and looking to support people with detox and health, which interestingly enough, PEMF therapy also does sort of help facilitate detoxification in the body.

That's exactly right. Yeah, so that's one of the things I always find myself telling patients about in the beginning

when we start is when we do high intensity PEMF therapy, you will feel it working in the body, but what to expect afterwards can sometimes involve detoxification and you have to be really well hydrated.

So very cool. And so how long have you been actually using the PEMF therapy in your clinic? I have been using it for the last five years. So it's been, you know, and now it's a piece, it's truly one of those puzzle pieces that I can't be without.

I mean, if I were to dissolve my entire practice, it would be one of those pieces that come with me. You know, I have a couple of those gems and that is one of them.

Just because it enhances everything. You know, you've got the cell, you've got cellular enhancement, you've got the recovery, you've got increasing metabolism.

I mean, it really does so much. Yeah, I find that to be the case as well. You know, I think it's cool how you describe looking for things that provide a lot of value, you know, when you may not be able to be there in person.

And so, you know, my background is more in acupuncture. And of course, we have to be there present with the patient to place needles and remove. Absolutely.

But when I started to add in PEMF therapy, I was able to do more for folks and actually help more people. by combining the two treatments and have something that could be a little less unattended.

Right. Well, and that's the one thing I do love about it is because it can be used in conjunction with everything. Whether it's a detoxification or whether it is for that electrical charge, that re-stimulation of the cells, different ailments are are truly incredible.

I mean, it enhances it so much, but the key piece, you said this just a second ago, is the hydration piece. Yeah. They've got to be hydrated. Indeed. Yeah.

I have to tell you a quick funny story. It's not really funny, but I had an individual come in and she was like, I'm just not been feeling well. I want to do the Hugo, the PMF mat.

And I said, no problem. And I asked her a couple of little questions. What I failed to ask her is what did she do last night because what happened is she got on the PMF mat and it started to recirculate like it created that electrical charge started to recirculate the lymphatic system, calming the nervous system down.

And she actually left here feeling rather ill. And I thought, what did I do wrong? What happened? She had been at a major party the night before. And it just recirculated all of those toxins.

And we weren't prepared, so lesson learned. I had to learn that lesson a little bit the hard way of, okay, it's doing way more than we see up at that surface level.

It's going much deeper than that. Right, right, yeah. It does a lot of deeper work in the body during, but also that. But it was that detox, and her body wasn't prepared for that.

So that hydration piece came into play. Right. So now everybody is told, make sure you drink water. We saw that multiple times. They probably get sick of it, but you know, we got a lot.

Yes. Yeah, absolutely. 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.

Hydration and Detox Reactions

Pulse 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.

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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 drpawuk.com today and let's get started on your healing journey together. Now, do you also use PEMF therapy yourself at all? Absolutely. I mean, the reality is our HugoMAT is a 12-minute session.

There's many different variations of PEMF out there, but ours specifically, it's so convenient, it's so easy. In fact, every single one of my staff members, we use it on a pretty much day-to-day basis that we're in the office.

And for variations of reasons. I mean, it doesn't have to be for anything other than for me, when I get on it, I just get that, I get that energetic charge.

I feel amazing. You know, other people get on it and they, their entire system just calms right down and they feel more of that Zen state. So it's, you know, it does, it does increase.

I don't know. I love it. Yes. Yeah, I think it's one of those very unique things like it's almost hard to describe and people just have to come and sort of experience it to feel what it's like.

Yeah. And of course, with the device like the Hugo, it's something that's actually strong enough to get your muscles to jump and move without you actually making that movement happen.

That's always really interesting and fascinating to see the areas that are more responsive in the patient because oftentimes they might be there wanting to work on a particular thing, but then the magnetic field therapy reveals other areas of distress or inflammation.

Have you ever encountered that at all? Yes, actually, that happens nine times out of 10 where they come in and they've got some back pain or they've got something else going on, but it always, nine times out of 10, it goes to their stomach.

That's where they feel it. They feel it in their liver or they feel it in their large intestine or small intestine. And they're like, why is it over here when I feel pain you know, mentally, I have pain in my right arm.

Why am I feeling this in my stomach? And, you know, explaining to them that there is some dysregulation going on there. And, you know, we call it our scavenger.

It's scavenger. It's going through the body looking for where there is disruption, where there is inflammation. And it's going to go there before it goes to where we mentally feel that it needs to go to sometimes.

Right. Right. Yeah. And so like that's actually one of the things I so love about it is like you get the opportunity to work on the exact thing or issue that you want to, you know, give treatment to, but then you can also do full body treatment, which just kind of takes care of everything.

At once, right? And then it's almost like insurance. You're kind of staying ahead. You're not waiting for things to break down. You're just regularly doing this self-care that works down to the cellular level.

So all of your tissues benefit and you're able to function and perform more closer to peak level. Absolutely, because they feel that pulse. They feel it wherever they feel it, but then they get up and they're like, oh gosh, my arm doesn't hurt like it did.

My knee doesn't hurt like it did or I don't have the leg pain that I had or whatever it is, whatever that element was. But during the session, that's not where they felt the pulse.

And that's what's so great about it is because it is covering the entire body. Yeah, yeah. And we have the same thing happen in our office. Like me and my staff here will often like try to get in on the table between folks or like west, so, but yeah, I mean, it really, it makes such a difference.

You know, it helps us to maintain energy. And I know like, for instance, another thing is every time that I do PEMF therapy, you know, I will sleep better.

And not only do I know that from how I feel, but from my little, my tracking, you know, I, I get to see my numbers and just about every time I get better, deeper sleep.

You know, I don't wake up as much. My HRB is better. So it's just interesting to see like all these other ancillary effects that you may not really expect.

Well, that's it. Yeah, absolutely. And you know, I do chalk that up going back to the nervous system, right? Being back, being able to be in the parasympathetic nervous state or allowing for the body to drop down into that state rather than being in that, in the sympathetic fight or flight response, your HRV is going to come down.

Daily Use and Nervous System Benefits

Your sleep is going to improve. Your energy is going to be enhanced. So yeah. And then like everything else just kind of will fall in line. It just falls in the suit.

Yeah. That's the beautiful thing is that all just falls in the suit. When the body is essentially vibrating, if you will, in the right patterns, everything is going to just kind of follow that vibration out, which is awesome.

And we need enough charge to make it happen. And so when we don't have that, then we can do certain things like improve diet and exercise and meditate.

But PEMF therapy is a more novel way to make it happen, to use technology to facilitate it. And I think one of the key messages for folks that are watching this is to understand that this is available and accessible.

It's out there. You know, you can go and experience PEMF therapy with a practitioner like yourself and ultimately even have your own device to be able to use at home regularly.

One of the things that Dr. Potholt has written about a lot is how every household should have this, and I find myself seeing that a lot of people use it for your problems, but use it to keep the problems away as well, and everyone can benefit.

absolutely that prevention aspect of it. And the reality is we have stressors every single day, right? We cannot get away from them, whether it's radiation, whether it's environmental, or whether it's inner relationships.

It doesn't matter. Our bodies are stressed from something. And so being able to down-regulate that stress and allow for the the body to be at its optimal level is key.

And I agree with that. If you have it in your home and are able to use it every day, I mean, you're so many steps ahead. And even if you can't, even if you can't have one in your home, if you can find a practitioner and do it once a week, I have another, I have a great story actually.

Her body wasn't making neutrophils. She had had a history of cancer. She was in remission, but her body just wasn't making the white blood cells. And she had read online about PMF and so she was in our area, came in, was doing PMF twice a week.

That's the time that she could allow herself to be in here was twice a week. And she had been on all the medications to try to get these neutrophils going and things just weren't working right.

Being on the mat twice a week for less than a month, her neutrophils were at perfect levels. Her doctor took her off all meds and we're like, what in the world is going on?

This is amazing. When you see those success stories like that, it's just like, this is why we do what we do. She's living a better, more fulfilled life and not having to worry about the fact that her immune system has been disrupted, that just by adding that one piece helps so much.

Yeah. And then for most people like you already kind of talked about, it'll be a relatively meditative experience and you can relax. You can let that nervous system shift and be more into the parasympathetic where healing can actually take place.

And yeah, you know, life is a process of dealing with all this stress and then hopefully letting go of most, if not all of it. But I mean, especially these days more than ever, it seems like the sources of stress are just increasing.

And, you know, I often think about like our mobile devices and how they were supposed to make life easier. Yeah. They do make life easier in so many regards, but they have literally catapulted the intensity of everything else.

Yeah. And whoever would have thought, you know, and so to have a tool that can really help to undo some of the stress we incur from that. So I'm also curious about, are there other therapies that you use in your office?

It sounds like the PEMF is pretty much something that you're utilizing daily. What other kinds of things do you do to help patients? Well, we do actually quite a few things.

But one of the other ones I actually love is called a biocharger, which also has a PMF aspect to it. So it uses Tesla, PMF, photon, and rife frequencies at a high voltage charge.

And so with the Hugo, people feel the pulsing of the PMF. On this machine, you actually sit in front of it, and you're subjected to that high voltage energy.

So that's also a great way to increase, you know, the cellular charge of the body. I talked about the Hockett. I think the other, I mean, I have a lot of different therapies, but the Flowpresso is probably next to one of my favorite that we have here.

And the Flowpresso uses a light compression with a far infrared Heat to move the lymph of the body.

Full-Body Effects and Recovery

Okay, so you know you're moving that stagnant energy Yeah, but I love to use it in combination with the PMF. I put people on the PMF first For that cellular recharge and then I put them in the flowpresso to get that stagnation aspect moving and that combination has been incredibly beneficial and Okay, fascinating.

So it's like really sort of facilitating that internal movement of the body so that… Absolutely, because that's where everything, that's where all the toxic loads are stored.

You know, they get stored in our joints and our brain and our organs and our tissues everywhere. So you get that movement happening while the body is supported.

So that PEMF creates that support for the body before they go into the state. And they literally, people come out and are just like, what happened to me?

Absolutely feel incredible. Yeah. I joke around, you know, that getting a PEMF, you know, especially the high intensity you feel it. Yes. The closest you can get to a power nap, you know.

Yeah, for sure. I mean, I laid on the, I laid on there yesterday and I just was like, oh my gosh, the, just the vibration of it alone. And it was just in this specific, not always is it in a cycle, but yesterday I just happened to fill this little cycle of it and it was all digestion.

And I literally was like, no, it stopped. And I was like, bleegies keep going. And it felt so good. Yeah. Yeah, we have run some pretty long sessions as well and it's marvelous.

It's very unique. It's very unique. That's what I do love about it. And part of our role is to educate people about these things because they might be coming in looking for a specific answer to a question or a specific problem that they have an idea how it needs to be treated.

But when we expose them to this new way of being able to actually work on themselves, I think that opens a lot of doors for folks. And so for people who have not been able to try PEMF therapy, certainly I recommend going online and finding someone you could try this with.

You talked about sleep earlier, and oftentimes when my clients come in, we have a conversation about where their internal battery is, right? Because our cell phone battery gets to 20% and we start to panic.

We have to plug it in, right? But when our internal battery gets down to 20%, we push harder. We can fight through. But what that's doing inside is so the opposite effect of what we needed to be doing, right?

We're creating all the free radical damage. We're creating the lack of sleep, the high HRV, all of those elements that we don't want to have happen are happening.

And so doing the PMF is such a great way to increase that cellular charge up to, you know, it's not going to be 100% necessarily with one time, but you're going to get that increased cellular charge.

So it's like I said, I often tell people it's like charging your phone in. We got to charge ourselves in too. We have to do that because if we don't, we're going to find ourselves at zero and then we're going to be reactive.

Yeah. And this is not about reactive. When I first heard that analogy about the cell phone and like, you know, charging, we, hey, we charge our devices, you know, we need to charge ourselves.

I didn't really love that analogy at first, but like the more I kind of pondered on it, it's really the one that makes the most sense. 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.

It's the one that everybody can connect with. Yeah. That's what I find.

Preventive Care and Home Use

So it's not, yeah, it's not the best analogy out there, but it's the one that we all are like, oh yeah, I do know when my

battery gets down and we're like, I got to find a charger to plug this thing in.

Right. Yeah. Yeah. Better close all those apps and clean up within a sugared mouth. Maybe power down every now and then. But if you think about the human body, that's changing your diet.

That's making sure you're getting enough hydration. That's making sure you're moving. That's making sure that you're not putting tons of chemicals on your body.

That's making sure that your stressors are balanced. So it's the same but very different, if you will. So you mentioned that you use the PEMF therapy a lot for detoxification and are there any other particular symptoms?

Like if somebody comes in with a specific problem that you're like, oh yeah, we definitely need to do PEMF for that. Yeah, outside of detoxification in my community, I'm in Jackson Hole, Wyoming.

So we have extreme athletes around here. And then we also have older generations that are out doing the extreme things that maybe they shouldn't be. So people come in and they're like, do you have any CBD oil?

Because I think I sprained my arm. I'm like, let's actually put you on the mat. So I think a lot more of recovery. I also have a lot of young athletes that come in that use the PMF.

So I would say more on the athletic realm. Yeah, because musculoskeletal pain, of course, is a huge problem and the chronic pain as well. And PEMF therapy is really good for that because of course, like you've been saying, you know, our charge diminishes and if you have an injury, everything's operating with less charge.

So then if you can deliver the charge, you're really optimizing the ability to heal and quickening healing. Exactly. You know, it's funny, one thing that comes up sometimes in conversation with patients, when we're educating them about PEMF, we'll tell them like, you know, hey, for instance, the PEMF therapy has been FDA approved for something like bone healing, right?

I think that was the first FDA clearance for PEMF was for non-union fracture healing. And it's kind of like, okay, you wait for the bone to not heal. And then, all right, now we're going to do PEMF therapy on it.

So we know that it will heal, but you could totally have just done the PEMF theory from the beginning, prevented it from becoming a non-union, quickened the healing.

So hopefully that's the direction we're heading in. Yeah. And I like to think of all the things that I do have here as prevention, as a preventative source of support versus waiting till it's a reaction.

So because if we do start it, they come in and they're like, I've got a broken leg, I've got this, I've got that. Let's start that process right now because that's just going to speed everything up for the support that the body needs.

And it's not just the beautiful thing is, yeah, they're on the mat. for their leg, for instance. But again, going back to, we're still supporting them at that cellular level for digestion, for parasympathetic nervous system, for any and everything else that they may need that they just don't quite connect the dots.

It's supporting everything. Yeah. And I think one of the things we didn't specifically discuss is part of the reason that happens is because of blood circulation.

Correct. We're getting blood circulating throughout the body much more easily and freely. And so then, you know, just like with sleep, with blood flow, you start to get this big cascade of positive changes.

Right, right. The harder it is to experience that. That's exactly right. And that's why I love so much to add it to the Flowpresso. It's because of that vascular change, that circulatory aspect of it.

But yes, that is exactly why that happens. So you mentioned that the one case that you had with the woman who

wasn't making neutrophils, you were having her come in twice per week.

Is that a pretty typical treatment plan for most PEMF therapy? For what? I mean, I try if I can get my patients in here. At least once a week, if not two to three times a week.

That's my average. That's what I like to see. A lot of times people just can't quite make that time or for whatever reason. So then I say, okay, if you can't do that, let's do it once a week for as many weeks as possible.

And try to facilitate it that way. Yeah, I find that also to be the case where like once a week often is not enough. But sometimes they're limited by time and you just have to do what you can.

But really it's when they're able to come in two to three times a week, a lot like what a physical therapist might say. That's where we kind of get a lot of momentum and can get more change.

And I really do like that. Like if they're going to be able to come in three days a week, I like to do it on a Monday, Wednesday, and a Friday. I like to have that day in between to allow some body self-regulation to happen.

Right. Yeah, exactly. Yup. Yup. Let the body integrate and such. So this is sort of just an interesting question. I'm curious. So if you were to get yourself another PEMF device, would you get another Hugo or would you be open to exploring something else?

No, I would absolutely be open to exploring other things. And the reason is, is because, you know, the reality is, is the Hugo came with, with the Hocket, right?

Athletic Recovery and Injury Support

And that's how I was, that's how I was introduced to it. In fact, I, I was, I'm considering on changing, doing some change up here, which would eliminate the Hocket from my practice, which would bring in, I would probably bring in a couple of PMF devices.

Okay. One that might be stationary and the one that might be able to travel. Okay. So that's kind of how I'm looking at as the future unfolds, right? And that's where my mind is going with that.

Just because that is one of the things I just don't want to be without. Right. Same here. My specialty is acupuncture and I would say the same thing though, that I need my PEMF.

And it does some similar work to what the acupuncture needles can do. It will stimulate acupuncture points and even the tissues and cells that are deeper than the points are.

But yeah, absolutely. It's a must have. And I think that strategy of maybe having one more stationary device and another more portable one, that covers your bases and gives you more versatility.

Well, that's exactly. And you know, as COVID has changed the world for many, you know, I'm doing a lot more movement, moving around than I am being stationary in my brick and mortar on a day to day.

So that just allows me to be able to take it with me if I'm seeing clients in a different city or different state or whatever that looks like. But I just, because of the enhancement of it, because of what it does for the human body, yeah, it's a win-win either way.

Are there any other interesting cases that come to your mind? Any other cool stories at all? I mean, I think just the other one as far, not, not as far as like these two cases, but the athletes, the young athletes, it's so amazing to watch these young athletes.

And I think, I think what I love about it most is that the younger the person is, the less ego they have to go with. They're not attached to anything, if you will.

And so, you know, sometimes you'll get somebody on there and they're like, I don't know what this is doing. I don't feel anything. It's not doing anything.

But when you actually watch the PMF shape, the shape and athletes in their performance aspect, it is so awesome to watch. And so again, more of the prevention aspect of making sure that their body is viable and ready to perform at their optimal level for game nights.

We literally have a swinging door for these athletes that come in. It's so great. But you know, that's not a particular case, but it is a generalized case of recovery.

Yeah, I've seen that too. I've had a couple of experiences with professional athletes, but then also more like local athletes. And even at the high school level, a lot of folks have come in with all kinds of various injuries.

And sometimes with these kids, even though their mind is a little more open, What I find is a lot of times they are going all out. They're giving it their 110%, but they're still growing.

Sometimes the mind is making them do inappropriate things, exerting way too much. Then we're able to do more to help reset some of that. Well, and that's why I say when they come in and they don't have that ego of what is this thing doing?

They're like, this makes me perform better. I don't know what it does, but I feel so much better. And it is a lot of that circulation. It is the circulatory aspect of it and the recovery, the healing piece.

The lactic acid is no longer pliable in their extremities. And yeah, they feel good. They get a great night's sleep. All of that. Yeah. So here's another thing.

Sorry. I don't mean to grab. I just thought about this. I have to actually lock my dog out of a room when I get on the mat. Because inevitably she will come and jump up on top of me.

So in Hugo, you're sandwiched between the two mats, right? Right. And so she'll come up on top of me and lay on top of me while I'm on it. She loves the vibration of it.

And so it's not just for humans. Like this is also fantastic for animals. Any living, anything living. All life. That's right. All life. All life. There have been studies that show, you know, what happens when you expose plants to certain magnetic fields and see the magnetic fields.

And I've definitely liked the animals as well. Just the other day, we had somebody here who, she was actually here for her dog. And, you know, I'm not actually authorized to do acupuncture on animals in my state.

And they actually were here for a PEMF consult because they had heard about us from a friend. So of course, you know, after evaluating, it was like, yeah, we pretty much need to start doing something.

And they were together doing treatment in the back and it was so cool, you know, they're just both hanging out in the same bed. And, you know, the dog kind of moved around and shifted a little bit.

But I've heard of this before with other folks that own devices. They're like, yeah, they always want to hang out with me while I'm on it. I'm like, no, this is my time.

I'll let you get on here by yourself.

Treatment Frequency and Portable Devices

And this is a puppy. I had an older dog that I would pull off. I would pull it and put it on the floor and she would lay on it on the floor. I'd have to sit in the room with her.

If I left the room, she would leave the mat. incredible to watch like because they don't know what's going on they just know they feel it and they like it it feels really good to them so they're just like they're looking at you like mom what is happening here but it's you know very interesting it's amazing to watch Yeah, we see that sometimes with acupuncture too.

Like when I've observed acupuncture done on certain animals, you can see the shift and you see them relaxing and you know, they're intuitively, they know that something good is happening.

Yeah. And with PEMF, I feel like it's similar, but it's just doing that deeper work. Now you've got this therapy going through their entire body. Yeah, yeah.

But I just thought that was so cool just to like, the first, literally the first like three to four times that I had her, I just got her a couple months ago, I was like, what are you doing?

No, get off of me right now. Well, you know, another interesting thing that comes up in the world of acupuncture is like there are many people who have their pets or, you know, their, their family pets, dogs, cats, or like, you know, around where I have my practice, there's a lot of people with horses, like people will be getting acupuncture treatments done on all these animals.

And they may not even be doing these treatments for themselves, but how many folks are dealing with issues where they have to be back and forth to the vet, or they have to spend a lot of money for these specific health problems.

And a PEMF device could be very valuable. It could do a lot of work for a variety of things. And you know, so I think as people learn more about that, hopefully they see that opportunity as well.

That, you know, it's not just for us humans, even though that, you know. Yeah. So yeah, I think that's a great point. Thanks for reminding me about that because animals certainly will heal faster.

They really will. Absolutely. And they love it. They absolutely love it. Yup. Yup. And humans love it too when they have a chance. Of course we do. You know, the first time I ever did PEMF, it was on a low intensity system.

And so I actually didn't really feel anything going on. And, you know, it was like, it was very short. It was like an eight minute treatment and. Actually, I hadn't had a chance at that point to really look into what PEMF is, but it was somebody who had offered to come by and do a demo.

And I was like, yeah, sure. So I didn't really feel much, but my curiosity was piqued enough to say, all right, I got to look into this. And I saw some brochures and it was talking about microcirculation.

I said, all right, this seems like it's some good stuff. It seems like there's overlap with what I do already to help people with acupuncture. But the first time I got on a high intensity PEMF device, That was like, whoa, this is some game.

Those are different. Yeah. Yeah. And I even tell people I'm like, I can't even really describe it. Like, you got to just feel it and see what it's like.

Yeah. And I think that more and more, because of all the stressors in our life, we need to feel something. We need to know we are humans. We like instant gratification.

You're right. And so when we can feel that charge happening in our body and we can feel the upregulation and the circulation aspect of everything, We're more apt to come back and do it again because we felt or saw that change immediately.

Right. Right. Yeah. And sometimes I've had it happen where you'll be doing the full body PEMF, but the patient's only feeling it in one particular place.

And it happens to be a place that they've injured before or that's been causing them problems. And that's even more like, yup, you know that it's actually doing what it needs to do, where it needs to be done.

That's right. And it's that that's beautiful thing is it's intelligent like that. It's going to your body and it are there. They're in such community.

They are best friends. They're in such communication that they're just they're just working together. Yep. That synergy. Yeah. Yeah. The synergy with just to you just got to relax and just let it do its job.

Right. Yeah. Well, so this has been an awesome and fun conversation. And I definitely learned a lot to talking with you.

Animals, Anecdotes, and Final Thoughts

Before we conclude, is there anything else that you wanted to add at all or, you know, bring up about PMS here? I don't think so. I mean, I, yeah, I don't think so.

It just, it literally just like, when you asked me earlier about, about would I stick with the Hugo or would I, would I get a different machine? I'm just like, I really need to get that traveling once dinner then later.

Yeah. Yeah. Well, I mean, a lot of the systems, they do make like the same model in a clinical version and portable version. Yeah. And like for me, some of the devices I've got, I ended up getting a little carry case that's like kind of sturdy.

So I know that it will be in there well. And, you know, if you drop it or something, it's protective. So yeah, yeah. But I mean, yeah, if you can take it to the people, then, you know, then it's even more empowering.

That's exactly right. And it also shows them that we are able to move it, right? You can take it anywhere you want with you. Right. When I first started working with Dr.

Paula, one of the things about his philosophy that stood out to me was that you don't have to go to somebody to get this. Of course, when you start, you're going to do that.

You're going to go to a clinic, but you're not bound by that. Once you get started, the path ahead is wide open. Yeah, and then, you know, I mean, the prevention aspect is unlimited at that juncture.

I can't think of an easier way to do prevention. I've thought about this before. There's so many ways to do prevention. We're constantly telling people, you got to do prevention.

But it's like, how do I really do something that I know is really helping everything? And I can't think of a way other than PEMF therapy that just gets it all.

Yeah. No, I can't agree more with that. And I don't think it's just, Yona, I think if anybody that's associated with PEMF is going to feel that way. too many really good stories, turnarounds to, you know, to ignore it.

So we keep sending this message. Yeah, absolutely. Well, thank you so much, Dr. Elkikaya. Thank you so much. It was so fun to talk to you. Yeah, same here.

And it's nice to know that we've got folks like you out there doing all this. And we look forward to talking with you again soon. Thanks again. Thank you.

I look forward to it. For joining us. Yeah. All right. I'll talk to you later. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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