Introduction to PEMF Therapy

So think of it this way. A magnetic field is like the wind in the trees. You can't see it. You only know it's there because the leaves are moving or the branches are moving.

And the stronger the wind, the more motion there's going to be. Or the same thing happens in our bodies. That magnetic field is invisible, but the body is transparent to a magnetic field as if there is no body there.

There's nobody there. It's going in and out as if it didn't matter whether there's a body there or not. So it goes through the body completely. And as it's passing through, it's like the wind in the trees.

It's activating. 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.

Welcome back to the conversation. I have one of my favorite people on the planet with us today, Dr. Pollack. Hi, welcome back. Thank you very much, Laura.

You're also one of my favorite people, too.

PEMF vs EMF Explained

It's always fun having a discussion with you. We can range far and wide. We sure can. And I enjoy all the talks we have on the side, too, even when we're not teaching.

But I want to introduce you to our audience in case they don't know you as well as I do. You are an authority among many things. You are the authority on Pulse Electromagnetic Field Therapy, PEMF.

And in North America, I should say, especially for holistic pain management, healing, and regeneration, you've authored the most comprehensive book on healing with PEMFs.

It's called Power Tools for Health. Also, supercharge your health with PEMF therapy, which I have a signed copy of. And by now, you've probably done close to 100 radio podcast, magazine, TV interviews, including Dr.

Oz. You've been on a lot of summits, a lot of podcasts, and you've received the ACIM Lifetime Achievement Award in 2019 for your work with the magnetic field therapy.

So You're an authority and that's why we've got you here. So tonight we're going to get into PEMF and why this is good for lowering inflammation in the body.

But probably the first thing you should do is break some myths down and help our audience understand how PEMF is not EMF, because we've got a special talk on EMFs, which are dangerous for our health, but this is not what we're talking about tonight.

We are absolutely not. And I don't, other than my cell phone, I don't use EMFs. And you try to restrict EMFs as much as possible. So EMFs, that's the elephant in the room.

Everybody says, well, then that's EMFs, PMFs or EMFs. No, no, no, no, no. So EMFs, the difference is basically that EMFs are broadcast into the environment.

Radio waves, television waves, radar, microwaves that are broadcast in the environment and they go forever. Okay, so they're designed for other purposes.

But yes, we get in the way, our bodies get in the way. And so what happens then is the risk from those EMFs to the body. Because our bodies are in motion when we're laying still, completely still, and we're getting bombarded by EMFs, that's when we're more likely to have a problem.

When we are in motion, it's not so much of an issue because we are glancing off and they're at various levels of intensity and angles to the body and so on.

So EMFs are broadcast in the environment and the problem with EMFs is they get absorbed by the body. Microwaves, that's why we use a microwave oven. if you do, and most of us do.

So the microwave oven causes the, whatever's in that oven to be absorbed because the wavelengths are so short, they get absorbed. They don't pass all the way through.

So they glance off us, but they hit us more straight on, then they're absorbed and they cause heating just like a microwave oven does. And you shouldn't stand right in front of your microwave, everybody.

Well, actually there's a way to find out whether you should or you shouldn't. What's that? You put your cell phone in your microwave oven. Don't turn it on, put your cell phone in your microwave, and call it.

If it answers, it's leaking. And that means you definitely should not be standing in front of your microwave oven. Right, because then those bad EMFs will come right out.

You got a long time to come and get you, correct. So that's the way to tell whether the microwave is faulty and whether you are safe to stand in front of it.

That is so cool. I'm going to do that. And I've done that myself to my microwave and it's fine. Oh, wow. Very good. Okay. So these EMFs then are completely designed in a very completely, completely different way.

So you got a machine. You have a little one there. You have a machine that produces a magnetic field. This is just a tiny one. This is a tiny PMF machine.

It's like a portable travel ticket, you know, to the hotel and on the airplane kind of thing. There you go. So what that little machine does is it produces a current that flows down the wires to the coil.

Show the coil. Okay. So that's called a coil. Yep. These are coils and the current flows into the coils and as the current flows into the coils, it goes around and around and around and it produces a magnetic field.

So the driver, the machine produces the magnetic field, produces the electric current flowing down the coil and that produces the magnetic field. So the bigger machines, the therapeutic machines that we're going to talk about in terms of inflammation.

How PEMF Devices Create Magnetic Fields

They are bigger, they produce a lot more current. But the same principle applies. That current flows down a wire, and then as it flows down the wire, it goes into the coil and produces a magnetic field that's perpendicular to the flow of the current.

That's a classic description of magnetic fields and how they're produced. PEMFs and how they're produced. They're not broadcast in the environment. And as the current flows into that wire, it's called the right-hand rules, it flows into that wire, My hand is the right hand rule.

So the current flows into the wire and the magnetic field is perpendicular to the flow of the current, right? The fingers, right? And so it pulses and comes back, pulses and comes back.

So EMFs are open loop and PEMFs are closed loop. They're contained essentially by the current flowing through the wire. And so the magnetic field goes out and comes back, goes out and comes back.

and it's the outgoing magnetic field that's produced by that current that then acts into the body, goes into the body, wherever part of the body you're aiming it at, if you will.

So if you take one of those little coils and you put it on an elbow, Okay, so I keep sticking it. So here we go. So you've got a coil. You put it on an elbow or hand or wrist.

Okay. And then that current is going into the elbow and coming back out into the elbow, coming out, going back out and back. It's contained within that coil.

It's not being broadcast. So what happens then is it does the job locally where you put it. If you happen to be laying on a whole body pad, the same thing happens.

The current goes out, the magnetic field goes out and collapses back down on itself. So it's pulsing into the body. Essentially, that's the principle behind it.

It's pulsing into the body. And it's a really cool feeling when you're laying on one of those big whole body pads. That's how I first met you. We were at a conference together and you said, come here, lay on my pad.

when I did. And boy, I felt so much better after I got up off that. So what did it do? When I was laying on that pad, so we were at this big conference expending lots of energy under fluorescent lights.

I mean, it was this huge, huge medical conference and we're up all day long, we're on our feet, we're tired. There's lots of other people's energy coming at us.

We've traveled, we've flown in airplanes, we've stayed in hotels. You're kind of off your health game when you're traveling like that. And so you said, come on and lay on my PMF mat.

And what happened to my body when you did that? So think of it this way. A magnetic field is like the wind in the trees. You can't see it. You only know it's there because the leaves are moving or the branches are moving.

And the stronger the wind, the more motion there's going to be. Or the same thing happens in our bodies. That magnetic field is invisible, but the body is transparent to a magnetic field, as if there is no body there.

There's no body, no body. There's no body there. It's going in and out, as if it didn't matter whether there's a body there or not. So it goes through the body completely.

And as it's passing through, it's like the wind in the trees. It's activating. It starts to turn things on. So the book, the Supercharger Health book that you showed, describes the 27 different actions of magnetic fields in the body.

As that magnetic field passes through the body, it increases charge or energy production in the tissues. It's called induced charge. So that magnetic field is inducing charge in the body by interaction with the ions and the electrolytes in the body.

and the charges in the tissues. All molecules in the body have charge. And so it's stimulating that charge like the leads and the branches. It's stimulating that charge.

And by stimulating the charges, activating and waking things up. So it's inducing charges, increasing the amount of energy in the tissue. And when you increase the energy in the tissue, now what do the tissue do with that energy?

What if you have an extra supply of 20%, 50% supply of energy?

Magnetic Fields, Energy, and Inflammation

Well, you can do a lot more. You can do a lot more. Feel a lot better. Your brain works better. Your muscles work better. Your energy is higher. You heal faster.

And the body doesn't care what you want to do with it. Doesn't care what you want to do with it. The body is going to say, oh, I have all this increased energy.

And what am I gonna do with it? Now I can do all the things I should be doing, because I'm tired, as you said, the end of the day, I'm tired, I'm becoming depleted, I'm becoming worn out, my muscles are sore, my back is sore, my brain is sore, my brain is tired.

So all of a sudden, things wake up. And you start digesting better, you start making hormones, your neurotransmitters work better, enzymes are produced, pathways work better.

Everything gets better, right? Everything is better. And this conference is all about inflammation. And when you're tired, you're inflamed. When oxygen levels decrease because your muscles are starting to tense up, you're inflamed.

So the magnetic field therapy then is going deep into the body to increase circulation, to increase oxidative stress reduction, to increase ATP production, to all these things get to happen.

And all of a sudden the inflammation starts to decrease. You're awake, you increase ATP. Bing. Your brain turns on, you can get more done. Your brain turns on, your muscles turn on, your heart turns on, your lungs turn on, everything starts to turn off.

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.

policy 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. Okay, so I think we've just established that PEMF is really good for your body and it's nothing like EMF.

And there's a really important topic that we need to cover as we go through this, which is oxygen in the body. So Let's talk about PEMF as it relates to oxygenating in the body.

But I think even before we talk about that, you have to talk about what it means to not have oxygen in the body, and that's called hypoxia. So let's explain what that is and why PEMF is important.

So hypo means low, hyper means high. We know about hyper. Most of us don't talk about hypo. But hypoxia means hypo low oxygen and low is relative. So we have a slide.

Do you want to talk about the slide? So let's share the slide and then we can dispense with that science very quickly. OK. So we'll do advanced and we'll do portion of the screen and we will share.

And can you see that now? I can. OK, so this slide is absolutely important. So the air comes into our lungs. It's about 100 millimeters mercury. So that's the pressure of the oxygen.

It's called partial pressure of oxygen. It's 160 millimeters. So let's say 98% is what we think about in terms of percentages. But in terms of what happens inside the tissues, now we have to talk about partial pressure.

And pressure then becomes this term, millimeters oxygen. So that's the pressure. When you do your blood pressure, what you're doing is you're measuring millimeters mercury.

Same principle, same measure that we use, millimeters mercury. So Hg is mercury. So the air coming into the lungs is 160 millimeters mercury. In the trachea, it drops down to 150 millimeters.

So trachea is just in the throat before it hits the bronchi. And then it goes down into the alveoli. It spreads out in the lung into the alveoli. So it goes through the branches of the brachii, bronchioles and bronchi, and gets down into the alveoli.

And that's where the oxygen exchange happens. So it's just air going down. But then once it hits the alveoli, it has to be transferred from the air into the alveoli and then transferred into the blood.

So now this venous blood is very important. Now it becomes full of oxygen, and then that oxygen then gets transferred into the body. Now on the right side here, we can see that the air is 160, like we have up here.

The inspired air is 150, which we have here. And then the arterial blood going out into the body. Now this is now going out into the body. That's arterial blood going out into the body is 100. then when it goes out into the body and gets distributed into all the tissues, and at the end of the time, when it comes back to the heart, it's offloader all the oxygen, or as much as a lot of the oxygen.

So it's now 40 millimeters mercury. So more than double the amount of oxygen is distributed into the body then comes back into the blood. But that oxygen then has to be distributed into all the tissues.

Right? So the cells of the body, the individual cell only has between 9.9 to 19 millimeters mercury. That's a tiny amount of that 100 that's sent out into the body.

The mitochondria in the body which make the ATP are only less than 9.9. The brain is about 34. So 34 millimeters mercury ends up going into the brain.

and the lung tissue itself is about 42. The skin, which is very interesting, the superficial skin is only eight. Wow. So it has to go from the veins and the capillaries and so on into the skin at the superficial levels of the skin is only eight.

Intestine is about 58, liver is about 40, kidneys are about 72. So kidneys actually, because of the blood supply of the kidneys, they deliver a lot more oxygen into the kidneys.

I just see how important each of these organs are based on the blood flow. On the blood flow.

Oxygenation, Hypoxia, and Tissue Health

And the muscle is about 29. Muscles only about 29. Bone marrow is about 49. So bone marrow gets a lot more blood basically than muscle does. And what's interesting is the femur itself is about 34. Now this is important for a discussion that I have about cancer and how important hypoxia is in cancer.

And hypoxia drives cancer. And again, you're talking about skin, you're talking about at the tissue level. So at the

cell level, it's like 9.9 to 19. And that's where the cancer grows, is at the cell level.

Where there's low oxygen. Where there's very, very low oxygen. And so you could see in this slide, muscle has about 26. But skin, melanoma at the skin is about 1.8. Very low oxygen again.

And the oxygen drives the development of cancer. So now bring us back to PEMF and how this supports oxygenation of the body. Okay, shall we end with this?

Can we stop this slide now? Yep. Okay, let's stop sharing. So basically, magnetic field therapy improves oxygenation in the lungs. It improves the delivery of the oxygen that's on the hemoglobin into the tissues.

And then it improves the dilatation of the blood vessels. So it decreases the stick thickness and the stickiness of the blood. So it improves circulation.

So not only opens up blood vessels, but it also actually helps the flow. So obviously, if the flow is better and the vessels are opened up and oxygen is flowing better, I mean, all kinds of good things are going to happen.

Your body is going to be less hospitable to cancer cells. Your body is going to function better. But what are some of the huge benefits here that people are going to notice right away when they've done PEMF therapy and the oxygenation improves?

What are they going to feel? Well, let's go back to your experience when you were laying on that bed. So, I was, at the time that I laid down there, it was towards the end of the day, on my feet and high heels all day long, networking and talking to people, and really tired, you know?

And so, I laid down there, and when I got up, Nothing hurt anymore on my body, you know my like I said, I was wearing those high heels all day So my feet felt good.

My hips felt good. My low back felt good. I had a spark of energy We went out to dinner that night I remember and and it and I didn't feel like I had to go back to my hotel room and sleep You know, it just is like okay.

I had the energy to keep going because then when we're at these events It's like all day and all night And the muscles the muscles get tight What happens when muscles get tight?

Great question. You don't get oxygen. No, you don't because they already have low oxygen and your muscles are one of those areas already low. That's right.

We showed you they're already low. And then what happens is when they're tightened, they're even lower because you're not the blood's not flowing in tight muscles.

You have to relax the muscles to have the blood flow into the muscles. So then the body begins to ache because the muscles are deprived of oxygen. What happens when you have a heart attack?

You have heart pain, right? So what's heart pain? It's called ischemia. And ischemia means you have a lack of oxygen supply to the muscle of the heart.

Well, the same thing happens to the muscles in the whole body. The more those muscles are tight, the longer they stay tight, the less oxygen that you have delivered, which means that you start to have aches and pains because of the lack of oxygen delivery.

So we've established that PEMF is amazing for pain and it's amazing at lowering inflammation in the body. And when you have lower inflammation in the body, your body's processes are gonna work better and you're gonna be less likely to develop chronic disease because inflammation is just part of the cascade to chronic disease.

So can you give us some real life examples? Hold on a second, sorry, hold that thought. Let's go back to the

inflammation because that's critical. So inflammation causes hypoxia.

Why? Why? Why? Basal constriction. Okay, I'll tell you why. It's all related to something called cell injury. Oh, celery. So you guys, listeners, Bill always quizzes me when we do these talks.

I'm always on the edge of my seat going, he's gonna ask me a question. Am I gonna know the answer to it? All right, well, it's key. Hypoxia and inflammation go together.

Inflammation causes hypoxia and hypoxia causes inflammation. They revolve around each other. But inflammation is associated with swelling. It's associated with pain, as you mentioned.

Inflammation by itself decreases blood supply to the tissues and it builds up lactic acid, which then gets into a vicious cycle with the lactic acid and the lack of oxygen and reactive oxygen species and so on.

So inflammation and hypoxia are hand in glove. You cannot separate one from the other. So if you can decrease inflammation, you can decrease hypoxia. And cancer is caused by inflammation, chronic inflammation in those cells and tissues that already are relatively low oxygen tissues.

Now those tissues are, the cancer cells begin to grow because you have inflammation initiating them, then all kinds of genetic processes begin to happen and all kinds of other processes begin to happen, which then eventually leads to cancer.

But it's caused by chronic inflammation, not by acute inflammation. Acute inflammation has a really good purpose in our body. Yes. So hypoxia and inflammation are hand in glove and they cause all kinds of havoc.

That's one of those silent killers. Now, I don't know if you were aware, there's something called hypoxia inducible factor. So what happens is when the body doesn't have enough oxygen, Hypoxia produces something called hypoxia-inducible factor.

And hypoxia-inducible factor that causes a whole cascade of other events, there's a lot of them. What was interesting is they've actually found that in atheroma plaque, atheromatous plaque, there's high levels of hypoxia-inducible factor.

What does that mean? That means that those tissues were oxygen deprived. They were hypoxic, atheromatous plaque and endothelium in blood vessels. The lining of the blood vessel walls actually are hypoxic.

So even though there's a blood flowing in the blood vessel, the blood vessel wall doesn't have enough oxygen. And then that leads to atheromatous plaque development.

So hypoxia and inflammation, there's a really perfect example of how hypoxia leads to plaque development. So those of you who are worried about heart and vascular disease, this could be a solution to lower that risk is what I'm hearing.

Absolutely. In fact, research has shown that people with PAD, peripheral arterial disease, When you do magnetic field therapy with peripheral arterial disease, they can walk a lot farther.

So it's opening up the blood vessels, increasing the blood supply. So even though they've got these blockages in those blood vessels, now all of a sudden they can walk farther.

So if you're doing this on a regular basis, what does that do to your blood vessels? Makes them work better. You have more oxygen. You have more blood supply.

Your brain is going to work better. Your muscles are going to work better. Your heart's going to work better. Your kidneys are going to work better. Everything works better.

Everything works better. OK, so Bill, in this first part of our talk here, we're going to go for about five more minutes on this first part of our talk, and then we're going to do a part two of this.

So could you share with me There are other ways to get oxygen into the body, but they're not really attainable for everyone. So for example, HBOT, you can explain what that is real quick.

And then any other way that people are getting oxygen in the body and why a preferred way would be PEMF. They all work together, obviously. So HBOT is hyperbaric oxygen therapy.

So that means that you're driving oxygen into the tissues under pressure. It's hyperbaric, it's high pressure.

PEMF Benefits for Pain and Recovery

And so what happens then is that if your oxygen levels are relatively low and you're doing hyperbaric, you're taking the oxygen that is available in the blood and then you're driving it under pressure into the tissue.

So all of a sudden the tissues now have a better oxygen supply. H block does have oxygen in the chambers. H block chambers have oxygen in them so that you can breathe more oxygen in.

But then once you breathe it in, it still has all this inflammation in the tissues that are blocking that oxygen from going into the tissues where you want it to go.

So when you drive it under pressure, now you're pressuring it into the tissues. So how long does that benefit last? Not long. Not very long. So people who need HBOT need daily treatments often for weeks.

Which is really difficult because… You gotta go to a facility, you have to go to a chamber. Yeah, I get it. Or you could own your own machine. If you own your own machine at home, which usually is a soft machine, so the pressures are a lot lower, you're still getting better oxygen than you would otherwise.

So here's where we go to part two. Yes, okay, so. Driving oxygen is important, but then decreasing inflammation is even more important. And so magnetic field therapy does both.

It doesn't deliver oxygen under pressure, but it helps to deliver more oxygen in the tissues. And it does it by opening blood vessels and the oxygen transfer processes and so on.

But at the same time, it's decreasing inflammation. Got it. So Dr. Pollack, I'm going to pause this right here for one moment. Can you tell us where our audience can find you and find more information on PEMF?

drpauluk.com, that's D-R-P-A-W-L-U-K dot com. And there's a ton of videos, there's blogs, there are videos, so there's lots of information on drpauluk.com.

Okay, great. And also, you help people fit themselves into the right type of PEMF device for them and for their condition. That is what you guys do over there at DrPolick.com.

So our audience has a way where they can get in contact with your team and talk more about PEMF and what will work for them, right? Yeah, that's very important.

I'm glad you mentioned that because it's very confusing. And there are a lot of people selling PMF devices in the community. And they're giving painting glorious pictures for you all of good things that are going to happen to you.

But they really are really not giving you the science. They're not giving you the full picture. All they're doing is selling you a machine and one size does not fit all.

Right. There's different kinds. And we've even talked about, for me, and I'm going to be investing in a PEMF. And we were talking about what will work best for me.

So I really invite everybody to go over to DrPollack.com and learn more. And we're going to continue this conversation. But first, I just want to say, Dr.

Pollack, thank you so much for joining us today for this talk on PEMF therapy. To our audience, I hope you're finding this conversation insightful and helpful.

If you're a Summit purchaser, stay right here because we're about to dive even deeper into this discussion with Dr. Pollack. If you're not, click on the button on this page to get access to a continuation of this conversation and many others and get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Dr. Pollack, thank you for being a valuable member of our community and we're going to dive right back in.

So Dr. Pollack, we've really done a good job here of explaining what PEMF is, how important oxygenation is to the body, that there's different types of PEMF and not all are created equally.

I think it would be good at this point to go through some case studies. Let's help our audience understand the different uses so they can imagine themselves and envision themselves.

And we used me as an example, you know, tired girl in high heels on the showroom floor of a big medical convention. But I mean, that's not the majority of the people watching.

They've got some real life serious health issues going on, and they're looking for solutions and answers. So let's go into that. What conditions are you seeing people get the best benefit from this and what they're recovering from?

So, what are the key aspects and elements of this that I mentioned oxygen and inflammation, plus magnetic fields do 27 different things in the body at least.

I don't spend enough time talking about oxygen, but because of those 27 different actions in the body. They have a lot of commonality with all kinds of health conditions, all kinds of diseases.

Diseases have certain restrictions in terms of what they can do in the body. And the body responds to most diseases in very comparable ways. And there's about three or four common elements.

So it almost doesn't matter what disease you have. PMF therapy is gonna help that. It can help with symptoms as you found yourself with aches and pains.

So it has a natural pain killing effect by itself, like ibuprofen does or Tylenol does. But it does more than that and it's more important than that because Tylenol and ibuprofen don't help you with the cause.

So in other words, if you have a cause and you stop the Tylenol and the ibuprofen, the pain comes back. So what we want to do is to heal the cause so you have an enduring response.

So pain management is absolutely one of the most common causes, but it's not just the pain management, it's the dealing with the causes of the pain. Whether it's a fracture, whether it's inflammation, whether it's autoimmune diseases, whether it's infections, whether it's a blow to the head, whether it's, the list goes on and on.

It's almost endless. And so some examples, it does spectacular healing, that little machine that you have there. I had something like that, a machine just like that.

I had a little girl cut off the end of her thumb. And we re-grew the thumb basically just using the machine, nothing else, just using the machine. She cut off the end of her thumb like this, in a door jam, sharp door jam.

We put it back on again and then 12 weeks later she's re-growing her nail. She re-grew the end of her thumb. That's unbelievable. That's regeneration and wound healing.

So I had a guy who was diabetic.

Brain Health and Neurodegeneration

who was gangrene from the knees down, the surgeons were gonna cut off his legs. He has a gangrene. He could die if he didn't have that happen. So his boss dragged him in to see me and I didn't wanna deal with this because I thought he may knock out his kidneys because of infection.

So we worked together, long story short, three months later, he goes back to the surgeon and the surgeon says, oh, I guess we don't need to cut off your legs.

You don't need to amputate. Oxygenation, healing oxygen. Blood flow, oxygenation, anti-inflammatory, all the things that PMFs do. So he did it. He changed his diet.

He got on magnetic field therapy. He stopped smoking. He stopped drinking. And then at least, well, three months later, I don't know what happened in six months or a year, but at least in three months, he didn't have to have an amputation.

So good. You hear these stories all the time. So people with back pain, you have a problem with a disc. You got pain radiating down your legs. You put a magnet, a strong enough magnetic field on your back and it relieves the pain, decreases the swelling of the tissues and the nerves.

It decreases the spasticity of the muscles that are reflexively spastic because of the pain and bingo, you have a benefit. Now, is it gonna come back?

It could come back, but now you have a tool that you can keep using as you need to at home on your own time, right? To help you with your chronic pain problem.

And it's not just solving chronic pain. It's actually creating the healing environment for your body to repair the tissues. I mean, there's so much more happening than just pain relief.

I'm so glad we talked about oxygenation first, because that really gives you a visual. I mean, oxygen is life. Your body needs oxygen to repair. Your body needs oxygen for your mitochondria to work.

You're not going to last long without mitochondria, without oxygen. And you're not going to or mitochondria. Yeah, you're not going to heal. And sports, I mean, I myself, I don't know about you, I had to once or twice take down a tree in my backyard.

And the next morning I would wake up having pain in places I didn't know I had places. Yeah, when I decide to paint a room or do something I don't normally do, I'm gonna be the painter today and paint the whole house.

And then every muscle hurts that you're not used to using. Absolutely. So if you do magnetic field therapy after you do the painting, In fact, actually, if you did magnetic therapy before you did the painting, your body would have more energy, more vitality, more blood flow, and so on to be able to do the job.

So muscles work harder, they work better, and they recover faster with magnetic field simulation when you're using those muscles. Yeah. Then if you do the magnetic therapy after you finished your work, You wake up the next morning with zero aching.

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 signs and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com. That's P-R-P-A-W-L-U-K dot com, because real healing starts at the cellular level.

So I can see, you know, from an athlete perspective, athletes who use their body to make their living, they're going to have an edge. If they go into their game, magnetic PMF before they before they go do their job.

And then when they get done and recover faster. But imagine if you're not a professional athlete. Imagine if I'll take my husband, for example, he's a professional landscape contractor.

He owns a construction company. He uses his body very hard. If his body doesn't work, he doesn't make money. And so you don't have to be a professional athlete to benefit from this.

You can work in construction. You can stand on your feet all day long. You can… So let's talk about brain for a second. As I'm thinking about all the applications here, people who really need to think for a living, if their thinker isn't working, they're not going to make good decisions in their jobs.

So what does it do for the brain? Because I know there's settings for brain health as well. Well, that little machine is designed for that purpose, but not all PMS are designed for that purpose.

But no matter what, you're improving circulation to the brain. You're decreasing inflammation. So if you have mold toxicity, you have an autoimmune disease, you have other, you have head injuries, you have MS or Parkinson's, all of these things are neurodegenerative.

And because they're degenerative, that means they're inflammatory. And if you increase ATP, you increase oxygenation, you increase nutrient supply to the tissues, you get past the blood brain barrier.

Magnetic field therapy helps nutrients getting past the blood brain barrier much better, much faster. So basically the brain gets better and you can be a little more alert.

One of the key things that magnetic fields do for people, most people who lay on whole body pads, they get relaxed.

Choosing the Right PEMF System

They feel very relaxed because you're stimulating enkephalins, endorphins, serotonin, GABA, all these things are being stimulated by the magnetic fields.

The brain is waking up. So it's great for Alzheimer's. And in fact, actually there was an interesting study done on people with mild cognitive impairment.

If you follow people with mild cognitive impairment for a long enough period of time, some of them will develop dementia. So what they did is they took a group of people and part of that group got magnetic field therapy and part of it was a control group.

And then they looked at how many of them over time developed dementia. The ones that did the magnetic field therapy, 25 to 40% fewer dementia development in that group.

Wow. That's remarkable. I don't think there is a condition or a disease or a process in the body that can't benefit from this. That's what I'm hearing.

If it's a tissue, it's going to be helped. Yep, well, last I checked, we're all made of tissue. We are, that's right. That's gonna help everything. As much as we don't want to be made of tissue, we are, unfortunately.

Yes, we are. Okay, so in the last final five minutes that I have with you here, could you, I'm gonna give you the floor to say whatever you'd like to this audience to really inspire them, give them hope, let them know that there are answers out there, there are ways to support their health that maybe they weren't aware of.

um so go for it what would you say to our audience well you know being a holistic physician that's what i did 20 years of practice in the baltimore area being a holistic doctor and i've been a family doctor for i hate to say how many years but two to three times that.

So I've learned a lot along the way. Magnetic fields can solve a lot of problems and people go fishing, they hear the latest stories, they hear the latest claims and this is good and that's good and that's good.

But I found out over time, after practicing with magnetic fields or working with magnetic fields for 30 years, is there the best value? I started doing my work with acupuncture and I stopped doing acupuncture because I could do a lot more with magnetic field therapy.

I can't heal a thumb with acupuncture. I can't stop legs from becoming gangrenous with acupuncture. It's just not adequate enough. So magnetic field therapy can heal, but it does it with more value.

Now it may be expensive relatively from an investment perspective. You have to make an investment. But with that investment, then you have control over the treatment.

When you do hyperbaric oxygen therapy, you don't have control over the treatment. When you leave a hyperbaric oxygen chamber or when you do stem cell therapies or you do a lot of these other therapies, you walk out the door owning nothing.

And you cross your fingers that it's going to work, that you spend a lot of money and it's going to work. The good thing about PMF is they do so many things.

This is an investment. You're going to make a big lump sum investment, but you're going to own it and you're going to be able to use it every single day.

In fact, I tell people that when they buy a PMF system, an adequate PMF system, and that's my next point, when they buy an adequate PMF system, they don't own it.

It owns them. The house and all of the house owns it. how everybody in the house everybody in the house can use it so the husband the wife the kids and the pets yep and the pets yeah they'll go sit on it because they like how it feels they come they come and lay with you to get the treatment because you're they like you laying on it and they like to get the experience as well the other thing that the big mistake that people make is they base their decisions on money on how affordability, and then make their decisions based on what somebody's selling them.

If you don't, the analogy is you don't know, you have to know the horsepower of your car. If you don't know the horsepower of your car, you don't know what it can do.

You always have to know what the intensity of the magnetic field is. How powerful is this machine that you're buying? If they're not willing to tell you what the power of the machine is, then what are they hiding?

Usually it's because it's not enough. And therefore you're gonna be disappointed. You may feel better, you could feel better with acupuncture too, but it's not gonna do the healing that you need.

So the best value for your money is going to be an adequate PMF system. That's a big, big lesson that I learned over the years. This is really important to know.

And this is what I love about you and your team and your company is that you educate people before you before anything education first so they understand.

And again, they can get they can get more information at Dr. Pollock.com. I really invite you to go over there, browse around, read articles, watch videos.

And really think about this as a really important investment to your health. A health investment. And I think if you're going to make a $4,000, $6,000, $12,000 investment in a piece of equipment, depending on what you need, why not spend $29 or supercharge your health?

And then you'll really get a much better sense of all the things that magnetic field therapy can do to help you. Yep. Get a book and read about it. Thank you so much.

So, so much. You know how much I love you. So thank you for coming here and educating again. And thank you for the work that you've done in the world and all your dedication to health.

I mean, you've done so much in your career. And I'm just so glad that I get to know you in a little part of it. Yes. I know. Give me a big hug if I was with you in person.

All right. Well, thank you so much, Bill. Until next time, everyone, take good care. Thank you so much. 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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