Introduction to PEMF and the Summit

If you don't die of something else, there's a good chance you're going to die of your breast cancer. So the problem then becomes what we're doing is we're lackadaisical and we say, well, we survived the treatment for my breast cancer.

Well, unless we really do all the changes we need to do diet, nutrition, supplements and everything else to keep you healthy from an antioxidant perspective, particularly free radical scavenging perspective.

then you have a risk of those breast cancer stem cells being activated in your bones. And so, PMF therapy, like osteoporosis, then becomes an important part of maintenance therapy for women with breast cancer, with a history of breast cancer.

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

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

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

Hi, everyone. Welcome back to Mastering the Menopause Transition Summit. I am your host, Dr. Sharon Stills, excited to be here with you all. and excited for the talk we're going to have today because we're going to be talking all about PEMF, which you may or may not know what that is.

And if you do know what it is, you might not realize how important it is for you as a woman during your hormonal journey to be partaking in PEMF and learning about it.

I couldn't think of anyone better than the PMF guru himself, Dr. Pollock, to come share his knowledge with us and get us all educated today. He's a holistic doctor located near Baltimore, Maryland.

He's held academic positions at Johns Hopkins and University of Medicine. He is considered to be the foremost authority on the use of pulsed electromagnetic field therapy in North America.

So I told you I would get you the best. And he's very interested in holistic pain management. He has been doing this for a long time. He's been on the Dr.

Oz show. He's been interviewed on Ben Greenfield's podcast and Dave Esprey's podcast. And so he has gotten around. He is very well regarded and I've got him here for you all today.

So welcome, welcome to the summit. Thank you very much, Sharon. I appreciate that. I look forward to having our conversation. Yes, me too. Me too. We met briefly a few months ago when we were in Florida and I got to have a quick taste of your medicine and loved it.

And so I'm excited to bring this to the listeners and just delve in. And so I always like to start with how did You get so interested in PMF. Did it find you?

Did you go looking for it? How did that happen? Both. I went looking for it, but it also found me. The genesis of it

was as a family physician, and I was a medical director of a group of family physicians, basically, and we used to round in the hospital to share patients all the time.

So, in a very short period of time, we had two patients who almost died from GI bleeding, gastric bleeding, and that was due to ibuprofen.

How Dr. Pollack Discovered PEMF

I said, you know, what we're doing is we're almost killing people, if not actually killing people, for their pain management. using ibuprofen or non-steroidal anti-inflammatories.

And I said, well, that's bad medicine. That's insanity, right? Doing the same thing over and over again, hoping for no bad results. Exactly. So I decided to study acupuncture.

And when I did acupuncture, that was 1990. And people didn't want needles at that time. They didn't know what acupuncture was. So I said, how can I do acupuncture like treatments without using needles?

And then I discovered that in the Orient, they were using magnets on acupuncture points. Well, it turns out you can do all sorts of ways of stimulating acupuncture points, including pressure and heat and color and light and sound and so on.

You know, this goes on. So I started using magnets and discovered they were doing other things. They were doing more than just stimulated the acupuncture points.

I'll give you an example. I had a spider bite on my leg. I didn't even know, I didn't even feel it actually. I looked down my leg and I had this big quarter sized welt.

As a family physician, I knew exactly what it was. So I put a big magnet on it and taped it onto my leg. And I was doing some reading on my deck. And so I looked out about an hour later, an hour and a half later, gone.

Wow. How long does it take for a spider bite to go away? Longer than an hour and a half. Or a week, potentially, right? So I got it at the right time and the magnet healed the spider bite.

That's not an acupuncture effect. I said, what is going on here? So I began to dig into it, discovered that a lot of the science was actually in Russian or Cyrillic or in the Orient.

So very little of that information was actually in the West. So if you go to PubMed and so on, you can hardly find these things or they're in foreign language and just to have an abstract, a two line abstract.

Anyway, eventually I ended up meeting at Dr. Jerebek, who had an MD, PhD in magnetic field therapies. And so he had translated a lot of that European science.

Wow. So finally I got my hands on some science about PMF therapies. And so we collaborated and published a book. called magnetic field therapy in Eastern Europe, a review of 30 years of research.

So that's now 20 years ago. That was 30 years of research 20 years ago. So anyway, that opened the door, like completely blew open the doors about magnetic field therapy and all the different things that it did because the book actually went into mechanisms as well.

And so it was the first time I discovered some of the main actions of PEMFs. So from there, basically, I started acquiring magnetic devices of different kinds.

I stopped just doing the acupuncture kind of stimulation. And now the whole world opened up in terms of the different organ systems that you could treat with PMF therapies.

And that's where we are today. So I've been working with magnetic therapies for about 30 years now. We meant it when we said North America's foremost authority that is a lot of time it's funny because my first introduction to PMF also was over when I was at the clinic that I used to work with in Switzerland, a lot, and they were doing PMF and I was like, this is interesting we weren't hearing about it over here in the States, so I want to get to the.

the mechanism of actions. But before we go there, I just, maybe can you just define for those that don't know, because it's not very well heard of here, like what is PMF?

What does it mean? What does it mean to the listeners? So PMF therapy is basically, it's using magnetic fields, but it's a very specific kind of magnetic field that is pulsed.

So there are two kinds of basic magnetic fields. One is static and one is dynamic or active or pulsed. So a static magnetic field is a magnet. We all have some familiarity with magnets.

So you take it like I did with my leg. I took a magnet and I put it on my wound. And it clearly worked. So that's static. It's not moving. Once you created the magnet, it's just basically there permanently.

Pulse magnetic fields, on the other hand, are created by current flowing through a wire, and that follows laws of physics having to do with electro and magnetic, electricity and magnetic.

So wherever we have current flowing in a wire, you have a perpendicular magnetic field flowing around that current, and we call that the right-hand rule.

So this is the current, the line of current, and then this is the magnetic field. So every time current flows, magnetic field pops up and comes back. Now, this is a big difference between static magnets and electromagnets, but they're dynamic.

They're in motion. Now, a static magnet, when you put it on the body, it relies on the body's natural motions, like the flow of blood, the flow of nerves, the flow of electrolytes, and so on in the body.

So it's passive. It's a much more passive process. PIVF therapy, as you can imagine, as you can see, basically is very dynamic. And then the next big question, and I'll get this elephant out of the room right now.

Aren't these EMFs? P-E-M-F. It is P-E-M-F. So it's EMFs. So EMFs is electromagnetic fields, but I define EMFs as environmental magnetic fields. There's another way of defining that term, but basically it's electromagnetics, but it's in the environment.

So environmental magnetic fields are what we call open loop. They get blasted into the environment. They're open. They just keep going into the environment.

The example I gave you with the current flowing in the wire, that's a closed loop. So the magnetic field goes out, it comes right back down on itself.

It's a collapsing field, expands and collapses, expands and collapses. So EMFs are blasted. And because they're blasted in particular, they're designed primarily for communication purposes, right?

Or defense purposes like radar or communication, again, radio waves, television waves. They're all communication, basically devices. And then of course, microwaves in cell phones and cell towers, those are microwaves.

What PEMF Is and How It Differs from EMFs

So they're designed for communication. They're not designed for therapy. And they don't really, in a sense, care about the bodies that get in the way.

So EMFs in the environment are basically, because they're high frequency, like microwaves, are like a microwave oven. They cook. So if you see somebody's ear after they talked on the cell phone for a while, it's bright red.

And the opposite ear is slightly red, but not as bright. So clearly before you did the cell phone to the ear, it was not bright red. It's like my ears are now, just natural color.

So why do they turn bright red? Because these high-frequency fields have very short wavelengths, and as a result, they get absorbed into the tissue. And when they absorb into the tissue, they create heating.

And that's where the harm comes from. So the more of that exposure you get, then the more risk of harm there is to you. I just did that. I just finished my talk for the summit on toxins and I was talking all about EMFs and how toxic they are and about not putting your phone up to your ear and all those things.

Never, never do that. So apples and oranges. Put it in your ear. PEMF heals, EMFs do not. Although we know that acoustic neuromas develop on the side of the head that you tend to have your phone to.

So the more time you spend with your phone to your ear, then the more likely you're going to have a problem. So you should always use earbuds or use voice.

Speaker, speakerphone, yeah. Put it on speaker. And you have to apologize, apologize. But, you know, of course, if you're in a very loud, noisy environment, it's hard to hear.

But so do what you can, as often as you can, stay away from the microphone, the microwaves to your head. The PMFs don't have any of that risk. So a PMF is not a wavelength.

A PEMF is basically bouncing out and back. So how far does it bounce out depends on the intensity or the strength of the magnetic field. So if you've got a tiny little magnetic field, it's going like this.

If you have a big strong magnet, it's going like this. And that's important therapeutically, so as we can get into. The bigger the magnetic field is, the deeper it's going to go into the body and or through the body.

And a body is like air to a magnetic field. It's as if there's no body there. And I've done these experiments where you measure the magnetic field at a distance and put a body in the middle.

That is no difference. It's going right through the body. So another metaphor that I use is like the wind blowing in the trees. You can't see it. And the only way you know it's there is because the leaves are moving.

Right. Okay. So magnetic fields in the body are the same thing. It's stimulating all kinds of action in the tissues and in the body. And that action for the most part is moving in the direction of facilitating function in the body or healing in the body.

So it's only causing stimulation. It does nothing else. It's stimulating and what it does when it passes through the body is it increases current in the tissues, charge in other words.

So in other words, it's increasing energy. So imagine the body is a battery and that battery becomes depleted with use. So when you use a magnetic field, put a magnetic field through the body, all of a sudden the battery becomes recharged.

And we are, we are an electrical body. We are totally electrical and some people say well we're sailing, we are sailing bodies and now we're, we're an electrolyte bag, bag full of electrolytes.

Are you tired of living with chronic pain? Medication only masks the symptoms, but real healing starts at the cellular level. I'm Dr. William Pollock, the leading expert on PMF therapy.

Pulsed electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up

recovery, and improve overall health, right from the comfort of your home.

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

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

Transform your health. Visit DrPolit.com today and let's get started on your healing journey together. So the mechanism of action is to increase the charge and does this What do you find?

We have a bunch of women here who are either going through menopause or will be going through menopause or been through menopause. We always are thinking about our hormones, but how would you explain to these women why PMF and increasing their electrical charge is important?

Basically, as a result of that electrical charge, the body takes that energy and says, I got energy. So what do I do with this energy? Whatever I need.

Now, if the body doesn't need it, basically it ignores it. So our homeostatic mechanisms, our natural balancing mechanisms. So when we open up a blood vessel, we heat a blood vessel, we open it up, we get an increase in circulation.

But as soon as the stimulus dies down, the body takes it back to what it would consider to be a normal state. So, essentially, the body's responding and then coming back down to whatever state it wants to come down to.

And that means it's physiologically causing all kinds of actions in the tissues. And those actions include stimulating acupuncture points and meridians.

So, the acupuncture system is an electromagnetic system. We call it Chi, but it's an electromagnetic system because they didn't know what electromagnetic was when they invented acupuncture.

Right now they call it Chi. So we call it electromagnetic. And so it stimulates the acupuncture meridian, which means it's doing acupuncture automatically.

Anytime you put it on the body, anywhere there's an acupuncture point, you're getting acupuncture stimulation. So it increases circulation. It decreases inflammation.

It initiates tissue repair and recover regeneration. So it stimulates ATP. It stimulates stem cells in the body. And that becomes important for other aspects of menopause, such as osteoporosis and osteopenia, maintaining bone density.

It decreases inflammation. And so if it decreases inflammation, what is it taken care of? All sorts of stuff. And one of the risk factors in menopause is what?

Cardiovascular disease. Women get it more suddenly, but it happens aggressively very soon after menopause. Yeah, it's the biggest leading cause of death.

Death in women postmenopausally is cardiovascular disease. Exactly. The magnetic field therapy decreases the inflammation in the blood vessels. It decreases the inflammation in the blood vessels in the heart.

It decreases inflammation of the heart. So now we've got this whole COVID thing going on. and people with the immunizations who have these immunization reactions, and people who have COVID and get long COVID, magnetic field therapy just dampens the inflammation, significantly dampens the inflammation.

And so, and that heals the tissue. So because you're regenerating, you're not decreasing inflammation, you're

regenerating. I'll give you an example of the power of the regeneration of magnetic field therapy.

I had this little girl that cut off the end of her thumb, just below her nail, in a door jam. sharp-edged door jammed, cut it off. And the father, fortunately, called me right after that happened.

And I said, sew it back on again. Because that's a band-aid, basically. Putting a tissue back is basically a band-aid using your own tissue, right? You're covering the wound.

So I said, I've heard in other parts of the world where before age 11, if you cut off a finger before age 11, there is a reasonable chance it's going to regenerate.

So in my book, Power Tools for Health, I have pictures of that. She did an hour and a half therapy with a magnetic system to her thumb, hour to an hour and a half a day.

And you could see the suture marks where they put it back on again. So if the surgeons had added, what would they have done? They would have cleaned up the wound and grafted it.

Then she would have a deformed thumb the rest of her life, right? So we sewed it back on again, did the magnetic therapy. Literally, three months later, she's regrowing her now.

Wow. That's the power of the regeneration to make a young child that's a whole lot different than it is an adult.

How PEMF Supports Menopause Health

But we know that even in adults, wound healing is speeded by half the time. I'll give you another example. I had an elective appendectomy for a tumor on my appendix, which is benign, turned out to be benign.

but I had to have a partial cicatomy, so I had laparoscopic procedures, so I had the stab wounds. I put magnets on little magnetic coils, same ones that I use in the name little girl, on my wounds.

So I had one wound, which is a control, and then I put it on the other two wounds right away, as soon as I got home. Did it 24-7. That was Friday afternoon.

I was back to work on Monday morning. Wow. That's, that's amazing. And I think when we see things on the outside, we get so excited. And sometimes we can't see, like, if you just think about what it's doing on the outside, think about what it's doing on your inside.

Exactly. You see what that's doing on the outside. What's it doing on the inside? So if you're doing magnetic therapy on a regular basis, not just now and then, not just going to a spa and getting some magnetic therapy, but if you're doing on a regular basis, You're controlling things before they get to a point where they are so damaged that it's very hard to repair or regenerate.

Concept. We have 100 trillion cells in our bodies. Every cell has about between 2,000 to 5,000 biochemical processes per second. When we're doing magnetic field therapy, what are we doing?

We're energizing all of that. activity energizing so it doesn't get a chance to backslide it doesn't get a chance to drop off and fail and what's aging it's essentially backing off and failing of systems in the body we call that entropy so pmf therapy keeps that that whole process sort of up right and maintained at a sort of optimized level so For women having problems sleeping or hot flashes, does PMF play a role in that as well?

All right, so hot flashes. That's a challenging area and other than hormone replacement, right? The therapies for hot flashes other than hormone replacement are not very effective.

They're unpredictable, they're not, and you have to often do the therapies like SSRIs. You have to do them for all the time to prevent the hot flashes from happening and then hopefully they're not as bad as they would be

otherwise.

But then you have the problem of dependency, not addiction, but dependency on those medications. So PMS hot flashes are largely an autonomic dysautonomia.

They're an imbalance between the sympathetic parasympathetic system. So how do you decrease hot flashes thinking of it that way as an imbalance in the sympathetic parasympathetic system?

Well, you can stimulate the neck. You can stimulate the vagal nerves in the carotids. You can stimulate the start of the whole vagal system in the back of the neck and the pons and the medulla.

So you can use magnetic fields to do that. You can even stimulate the stellate ganglia. There are injections now that people are doing for stellate ganglia blocks, right?

Yes, I'm trained to do those and I'd rather put someone on a PMF. I know that's what they'd rather have. But you can stimulate the stellate ganglia with magnetic fields.

You may need very strong, powerful magnetic fields to have a strong effect on the stellate ganglia. But the problem is that you can get a benefit from stellic ganglion blocks sometimes for hours, sometimes for days.

How predictable is a stellic ganglion block? Right. Yeah, we never know. So it's a challenge. And the same thing with vagal stimulation. So there's now some evidence about vagal nerve stimulation.

And so what happens is stellic ganglion is the reason you do that is because of the sympathetic nerves are overactive. But they're overactive because the parasympathetic system is underactive.

So what we do then, if we stimulate the parasympathetic system through the vagal nerve, we get all the downstream benefits of stimulating the vagal nerves.

Now this is a big topic. In fact, we discussed this out of an interview on my summit last summit on vagal nerve stimulation. Oh yeah. It's every, you know, I don't want to say everyone, but almost everyone, if not everyone has sympathetic overdrive.

And we are, we are society of deficient vagal tone. And it's really important. I run heart rate variabilities and it's always about upregulating the parasympathetic nervous system.

And we can't heal if we're stuck in sympathetic. We really have to be able to, it's okay to access your sympathetic. You need to know how to be fluid.

You have to be able to access it. Yeah. If you have to have a stress response, you better. Right. But you got to know how to then come back. Like you were talking about coming back on the basis and how to know when to put the gas on and when to put the brake on.

So are you saying that the PMF is a way to upregulate the parasympathetic nervous system, stimulate vagal tone. Yeah, there is a study actually that was done on the carotid artery using high intensity magnetic fields.

The problem is they only did three minutes of stimulation. So they did find a benefit, but it was not a sustainable benefit. So we still need to optimize that approach.

But we do know that magnetic fields will stimulate the vagus nerve. In fact, I stimulate the belly on a regular basis to get, to increase the vagal tone in the abdomen.

Where's the second brain? Yeah. So basically you're just, you're just quieting all of that activity down in a whole area. It's a big area. But you can do it again locally.

You can do it to the carotid, or you could do it to the neck, cervical spine. And you just have to have the right magnetic field. So if you get the wrong magnetic field, wrong in the sense that it's not strong enough, you're just going to have to use it for a longer period of time.

Or if you've got a stronger magnetic field, you can stimulate not only the vagal nerve, but you can also stimulate the brain. So let's talk about how, I'm sure some listeners are wondering, where do I get this magnetic field?

So what are the devices? How do we do this? Because is it easy? Is it hard? Can we hold that question? OK. Let's hold it for some of the other benefits of PMS.

OK. OK. Right? I think that's a critical question, and we've got to answer that question. OK. And I'll give you some resources for that. Perfect. OK. Osteoporosis.

Breast cancer, so female cancers in general. Sleep problems, you mentioned. Overactive bladder, extraordinarily common problem. Huge problem. Right? And magnetic field therapy is amazing for that.

It's through something called neuromodulation. Magnetic field therapy do neuromodulation. We mentioned the vagus nerve. That's a form of neuromodulation.

And then depression, anxiety, they're part of that problem. Also atrophy. vaginal atrophy, vulvar atrophy. So you basically can help to plump up the tissue somewhat.

Now, I think you still need to do, personally, I do recommend regularly VIHRT, biotechnical hormonal replacement therapy. I think that's a staple. And if you can't do that, for whatever reason you can't do that, then magnetic field therapy becomes even more important.

But VIHRT doesn't take care of all the problems. That's what we've been teaching. That's why I did this summit. I'm a huge fan of bioidentical hormones, but they're a piece of the pie.

They're not the whole pie. They're not the whole pie. Exactly. So collagen, that collagen levels drop during menopause too. And I found out that most doctors, it's amazing how actually most doctors don't even recognize that women are testosterone deficient in menopause.

I know there's some doctors that say women shouldn't have testosterone and that's just such a big misunderstanding. Premenopausal, what are the levels of testosterone in women and females?

25% of what males would have, but they still need that testosterone for muscles and bones. Of course, just like men need a little bit of progesterone and estrogen.

And estrogen, exactly correct. So it's a balance, right? And there's always aging. Menopause is a situation, let's say, of aging. Now, I think that we have to find ways of treating menopause and we should be aggressive about it because I don't think women should suffer through menopause, personally, as a family physician, holistic physician.

One of the reasons we have this bias is most of medicine has been controlled by males.

Bone Health, Osteoporosis, and Cancer Maintenance

They go through andropause, which they don't even recognize they have. Exactly. They don't have hot flashes. But men develop osteoporosis too. A significant percentage of men at age 75 have osteoporosis or osteopenia.

Absolutely. Because they're testosterone deficient and estrogen deficient. So aging is an important complex that PMF therapy can slow down, can improve because we increase collagen production in the tissues.

But again, you don't do that by going somewhere and getting a treatment. You have to be doing this at home every

single day with enough intensity of the magnetic fields to be able to saturate all the tissues of the body.

And I have one of the most important actions of magnetic field therapy is anti-inflammatory. And I have a blog on my website about the need for stimulating the adenosine receptor.

So we think of adenosine as just part of ATP. adenosine triphosphate for energy, but it's not. The adenosine receptor is on neutrophils. And when you stimulate the adenosine receptor, what are you doing?

You're augmenting the anti-inflammatory action of neutrophils. And where are the neutrophils in the body? They better be everywhere. So maybe it would have been easier to ask you, what doesn't PMF therapy do?

Because we've got the immune system, we've got collagen, we've got brain, we've got bones. I mean, it's just, it's, you know, you start to like, I often say there's no magic pill, but perhaps there's a magic mat.

And the magic mat works with everything else, right? It makes everything else work better. Right. Let's talk about osteoporosis for a second, because I think this is also misunderstood.

Women often think that when they go on the drugs, the bisphosphonates or the injections or Prolia or Whartoportale, that that's the magic bullet for osteoporosis or osteopenia.

The problem is that you can't recover bone that's lost. It's very hard to do that. You could do that when you're 25. You could do it when you're 35, but it's very hard to do when you're 55 or 60 or 75. So magnetic field therapy, one of the earliest indications for magnetic field therapy by the FDA was to heal non-union fractures.

This is fractures that won't heal. So after six months, if it doesn't heal, it's called a non-union. Well, PMF therapy was approved for healing non-unions.

So it does have significant bone healing effects. And we started to use it, and there's plenty of research now to indicate that PMF therapy is excellent for osteoporosis, but you have to build the bone.

How long does it take to heal a fracture? However long it takes. But to truly heal the bone, if you re-X-ray a fracture two years later, you'll still see the fracture site, right?

If you do an MRI or a CT scan on a fracture site that you can't see anymore on regular X-rays, you'll still see the aberration in the bone. And that's one of the reasons we say that we're a new body every seven years, because it's the skeleton that has to be regenerated every seven years.

So PMF therapy stimulates bone formation, and you add the estrogen, you add the testosterone, you add bone building minerals, and you can preserve the bone so that you don't lose more.

Can you catch up and rebuild the bone? Women teeter often on osteopenia versus not osteopenia. And so they start these therapies and all of a sudden they're no longer osteopenic.

Hooray. But they still have lost bone density. And certainly once you get to osteoporosis, you might recover five or 10% of your bone loss, but that's about it typically.

So what you're doing then is maintaining. and PNF therapy needs to treat the whole body. It's not just the dexascan locations, not just the spine and the hips.

You have to treat the whole skeleton. But what are the most common fractures in osteoporosis? A hip fracture? No. Oh, vigorously no. Hands. Hands and wrists.

Collar bones. Foot fractures. Stress fractures of the feet, ankle fractures, they're the most common. We dexascan the hips and the spine because those are the disaster fracture.

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.

Yeah, I just have a male patient actually who just fractured, has a foot fracture. And that's the first thing is we got to work you up and see what your hormones are going on with your bones because it wasn't like a major accident.

And that's like a big, big clue. If you have a fracture from something minor, that's a big clue that there's problem with your bone health. Exactly. So in terms of osteopenia and osteoporosis, the best solution is prevention.

I think prevention is always the best solution. So I have a question. How young could you start this? Well, we have evidence that there's no harm in utero.

Really? So do you have children doing PMF there? Children. I actually have a blog on my website, on drpollock.com. um about using PMFs in children for all kinds of conditions.

So absolutely safe in children. I don't recommend routine use of PMFs in kids because kids are growing and we don't want to affect the growth processes.

So for stimulating with a device it's strong enough say at the at the bone growth centers with an overstimulated bone growth in those centers. So if you're again but if you're treating say somebody with cystic fibrosis or you're treating a diabetic child or any number of health conditions, autoimmune conditions or vascular conditions, then magnetic field therapy can be very important to keep inflammation in the body down and help the body find that balance between overgrowth and regeneration.

Is there any concern with PMF stimulating cancer growth? Well, that's a good question. Most of the research seems to indicate PMFs do not promote cancer.

but they're not a promoter. Now, most of the time I do a lot of work with cancer and the breast cancer is another topic to spend a bit more time with.

And this is something women are probably not gonna wanna hear, but I listened to a lecture from my, well, gynecologic cancer, but basically a breast cancer specialist.

who spent years and years doing breast cancer research from Northwestern Hospital, Northwestern University. And he talked about bone stem cells. So 40% to 60% of women at the time of initial diagnosis of their breast cancers already have stem cells in the bones.

40% to 60%. So at the initial diagnosis, and so what's the most common cause of death in women Post breast cancer, 15, 20 years later, breast cancer. If you don't die of something else, there's a good chance you're going to die of your breast cancer.

So the problem then becomes what we're doing is we're lackadaisical and we say, well, we survived the treatment for my breast cancer. But unless we really do all the changes we need to do diet, nutrition, supplements, and

everything else to keep you healthy from an antioxidant perspective, particularly free radical scavenging perspective, then you have a risk of those breast cancer stem cells being activated in your bones.

And so PMF therapy, like osteoporosis, then becomes an important part of maintenance therapy for women with breast cancer, with a history of breast cancer.

And you have to do the whole skeleton. Right. Just like you do for osteopenia and osteoporosis. We're all connected. The hip bone is connected to the head bone.

And that is, I always, you know, it's such a fine dance when someone comes through their cancer treatments and they're, they're free of cancer. And then I have, I always educate patients.

We, we still have to be on board and it's very sad I've had a, couple of patients who just thought I'm cured and they didn't want to participate anymore.

And then the cancer comes back. It's, it's cancer is a chronic condition. If you got it once, if you got it in the first place, you have the risk for the rest of your life.

Yeah. So that's this opportunity. Cancer gives you this opportunity to really pay attention to your health. You don't have to get into fear. If you empower yourself and make good choices, then you can actually feel good about it in the cancer.

I love when my patients come to me and tell me the gift that cancer gave them. Right, I hear that regularly as well. I know, it's beautiful and really brings it full circle.

So, all right, everyone wants PMF now, so what? So that's whole body. So basically, in my book, supercharge your health with PMFs. Okay. I provide guidelines for which kind of PMF system you should get for the kinds of problems you have.

So without being prescriptive about the system, we talk in generalities. Do you need a local system, like the treated elbow or a thumb, right? Or a spider bite?

Or do you need something that's more regional, like a lung or a belly or a spine? Or do you need something that's going to be whole body? So we just discussed, you can get by with a half body system if you try to treat your skeleton, primarily your spine.

But if you're trying to treat all the bones in your body, then you need a whole body system. Now, from a healing perspective, from a health perspective, I mentioned that we have 100 trillion cells in our body, 5,000 biochemical processes per second.

So you decide which parts of your body you're gonna ignore. At some point, the body will tell you that you're ignoring it. Exactly. And it's passive. I mean, you're just lying on a mat.

It doesn't hurt. Could you just explain, does it hurt or? No, not usually. So, depending on the kinds of conditions people have, Higher intensity magnetic systems are important because of the whole inverse square law problem and the whole adenosine problem.

So in other words, you need the right intensity magnetic field at the depth into the body to stimulate the adenosine receptors to decrease inflammation.

So you need a strong enough whole body system. Most people typically are going to get the most value from a 4,000 Gauss system. 4,000 Gauss, G-A-U-S-S, that's the measure of magnetic field intensity.

there are going to be a lot of listeners who were convinced to spend $6,000 to buy a one-gauss machine. So if you spent $6,000 for a whole-body magnetic system, if you didn't get told by whoever sold it to you what the intensity of

that system is, then you spent a lot of money for nothing.

So a lot of these whole-body systems are very, very weak. They're less than one gauss or one gauss. And you need 15 at the surface They don't mind going deep.

It's just like with anything, you kind of got to be a little educated so you know what you're getting and you're getting the right thing for you. Well, and the people who spent $6,000 for a one-go system, they're basically stimulated in their acupuncture points and meridians because it's so shallow.

The action is so shallow. And they do feel better with it. But feeling good is not healing. Good point. There's a big difference between feeling good and healing.

And we wanna do both. And so again, 4,000 gauss is probably the optimal magnetic field intensity, whole body preferably. And then if you do the whole body, you also usually will get a smaller applicator.

So then you could treat a shoulder or an elbow or migraines, or again, hot flashes. You can treat local areas, but you need the whole body for all the 100 million cells and our 100 trillion cells in our bodies.

And then you need the local therapy for local problems.

Choosing the Right PEMF Device and Safety

And how often do you use your PEMF? Every day. For how long? Every day. Well, everybody's got to make a decision, right? So I have, because of my history of belly surgery and I've had several episodes of diverticulitis, Uh, so I basically focus on my belly.

So I have a whole body I have a half body magnetic system that I treat my I lay on in my bed that runs all night long Okay, and it's a strong enough magnetic system.

It's about a thousand gauss for my belly But I also use magnetic therapy for sleep. There's a big problem for women menopause as well So I have a magnetic system that I put under on my pillow inside my pillow cover on my pillow, which is about 200 gauss.

And basically it's in what we call Delta. So Delta is the deepest level of restorative sleep. So it runs in Delta all night long. And that keeps me asleep.

Interesting. I love that. So are there any contraindications? Are there any risks? Is there anyone who shouldn't use PMF? So magnetic field therapy is extraordinarily safe.

A lot of people know now about using magnetic field therapy called TMS, transcranial magnetic stimulation for depression, treatment resistant depression.

We know MRIs are safe for most people unless you have hardware in your body and then you have to be careful. And nowadays we actually have hardware like pacemakers, for example, or what we call MR conditional.

So the newer pacemakers are not affected by MRIs. And if it's not affected by MRIs, it's not gonna be affected by the magnetic fields that we use. So safety is relatively, the only absolute, I think, absolute contraindication to magnetic field therapy is organ transplants.

Okay. Not even pacemakers, not even defibrillators. Again, you have to find out if they're MR conditional and then you're usually going to be safe using them with almost any magnetic field therapy.

But transplant is a specific case where you're on rejection, anti-transplant rejection medication. So it's there for a reason to keep your immune system quiet.

Not necessarily balanced, but at least quiet. Right. You don't reject your organ. So magnetic field therapy affects the immune system. and it can quiet it down or it can stimulate it.

So we don't know what direction it's likely to take in the setting of transplants. So basically I say no with transplants, no magnetic field therapy, even with your big toe.

I don't even know what it will do to the whole body when you stimulate your big toe. Makes sense, makes sense. But that's the only time that it's basically an issue.

So jokingly, people say, well, what's the biggest risk with magnetic field therapy? And I say, it's the urge to put on a cape. I was like, it's okay. I don't even care if you buy a cape and you put on a cape.

That's okay too. Just don't try to jump over anything tall. I love it. I actually have a cape. Don't get up on anything high and jump off or don't try it.

The point is if you do a whole body magnetic field therapy with the right magnetic therapy system, you can take care of a lot of aches and pains you have.

It may not be taken care of today. It may take some time for the magnetic fields to do the healing work that needs to happen to the body. Because removing pain is easy.

You can do that with ibuprofen or aspirin or Tylenol, right? But that's not a solution. It's a stopgap. So using it now and then for this ache or this pain is fine.

But if you have chronic pain, you have to get to the solution for the pain. If you get to the solution, then usually it's going to take time to do the healing of the causes of that pain, the healing of the tissue.

So if your pain comes back, you ain't done with healing yet. Well, PMF just sounds like there is use for everyone. And it's like, should be in everyone's home.

We should all be, we would be slowing down the aging process, aging more gracefully, having more energy, sleeping better, having stronger bones, having better brain function, having stronger cardiovascular system, having a balanced nervous system.

I mean, all the things that we're looking to do, this covers. And if you have the urge to put on a cape, you better start looking around you in your household.

that you may now be different than you were when whatever people in your household existed before you started magnetic field therapy. I think we'll have to have a PMF cape party.

All the super women. I love it. Well, thank you so much for educating us and say the name of your blog again. So, drpauluk.com, D-R-P-A-W-L-U-K dot com is the website that has all the huge amount of information.

There are two books, there's Power Tools for Health, which actually has a bit more of the science in it. And I provide all kinds of references to support the use of PDF therapy.

For those people who are skeptics and want more of the science and clinicians typically want more of the science. It's not that practical a book, so because it wasn't as practical as people wanted, then I wrote the Supercharger Health with PMF's book, and that's much more practical.

Great. Excellent. And those are on your website. And those are on your website. And the books are actually on the website. They're on the homepage of the website you can see.

Wonderful. Well, you are an inspiration and I love the work you're doing in the world and getting good PEMF tools out there so that if you are going to invest in your time and your money that you're going to get the benefit of what

you're investing in.

I so appreciate that and all your knowledge. And thank you for coming and sharing something different, because I am all about looking at all the different options of how we heal our bodies.

It's what we do. It's what we take. It's what we think. It's where we are. It's so many different things. And so this is such a powerful tool. Like we've talked about the sauna, and we've talked about cold plunging.

And I love these tools, I think, Health grows so much from when we dance with these tools in our life and we use them and we remember that we don't have to reach for a pill bottle to get healing, that we can help stimulate our body's own natural healing.

So thank you for doing that and sharing that. You mentioned something that triggered a thought. Okay. And I've done this myself. I've had the shiny object syndrome.

So I've accumulated all kinds of devices. But when I started working with magnetic field therapy, I began to discover as I started using all these other devices that the best value for your money is the right PEMF.

Often you don't need anything else. Now you could add other things as a compliment to magnetic field therapy to take it even further. But if you're going to start somewhere and want to invest some money, then you're better off investing in the right PEMF system first.

So for example, bone healing. You know, if somebody's thinking about doing knee replacements or hip replacements, said, don't do anything. Don't have that.

You only need it in an emergency, really. If you start magnetic field therapy, you do that for three to six months, you may discover you don't need a joint replacement.

And I'm just thinking, my son is also a naturopathic physician here in Phoenix. He does a lot of prolotherapy and saves a lot of patients from knee and shoulder surgery.

And I'm thinking, wow, he needs to Yeah. He needs to combine the PMF with that. I'm going to call him as soon as we're done. Okay. Well, thank you. Thank you.

Thank you. It's been a pleasure. And so there you have it, everyone. Another, another tool to help you on your hormonal journey. So thanks for being here.

See you soon. Thank you. Have a great evening. 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.

you