Uncover PEMF Benefits In Your Lyme Treatment Transcript

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Introduction to PEMF and Lyme Disease

First of all, you decrease inflammation, then you decrease the edema, then you increase the circulation, then you increase the migration of white blood cells to the area of damage or inflammation or infection.

And once you've done all that, you can't fight an infection. You can't fight bacteria. You can't fight viruses when there's edema. Right. there's no circulation.

It's just all swollen. So you've got to reduce all that in order to be able to actually kill the organisms or have the body be able to fight the organisms more effectively.

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

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

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

Welcome to another episode of the Healing Lime Summit. I'm your host, Dr. Mariah Hinchy, and today we're going to talk about pulsed electromagnetic field, or PEMF, as an adjunctive treatment for patients suffering from chronic tick-borne disease.

I'm so excited to have with me today the leading authority on the use of PEMF in North America, William Pollack, MD. Welcome, Dr. Pollack. Please share with our audience a little bit about yourself and what got you interested in PEMF and using it to treat your patients in chronic pain.

Well, thank you. All right. I'm very pleased to be here with you. And Lyme is one of my favorite and most interesting topics. It's always mystifying. It always does.

That is for sure. Always is. So basically, I'm a family physician, an MD, as you said, a founding physician by background. I've been practicing medicine for over 50 years.

And for the last 30 years, I've been working with magnetic fields as a therapeutic modality. And recently I retired from practice after practicing holistic medicine for about 20 years in the Baltimore area.

Dr. Pollack's Background and Acupuncture Origins

So, now basically what I do is to work with DrPawlik.com, the website, DrPawlik.com, and then working with the books and trying to introduce PMF therapies as a modality for people to become aware of and conscious of.

And I think it has a phenomenal value in Lyme disease, but people don't just have Lyme disease. I would guess that probably 80 to 90% of the people who have Lyme disease have stuff, lots of other stuff going on.

In fact, probably I would say that, I don't know about Lyme disease, but I know in general, 85% of the population is positive for EBV, Epstein-Barr virus.

And where does Epstein-Barr virus end and where does Lyme begin? There's no beginning or ending for either,

right? Once you have one, you are going to complicate whatever else you have.

Right, once you suppress the immune system and add in the inflammation and all of that, it's like all of those microbes just start to come out of everywhere, come out of hiding and reemerge.

Absolutely. In fact, actually, I have training in acupuncture, and part of my training in acupuncture was because I was having trained in acupuncture in 1990-ish, I couldn't use needles.

People didn't know what acupuncture was, and they wouldn't let me use needles. And so I said, well, how do I do acupuncture without using needles? Well, in the Orient, they were using magnets on acupuncture points.

So I started evaluating that and discovered that lo and behold, magnets affect acupuncture points and meridians. And I said, well, the light bulbs started going off.

And I said, well, what's going on here? How is this working? Why does this do that? And so I discovered that magnetic fields actually stimulate acupuncture points and meridians.

So when you lay on a whole body magnetic system, you're actually stimulating the whole acupuncture system. And one of the reasons people get benefits from even very low intensity magnetic fields is because of the stimulation of the acupuncture system.

And what does that do to the immune system? it improves the immune system and you balance the meridians and that tissues and organs begin to function better.

And then on top of that, the magnetic field therapy then has a healing action deep in the body. So PEMF stands for pulsed electromagnetic fields. So what exactly are they?

How do you describe what it is and what it is doing? Okay, and I'm going to apologize from the get-go for people who watch the summit who heard me say this before, but we need to get the elephant out of the room.

We have to recognize the elephant. The elephant in the room is EMFs, which Lyme people and people with autoimmune diseases and Lyme and all these other chronic whole body sort of systemic issues need to try to avoid as much as possible.

EMFs is what you try to avoid. PEMFs is what you should be attracted to, pardon the pun. And what is the difference between the two? So EMFs are basically broadcast in the environment.

EMFs were developed for communication purposes primarily. And so what happens is that these microwaves are very short wavelength magnetic fields, electromagnetic fields are broadcast into the environment and they don't care who gets in the way, right?

So they're called EMFs. I call it, they are electromagnetic fields but I call them environmental magnetic fields. So they're broadcast. And again, they're designed for communication purposes.

They're very short wavelengths which facilitate communication, but they can be harmful to tissue. And we know as doctors, we know that radio frequencies are being used in medicine for healing.

They're used in medicine actually for burning tissue. So that's the heating aspect of radio frequency and microwaves. PEMFs are, on the other hand, have a completely different design.

They're designed by virtue of a current flowing in a wire. So I use my hand as a demonstration. So my thumb is the current, is the wire with the current flowing down.

PEMF vs EMFs and Safety

And every time the current pulses in the wire, the magnetic field is produced proportional to the electric field. So they are inseparable. When you have an electric field, you have a magnetic field.

But this magnetic field only goes out with the pulse and then it comes back. So this is called a closed loop. It doesn't go onto infinity. It's constrained by the current flowing in the wire.

And that's a good thing because then you design the system, you design the magnetic fields for therapeutic purposes. They're not designed for communication.

They're designed for human use or animal use or basically for biologic value. So that's a huge difference. So PEMFs are not harmful. They're extraordinarily safe, extremely high magnetic field strengths.

Whereas EMFs at very high EMF strengths are harmful. A microwave oven is a perfect example of an EMF. It's designed to heat. You cook whatever's in the oven.

Magnetic fields don't cook. PEMFs don't cook. And so EMFs will cause heating, they'll be absorbed by the body. So when you stand in front of a pulse of EMF, you will get warmed up.

If you hold the cell phone to your ear, that's microwaves, right? So you hold the cell phone to your ear, it doesn't matter almost how long you hold it, but the longer you hold it, the redder the ear becomes.

So what you're basically doing, duh, you're cooking your ear. And therefore you're also cooking your brain. And you're cooking the circulation, you're affecting the circulation, it's flowing through that ear or through that area of the body or the brain.

So we try to stay away from EMFs as much as possible. Try to do more remote, use the speaker phones or use wired connections rather than the phone itself.

You don't have that worry. You could hold a very high-intensity PMF to your brain safely. In fact, there are PEMF devices that are approved by the FDA to treat depression, treatment-resistant depression, called TMS, transcranial magnetic stimulation.

And they're very high. They're like 20,000 Gauss. So Gauss is a measure of magnetic field intensity. It's the intensity of the field. It's also called Tesla, which we know about MRIs.

It produced like two Tesla, three Tesla, five, 10 Tesla. So there's extraordinary high field strengths. And the Tesla is 10,000 Gauss. Most of the magnetic systems that we use for therapeutic purposes are probably under about 4,000, 7,000, 10,000 Gauss.

Rarely do they get above one Tesla. and they're not found to be harmful. Even hours and hours of treatment to the brain directly does not cause harm. So they're safe and they're effective.

They're therapeutically valuable. So how does this technology apply to helping out patients with Lyme disease? Can you get into the specifics? Like what areas of treatment is PEMF affecting?

Critical question. So PEMF's basically the action of a magnetic field going into the body. Think of it this way. A magnetic field is like the wind in the trees.

You can't see it. And you only know it's there because the leaves are moving. And the leaves could be moving gently or they could be moving very vigorously.

So the higher the intensity of the magnetic field, the more vigorous the action is going to be in the cells. So the magnetic field is moving into the body and moving out, moving in and moving out.

It's constantly in motion, basically. And that motion is then inducing charge in the body. That's based on something

called Faraday's law. So it's the law of physics.

So as a magnetic field passes through charge carriers and the ions and the electrolytes in the body are essentially charged particles. They have charges associated with them.

As the magnetic field moves past, back and forth, past these charge carriers, it produces charge, produces electricity. Faraday discovered that if you pass a magnetic field past a loop of wire with a light bulb connected in it, just the magnetic field is not connected to electricity.

The light bulb will light up. So the same thing is happening in the body. You're increasing charge. That increase in charge in the body then gives the body more energy than to do what it should be doing.

When we have an injury, a cut, the body has to then marshal its resources to heal that cut, to close that reaching of the barrier, the skin barrier to the body.

Well, any injury, any infection, radiation, dropping a brick on your toe, all of that is an injury. And that injury then the body has to respond to that by marshaling all kinds of energy and its resources to heal that wound.

Every damaged cell has the same process. and it needs energy and the body's not efficient in terms of producing energy. How efficient is the body in converting fuel into work?

Question. Most doctors don't know the answer to this question. Actually, most people don't know the answer to it. I don't know the answer either. Okay, well, let me ask you a different question.

How efficient is a car engine in converting fuel into work? Pretty efficient. No. 20%. Failing mechanics as well. 20%. Wow. 20% efficient. The body is only about 25% efficient in converting fuel or energy into work.

So our bodies are grossly inefficient. So anything we can do to amp up the body to increase the charge or energy in the body makes it much more efficient.

Even a healthy body becomes much more efficient. But a sick body, a body that's damaged or injured in any way, then needs more energy to be able to resolve the problem.

And that's why we have to take a week or two weeks to recover from a cold. That's why a cut or a wound is going to take basically two or three weeks to heal reasonably well.

And a bone will take months to heal. So different parts of the body heal at different rates. So all of that needs energy. And so magnetic field therapy basically is giving the body the energy.

It's giving the stimulus for the body to produce the energy. So in other words, the energy is being induced by the body as opposed to putting an electrode on your skin, which transduces or basically is electrocution to the body essentially.

How PEMF Supports Healing and Energy

So we're not electrocuting. We're letting the body do the work, but we're giving it the stimulus to produce the energy to do the work that it needs to do.

So that action then creates a whole synergy of reactions in the body, a whole cascade of events. And you and I and the magnetic field don't control the cascade of events.

And those events include at a minimum reducing inflammation, increasing circulation, reducing edema and swelling, improving mitochondrial function, increasing ATP, increasing stem cell production.

So all of these actions of magnetic fields, and I outlined them in my book, both my books, Supercharger Health with

PMF Therapy and Power Tools for Health.

And I go through the list of actions. And in the Power Tools for Health book, I actually provide the evidence, the references to support each of those actions that we've found in science to be happening in the body due to magnetic field exposure.

And then in my new book, Supercharge Your Health, I added a couple more. Stem cell production is one of the most important factors. Leukocyte migration, the migration of leukocytes of white blood cells to areas of inflammation and areas of injuries critical to healing wounds and dealing with infections.

Well, magnetic field therapy not only can kill bacteria and viruses, there's some evidence, this is the more recent evidence that I've come across, it can actually have that action on certain bacteria.

But in addition to that, it improves the migration of white blood cells to the area of injury and inflammation. So one of the key aspects then of magnetic field therapy is reducing inflammation.

And what in the body doesn't have inflammation. 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. 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.

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

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

Visit drpawuk.com today and let's get started on your healing journey together. Not much, especially when you have chronic tick-borne diseases. Absolutely.

Or any kind of infections for that matter. Absolutely. I have a question before we start talking more in depth about inflammation and whatnot. Are there studies that show, for example, that wound healing increases by X percent of time when using PEMF?

There's a fairly significant body of research indicating that PMS accelerate wound healing. In fact, I'll give your audience a picture. In my Power Tools for Health book, I actually have pictures of a little girl, a three-year-old girl.

And I've told this story many times because it's so dramatic and graphic. And as a doctor, I've never seen this happen before or since. She tore off the end of her thumb in a door jam, three-year-old.

door jam slammed and just basically tore off the end of the thumb. So fortunately, the father called me before the plastic surgeons got at it or the orthopedic doctors.

And so I said, put it back on. It serves as a tampon, serves as an occlusion then to the wound, which is okay. It basically becomes a band-aid to the wound.

And what I've heard in Europe, at least they've discovered accidentally, but it's not common knowledge that if you reattach it past the first joint, that the body can regenerate up to about age 11. We have the capacity of salamanders to regenerate limbs up to the first joint until about age 11. After that, for some reason, we lose that capacity.

So I said, well, I heard this. I've never seen it happen, never recommended it for anybody. But fortunately, the father got the doctor to sew the tip back on.

And then we started magnetic field therapy. So an hour and a half to three hours a day. This little girl did magnetic therapy to her thumb locally with a small magnetic device, because that's all she needed for something that small.

And I have pictures to show this. Literally 12 weeks later, she's regrowing her nail. Wow. So she's regrown the rest of the thumb and she's regrowing her nail now.

It's the last thing to grow. That's regeneration. It's amazing. So yes, so there's a perfect example of a wound healing faster. So there's plenty of research to show wounds heal in about half the time, fractures heal faster.

Again, almost any injuries in the body healed better faster because of all the elements that magnetic fields induce in the tissues and in the body. So there's plenty, there is evidence to support that.

That's great. So when we're talking specifically about inflammation, how does PEMF decrease inflammation? There are many ways that it happens. So, it's not a single mechanism of action to decrease inflammation.

But one of the key mechanisms of action to decrease inflammation is the adenosine receptor. So, adenosine is part of ATP, adenosine triphosphate. And there are receptors for adenosine in the body.

And these receptors are responsible for reducing inflammation. There are about four or five different adenosine receptors. And magnetic fields have been found to stimulate the adenosine receptor, increase the production of adenosine receptors and adenosine in the body.

Whenever you have an injury or inflammation anywhere in the body, the body marshals a response with ATP. We need energy to fight inflammation, right? So ATP increases dramatically in the area of the injury.

So magnetic fields by stimulating the adenosine receptor, which sits on white blood cells, It's been found that about 15 Gauss is optimal magnetic field intensity to stimulate the adenosine receptor.

And I show graphs, the graph goes up like this and it plateaus up at the top of the peak and near the top of the peak, 15 Gauss.

Reducing Inflammation and Supporting Immunity

That's optimal for stimulating the adenosine receptor. But the adenosine receptor sits on white blood cells. And magnetic fields lose intensity with distance, just like with light and color and heat and sound and so on.

There's a sharp drop, what we call logarithmic drop of the adenosine receptor. And so what happens then, or the magnetic field intensity rather, so you have to match the intensity of the magnetic field to the target tissue.

And if your target tissue happens to be say six inches away, like across a brain, then you need to have a sufficient amount of magnetic field intensity to deliver 15 gauss across the brain.

And typically that needs about 4,000 gauss. to go that far into the body. And on my website, drpaulic.com, I have a blog about inflammation and adenosine, and there are tables for the intensity that you need at the target tissue.

So we try to treat inflammation in a lung. And I've had patients with cardiac disease from Lyme, and they need to stimulate the heart to decrease inflammation in the heart.

So then you have to calculate the distance of the heart from the skin to the back of the heart So then you could then increase the amount of adenosine in that whole area.

And so that's about 4,000 Gauss, typically, to get that level of intensity that you need. So the intensity becomes important. The adenosine receptor becomes important.

You also flood the area with white blood cells for the healing process. You increase circulation. Injuries and

infection almost always induce edema. That's a natural cell injury.

And edema then decreases the production or the delivery of oxygen to the tissue, the delivery of nutrients to the tissue. So reducing edema is critical to that and then you increase circulation.

So by decreasing inflammation, you decrease the edema and then you increase the circulation to bring more healing energy into the area of the injury, the cell injury.

That's kind of like the process that happens. The body decides which of the elements of magnetic field stimulation it wants to use or it wants to invoke.

So, I don't control that. We don't control that. The body decides it's got more energy. So, where is it going to put that energy? Where is it going to put those resources?

It's going to pick the resources that it deems the most relevant and appropriate and important. So far, we have increasing the receptors for ATP, which is going to increase energy.

We have decreasing edema, which is going to increase the delivery of oxygen and nutrients to the cells. Does it also affect like any of the inflammatory cytokines and the cytokine cascade?

Oh, totally, totally. And so it's not only important for, I got into trouble with the FTC because I had a blog on my website about using magnetic fields to reduce the cytokine storm for COVID.

And they said, you can't say that. So they asked me to remove it. Fortunately, I published an article about it anyway, so they couldn't remove the article.

They just said- Good for you. So yeah, cytokines are very important. So obesity, any place in the body where you have a lot of inflammation, you have a lot of pro-inflammatory cytokines.

And what you want to do is to decrease pro-inflammatory cytokines and increase anti-inflammatory cytokines. And magnetic fields do both. Okay. So that's also part of the anti-inflammatory cascade that we have with PMFs.

Right. So is there another piece or those three pretty much like the main ways that it helps to decrease inflammation? Well, as I said, it helps to migrate.

So, for example, with the injury example, if you have edema, You have to quiet that down because first of all, you decrease inflammation, then you decrease the edema, then you increase the circulation, then you increase the migration of white blood cells to the area of damage or inflammation or infection.

And once you've done all that, you can't fight an infection. You can't fight bacteria. You can't fight viruses when there's edema. Right. because there's no circulation.

It's just all swollen. So you got to reduce all that in order to be able to actually kill the organisms or have the body be able to fight the organisms more effectively.

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 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.com because real healing starts at the cellular level.

And so when it comes to actual fighting the organisms, fighting these infections, is there any sort of like direct killing property, or is it by increasing white blood cells, like increasing the body's immune system's ability to target these microorganisms that it has this antimicrobial effect, or is there a direct killing effect of PEMFs?

Yes. All of the above. You're gonna have to elaborate. That's the problem. It's all of the above. Okay. Can't separate these things. In a test tube, you can set up an experimental design to see which aspect is primary.

But in the body, the body decides. Right. But you're saying there's evidence of both. There's evidence of it being directly antimicrobial. But then obviously, if you're increasing the body's ability to fight itself, you're going to get that aspect of it too.

You increase macrophage stimulation. You increase white blood cells production and stimulation in the tissues. You increase the migration of those white cells into that tissue.

But again, if you decrease edema, then all that stuff can get into that tissue better. And then you begin the killing process of bacteria and viruses.

or at least the isolation process. So the body can do a whole bunch of these different things more or less at the same time. It's amazing. So before we get into, I want to talk specifics.

I want to talk about what devices work best and what patients should be looking for, you know, when they're evaluating devices, if this is an in-home therapy that they want to bring in.

And I would like you Dr. Pollock to please tell our patients and our listeners, where can they find you? Um, and if you have any exciting news to share, um, Yes.

So, they can find us at drpawlik.com. Okay. And many chronic Lyme patients need advice. It's very hard to select the appropriate system for yourself. And unfortunately, what most people tend to do is they tend to buy based on cost.

And they want the cheapest products they can get, the cheapest avenues to treatment that they can get, but that's not going to work with PMFs. Now if you happen to have an infection or like that little girl, you have a problem with a specific spot in the body.

That's one thing. Lyme disease, as far as I'm concerned, is a systemic problem. I would agree with you. Right? Because that cascading event then causes a systemic reaction and then you're dealing with problems all over the body.

Wherever it wants to wake up, it can wake up. So it becomes systemic. So that means you need a systemic treatment. And Lyme disease is not curable. Once you've got it, it's like the immune system.

Once you have lupus or once you have autoimmune conditions like rheumatoid arthritis, you can tone them down, but you can't turn them off because the body has initiated an immune reaction based on a stimulus, the infection, for example.

Wound Healing and Tissue Regeneration

And that memory is there for life. and the body has been designed that way because we may encounter it again. So the next time it sees it, it can mount a faster, more vigorous response to getting rid of the infection or the problem.

So we can rely on that memory to be able to help us out in the future. So magnetic field therapy is best used in the home setting. You can get temporary benefits in an office setting.

You'll get temporary resolution of an acute flare in an office setting, but then you're probably gonna have to look at something that you're gonna be able to do at home on your own.

So the intensity then becomes critical. In the Supercharger Health book, I have tables of different devices and their intensities, and whether they're local or they're regional, I cover a lung, for example, or a head, or in a whole body.

So they can look those tables up there. There's a ton of information on drpauluk.com as well. And for those people who are significantly ill with their disease, they may want to get a consultation, and we provide free consultations.

Now, if you're only interested in spending $25 for a machine, don't bother. I mean, you're using my time, I should be charging $1,000 an hour. You want to use my time to give you advice, you better be ready to buy what you need to buy, because I'm going to tell you what you need to buy.

And if you're not interested in true healing, then I'm not sure that we should be working together. I understand. Right. So we do offer free consultations and you can apply for it on drpawlik.com.

The books are a great resource and you can download them as well. And we will offer, there are bonuses that are offered as part of this program. and you can access one of those bonuses.

We have an ebook on inflammation and PEMFs. And as part of this podcast webinar slash summit interview, we will offer a discount. So for people who will buy a Tesla Fit Plus 2, we'll give you a 10% discount.

And we'll put a code, you can put the code on the notes, the show notes, and Leslie will help us out with all that. Okay, perfect. So, 10% off a testifit plus two, and that will be good for 90 days from the posting of the webinar, of the interview.

And then we have access to the books. In fact, actually, if you buy a Supercharger Health book, whether it's on Amazon or on drpawlik.com, we offer a three hour course.

Actually, yes, I think it's a three hour course. It actually may be even longer, maybe a six or eight hour course, but it's basically a supplement to the book.

So it's a video course, goes through all the different chapters of the Supercharger Health book. Very good in-depth training on PMFs and how they work and how to use them.

And so how can patients access that? Or you're saying that if you buy the book, then you would get access to that. Or can patients just purchase that in lieu of a book?

No. OK. Well, there's no point doing the course if you don't have the book, because there are tables in the book that aren't in the course. OK. You have to have a resource that you can go back and revisit again, whether you buy it as an e-book or whether you buy it as a paperback.

But if you go to drpawlik.com, you click on the book on drpawlik.com. So that's the Supercharge Your Health book, blue book on drpawlik.com. It'll bring you to a page where wherever you buy it, whether you buy it from Amazon or from us, you'll have a code and you'll enter that code on the second part of that page.

And that'll take you right to the course. Perfect. And it's available then permanently. Wonderful. So why don't you tell us in your opinion, what PEMF devices work the best?

Would be the best. So go back to the point about inflammation. Yes. You need 15 gauss optimally at the target tissue. No matter what else you do, what else you might need it for or want it for, inflammation is key to virtually everything that we have happening in our bodies anyway.

Antimicrobial Effects and Immune Response

Right. Okay. So that means that you have to deliver 15 gauss at the target tissue. And for whole body purposes, I usually recommend a device that's going to be probably a minimum of 4,000 Gauss.

And that's why I'm offering the TeslaFit Plus 2 at a discount to the people who listen to this, because we wanted to have 4,000 Gauss. And the TeslaFit Plus 2 comes in a doctor recommended package, a whole body pad and a small local applicator.

So the whole body pad is not as powerful. It's about 2,000 Gauss. And the smaller double loop coil laid on top of itself, the two wings of the coil laid on top of themselves go up to about 4,000 cows.

So you could treat a brain, you could treat a heart, you could treat a lung, you could treat a gut easily enough with just those two applicators. Right.

So that's it. And now there are other devices, there are other higher intensity devices that are very useful as well. But that is what I would say would be the minimum.

There's a warning. There are lots of people who are probably listening who have already, like yourself, you told me before, we started chatting that you were approached by people selling PMF devices.

You always, always, always, always ask whoever's selling your device, what is the Gauss rating? What's the peak intensity of the magnetic field? Would you buy a car without knowing the horsepower?

Nope. Would you walk away from a salesperson who would not be willing to tell you what the horsepower is? Yes, of course. You don't know how fast you're going to go.

You know how far you're going to go if you don't have the horsepower. So the horsepower is the intensity of the magnetic field. That's critical. So if you have a device that is very low intensity, you're still going to get some benefit from it.

You may feel good with it, but it's not going to decrease inflammation deep in the body, and it's not going to do adequate healing. So you may have to reconsider.

And so you're saying to be clear that you need that range from 15 all the way up to 4,000. 15 would work on the skin barely, right? 4,000 again has to go deep into the body.

So if you're two inches into the body that you're treating, but the problem is that anybody with Lyme disease needs a whole body system, as I mentioned, because it's a whole body problem.

And you're not just treating the elbow where you have your pain or you're not just treating your heart where you have your problem or your lungs or your joints.

you really need to be treating you, you, the whole body. Cause you don't know where it's gonna go next. And every time you have a flare or every time you have a flu or heaven forbid a COVID, then everything goes haywire.

And so you really need to take care of the whole body. So what would be the minimum range then you're saying is, or not minimum, but you're looking for a device that can go up to 4,000 or better.

Or better. Or better. So you can spend $5,000, $6,000 for a one Gauss machine.

Choosing the Right PEMF Device

So most of that money is going to go to the driver. It's going to go to the driving unit that drives the intensity. So if you're going to spend $5,000 for that, actually a good part of that is going to commissions.

The real cost is a lot lower than what you're paying for. You're better off in general to deal with whatever may come up for you down the road to have the right intensity at the beginning.

So if all you're treating is a knuckle or an elbow or your hands, say you've got some arthritic changes in your hands, then you don't need as much intensity, but you're still neglecting the rest of you.

And the toe bone is connected to the head bone. Absolutely, yeah. So if you're treating someone systemically, what are you looking for? If you're treating the whole body, whole person.

And if we're talking about thickness, how does the size of a person, whether it's excessive adipose tissue or someone just has a lot of muscle, do you have to take that into consideration when you're looking at a unit for treatment?

So the answer is yes. And so you can buy more than a 4,000 Gauss machine. And there are many people who have, on top of Lyme disease, have a history of COVID.

They have long haulers or they have osteopenia or osteoporosis, or heaven forbid they have cancer. Anybody with cancer needs to be on a higher dose machine than that and preferably a machine that provides you with what we call a magnetic sandwich.

That means you're laying on a pad underneath you and you have a pad over top of you. What that does is it provides a very uniform magnetic field between the two applicators.

That's ideal, but they're more expensive. Obviously the higher the intensity, the more equipment that you have, the more it's going to cost you. But that's in the long run, going to get you the most benefit.

And then in addition to that- Do you have one of those that you recommend? Like what is the name of that unit for our listeners that has the two layers?

The one that has the magnetic sandwich is called PARMEDS, P-A-R-M-E-D-S, PARMEDS Ultra Flash. Okay. And we can provide a 10% discount for those as well.

Okay. And we'll get you the coupon codes for those. So when people want to purchase it, they go to the store, they go to the shop on drpawlik.com. purchase the device, put it in your cart.

At checkout, you provide the coupon code and we'll be able to give you the discount at the point of purchase. If you need any questions or have any questions about usage, I, myself, and I have two other doctors who work with me who can give you advice on how to use it properly and which one is gonna be best for you for your particular situation.

Sometimes a Tesla Fit is all you need. But again, if you have a more serious, significant issue going on, then you might need the magnetic sandwich. And do a lot of practitioners buy these and have them in their office where they have patients come in and they do a treatment, or these are more considered like an at-home patient use device?

Both. Certainly both. And practitioners in particular need to be able to deal with whatever walks in the door. So you have to be able to treat a whole range of issues that may need magnetical therapies.

And that means that you need the highest intensity system that you can get, or at least one that's optimal, such as the ultra flash. So I want to talk a little bit about treatment protocols.

And so how long should a session be? How many times a week, et cetera? But I want to ask one question here just to finish up talking about what devices are effective.

What would you consider to be ineffective devices or things that people should just really stay away from when they're looking for a PEMF device? Well, again, the rule is 15 Gauss at the target tissue.

So what we're trying to do with Lyme disease and the people who are listening to this interview and the summit, your summit, are generally not going to be somebody who's got a tickle in their toe with Lyme disease.

So you're talking about a more serious piece of equipment. So I think the minimum probably should be 4,000 Gauss on the smaller applicator. That means about $2,000 typically for the whole body.

Okay. So you can get some benefit with less, but you're not going to be probably all that happy with your results. And I'd rather you didn't spend your money, you're better off raising the capital, finding the money and get the right equipment, because you could be wasting your time, wasting money, wasting energy, resources, and so on, and mood, nevermind mood and everything else, by getting the wrong equipment.

right and if you already have the wrong equipment then you can keep using what you have as long as it's giving you all the benefits you want but if you and i what i found is that the people that come to me the most are the people who bought the wrong equipment yeah or being recommended the wrong equipment and then they go to dr pollock.com or they read my books and they fight oh they say oh oh that was not a good idea right so I don't like to just treat symptoms.

I'm very much a get to the root cause, treat the whole person, help to heal the body, as opposed to just attacking the microbes. But all of that being said, if somebody were to be using this, let's say, for pain management.

So I'm going to ask this in a two-part question. So for pain management, How many sessions a week and how many minutes per session would you say somebody would need to use a device to manage their pain?

So this is an answer you probably give people all the time. It depends on the person. It depends. Yeah. It doesn't just depend on the person. It depends on the problem.

It depends on the cause. It depends on the chronicity. It depends on where in the body the problem is. So I totally agree with you. My goal as a physician is not to put a bandaid on the problem and then cross your fingers and hope the body takes care of itself.

for chronic conditions, that's not a good idea typically. So magnetic field therapy can do pain management just by itself. Anti-gnosis deception right from the get-go.

Just put in the magnetic system on, you can get some pain relief. It even works that way in salamanders. It decreases pain just like that. And they don't have a placebo effect.

Right. So is there any sort of generic like typically one session for 12 to 15 minutes would give you X percent of a reduction in your pain and it would last for X amount of time.

So like, does it reduce pain by 25% for the next 24 or 48 hours? Like, is there any general sort of phenomenon that you see? No, no. You and I know that.

No, you have to you have to do what you have to do to take care of the problem. OK, so it's a cumulative effect and it's resolving the underlying cause.

There are essentially three phases to what you're doing with magnetic field therapy. Number one is you can do symptom reduction. That's the anti nociceptive effect.

You can basically dampen the pain fairly quickly. Not always, but because it depends on the cause of the pain. I mean, if you've got a spike sitting in your shoulder, You're gonna get some degree of pain reduction, but you know, you gotta remove the spike.

You gotta pull it out first. You gotta pull it out and then your body has to heal itself. So you do some degree of symptom improvement right away. That happens within hours to a day or so.

So it depends on the healing cycles of the body. So the longer it's been there and the more chronic it is, the harder it is to get rid of it in terms of pain reduction.

So then what you're doing is you're improving the pain, you're improving the tissue responses to the problem by doing some minimal amount of pain reduction.

Then you have to do healing, right? Then you can improve function. So you can take a shoulder or an elbow that is really painful, start doing the treatment and then within an hour, two hours a week, your body's gonna tell you.

The function of the shoulder improves. Pain's going away, the function improves. At some point, you may find that the amount of benefit that you're getting doesn't seem to match anymore.

Treatment Protocols and Recovery Expectations

In other words, it plateaus. It plateaus because it's now working deep in the tissues and you're now getting deeper and deeper and deeper into the tissues that may be involved in the pain generation process.

You know you're doing really well when the pain is all gone and your function has improved, but you're not done yet. I'll give you an example. I had a college goalie, hockey goalie who lost his scholarship because of a groin injury.

He'd been treated by conventional medicine, physical therapy, you name it, for two years. Got him on a PMF device that he wore basically continuously.

In a week, gone. Wow. After two years, gone. What did he do? He was a young guy. He went out and started rubbing up the system. Re-injured. Too much too fast.

The tissues weren't ready. He thought he was ready because his perception was, I'm better, so I must be good. But we know as clinicians that you have to not only deal with the symptoms, but you have to deal with the functional problems and then the healing that you need in the tissues.

And different tissues heal at different rates, right? So skin heals much faster than ligaments or bones. And muscle heals faster than a bone as well. The tissues then determine the rate of healing and how much healing has to be done deeper into the tissues.

So it's like athletic training then. where you've injured yourself, you've gotten treatment and then you try to train and you discover what you can't do yet.

So you go back to doing more treatment and you do it for a while and then you test again. So it's treat and test and treat and test. And so gradually you're moving up the ladder in terms of the functionality that you can get depending on the healing that you've been able to achieve.

So it depends, it's a process. A magnetic field therapy is a physical therapy modality. So then we have to respect the physicality of the body and the nature of this particular therapy to produce the benefits that we're looking for.

That makes sense. So would patients expect to use this every other day, daily, twice a day? What is the very basic, let's say minimum recommendation if you're going to add this therapy in?

Well, again, it all depends on the constellation of issues that are going on, right? So I recommend at a minimum a half hour, twice a day. minimum because you want to start processes of healing.

And then what happens is magnetic field therapy will, it's like throwing a rock in a pond. Some problems will react and respond very, very, very quickly and they're gone.

So if you have a pain circuit in the tissues due to an injury, but the injury is long gone, the healing is long, long

done, but you still have this memory of the pain.

You can do one treatment and it's gone. That's rare. Most of the time you have to keep treating. So as you get better and better and better, then you know you can begin to back off.

So if you start with half an hour at a time and you're getting the resources, the benefits and resources that your body needs, then within a week or two weeks or three weeks, you could be better.

But again, every individual is unique. And they not only have Lyme disease as we discussed, they have a whole lot of other things potentially that are contributing to the problem.

So what do you need to treat? everything well unfortunately everything ultimately you can focus on specific areas and do intensive therapy for those areas if you have 10 different problems in your body but choose the ones you want to treat or focus on that are the most important to you do them intensively Then when they're better, begin to back off and see how much you can back off.

And then add another one or two areas that you do intensively while maintaining the others, the previous ones, to whatever extent that you need to maintain.

So it's an iterative process. It's a gradual progressive process. Okay. And then everything else that you do, including nutrition and supplements, all of this is necessary.

You can't build a house without bricks and mortar. Oh, 100%. Yeah. And I think that that's a very good point that it sounds like you agree with. And that's why I started this interview by saying this is an adjunctive therapy.

This isn't something that, at least in my opinion, it's not a standalone therapy. This is something that can be used to accelerate the speed in which a patient's body can heal.

But you have to have the foundation. You have to be addressing lifestyle and nutrition and the immune system and the gut and detoxification and everything else in the body that needs to be fixed, for lack of a better term, in order to get this infection into remission.

The infection, nevermind the infection. So I actually, from my perspective, again, as a holistic doctor, it's not the infection. The infection is probably long gone.

Now there may be organisms or components of organisms and cells that could reactivate down the road depending on stimuli that happened, stressors that happened to the body.

It's an immune problem. And because it's an immune problem, it's a lifetime problem. I try to emphasize to people, this is not a short-term fix. then on top of that, you're still aging.

So no matter what, you're going to age for the rest of your life. So do you want that slope like this or do you want the slope more gentle? So you're going to be able to not only treat the infection and the consequences of the infection, but then you're also helping the whole system to support itself to be healthier, which also then adds to the benefit to the infection.

Final Advice and Resources

Right. So, Dr. Pollack, anything that you would like our listeners to know before we conclude our interview? Any last pieces of advice? Well, I think you need to see a good, a good practitioner.

You really need to have, I reckon everybody should be seeing a holistic doctor, a functional medicine doctor, naturopath. Anyway, that's your standby.

I'm not there with you all the time, and I can't adjust your protocols for all these other things, which you're probably

going to need anyway. So you try things, you see what the response is, and then you either add things or you take it away and do something else.

This is an iterative process. It's a one step at a time kind of process. So you do need adjunctive therapies. You do need adjunctive assistance as well.

And hopefully you have a clinician that understands magnetic field therapy and how to put those together to get even better results. Right. Okay. Well, thank you so much for joining us.

It's been an absolute pleasure talking to you. One more time, please tell our listeners where they can find you. drpauluk.com, D-R-P-A-W-L-U-K.com, or the books, Supercharge Your Health with PMF Therapy, or the other book, Power Tools for Health.

So Power Tools for Health, I don't recommend too often to people, but if you really want the science, you want the references, it's got over 500 references.

And combining the two, one is more practical and one is again more conceptual. Okay. And then also don't forget you get that three hour course complimentary if you buy one of Dr.

Pollock's books. Supercharge your health book. Okay. Wonderful. All right. Well, thank you. Thank you everyone for joining us and we will see you next time.

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

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

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