Introduction to Dr. Pawluk and PEMF

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

You're also one of my favorite people, too. 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. But 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 your you've probably done, you know, close to 100 radio podcast, magazine TV interviews, including Dr. Oz.

You've been on a lot of summits and 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 I try to restrict EMFs as much as possible.

So EMFs that's the elephant in the room. Everybody says, well, that's EMF, PEMF Absolutely.

PEMF vs. EMF: Clearing Up the Difference

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, they're broadcast in the environment, and they go forever.

So they're designed for other purposes. But yes, we get in the way that our bodies get in the way. And so what happens then is the risk from those amps to the body and our because our bodies are in motion when we're laying still, completely still, and we're getting bombarded by EMF.

So that's when we are 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 there are various levels of intensity and angles to the body and so on.

So amps are broadcasting the environment and the problem with EMF 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 what they 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. You should. What's that? You call you put your cell phone in your microwave oven. Don't turn it on the cell phone in your microwave.

I 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 embers will come right out.

You got a little problem. 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 when? Get off. All right. And I've done that myself to my microwave and it's my. Oh, well, very good. Okay. So these are the maps that are completely designed in a very, completely, completely different way.

So you've 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 PEMF 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 wire, so the cops show the coil.

Okay, so that's called a coil. Yeah, these are coils. And I stand. Apart current flows into the coils. And as the current flows into the coils, it goes round and round 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, 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 amps 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 car flows into the wire and the current is the magnetic field perpendicular to the flow of the car.

Right. The fingers. Right. And so it pulses and comes back. Pulses and comes back. So EMFs are open loop at PEMFs are closed loop. They're they're contained essentially by the car flowing through the wire.

How PEMF Works in the Body

And so the magnetic field goes out and comes back out and comes back. And as the outgoing magnetic field is produced by that current that then acts into the body, it goes into the body where what part of the where 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 saying it. So here we go. So you've got a coil. A put on an elbow or hand or wrist, and then that quadrant 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 is not being broadcast. So what happens then is that does the job locally where you put it, if you happen to be laying on a whole body pad, the same thing happens that current goes out, the magnetic field goes out and collapses back down on itself.

So it's pulsing into the body, essentially. And that's that's the principle behind it. It's pulsing into the body. And it's a

really cool feeling when you're laying on a one of those big.

Body, whole body parts. That's how I first met you. It was we were at a conference together and it's a career on my back when I did. And boy, I felt so much better after I got up off that.

So what did it do when 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, you know, 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're travel. We're you know, we've flown in airplanes, we've stayed in hotels.

You're kind of off your health game, you know, when you're traveling like that. And so you said, come on in and lay on my PEMF, man. 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.

At a stronger the wind, the more emotion there's going to be more of 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, no nobody. Nobody, nobody. There's nobody there. It's going in and out as if it was. Didn't matter whether there's a body there or not. So it goes through the body completely as it's passing through.

It's like the wind and the trees. It's activating, right? It start to turn things on. So the book, Supercharge Your 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 leaves and the branches. It's stimulating that charge by stimulating the charge is activating and wicking things up.

So it's inducing charge is increasing the amount of energy in the tissue. And when you increase the energy in the tissue now, what does the tissue do with that energy?

What if you have an extra supply of 20%, 50% supply of energy? 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's going to say, Oh, I have all this increased energy and what am I going to do with it now?

I can do all the things I should be doing because I'm tired, as you said, at the end of the day, I'm tired of becoming depleted and becoming worn out.

My muscles are sore, my back a sore and 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 or 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 you're high, when oxygen, 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 begin to happen and all of a sudden the inflammation starts to decrease and you're awake, you increase ATP binging and.

Your brain turns on. You can get more done products your. Brain turns on, your muscles turn on your heart turns on your lungs turn on everything start to turn on.

Okay, so I think we've just established that PMS 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 EMF as it relates to oxygenating in the body.

Oxygenation, Hypoxia, and Inflammation

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, high pressure means high. All right. We know what we know about hyper. Most of us don't talk about hypo. Hyper hypoxia means hypo low oxygen and low is relative.

So we have a slide. You want to talk about the slide. So let's share. The slide and dispense with that science very quickly. Okay? Okay. So we'll do advanced portion of the screen and we will share as you see that now again.

Okay. So this slide is absolutely important. So the air comes into our lungs is about 100 millimeters mercury. So that's a pressure of the oxygen. It's called partial pressure of oxygen.

So 160 millimeters. So let's say 98% is what we think about in terms of percentages. But in terms of the what happens inside the tissues now, we have to talk about partial pressure and pressure then becomes this term. Mm.

Oxygen. So that's the pressure. Well you do your blood pressure, what you're doing is you're measuring. Mm. Mercury, same, same principle, same measure that we use millimeters mercury.

So is mercury. So the air coming into the lungs is 160. Mm. Mercury in the trachea it drops down to 150 millimeters. The trachea is just in the throat before it hits the bronchi and then it goes down into the alveoli.

It spreads out in the long into the alveoli. So it goes through the branches of the breaking 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 becomes full of oxygen, and then that oxygen then gets transferred into the body. So 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 in the body is 100. Then when that 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 offloaded all the oxygen or as much as a lot of the auction.

So it's now 40 millimeters mercury. So more than double the amount of oxygen is distributed in 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 of mercury. That's a tiny amount of that 100 that sent out into the body.

The mitochondria in the body which make the ATP are only a 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 40 to 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 livers about 40 kidneys are about 72.

So kidneys actually, because the blood supply, the kidneys, they deliver a lot more oxygen into the kidneys. Try to see. How important each of these organs are based on the blood flow.

And the blood flow as 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 high powered port and 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 growth is at the cell level.

Where there's low oxygen. Where there's very, very low oxygen. Okay. You could see in this slide, muscle has about 26, but skin melanoma at the skin is about 1.8.

Very low oxygen again. So the oxygen drives the development of cancer. So now bring us back to PMA 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 option 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 improves circulation.

So not only opens up blood vessels, but it also helps the flow. So obviously, if the flow is better and the 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's 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 pump therapy and the oxygenation improves, what are they going to feel?

But let's go back to your experience when you were laying on that bed. MM So I was at the time that I laid down there was towards the end of the day on my feet in high heels all day long, networking and talking to people and really tired, you know.

And so we lay 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 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 it's like, okay, I had the energy to keep going because then when we're at these events, it's like all day, 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. Your muscles are one of those areas already low.

That's right. We showed you they're already low.

Hyperbaric Oxygen vs. PEMF

And then what happens is when they're tightened, they're even lower because you're not the blood's not flowing and 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 toxins. What happens when you have a heart attack? You have heart pain, right? So what's heart pain? It's called ischemia.

An escape. It means you have a lack of oxygen supply to the 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 going to work better and you're going to 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. Yeah.

So inflammation causes hypoxia. Why? Why, why vasoconstriction? Oh, okay. I'll, I'll, I'll tell you what, it's all related to something called cell injury.

Oh, cell injury. So you guys, the listeners bill always quizzes me when we do these topics. I'm always on the edge of my seat going, What? He's going to ask me a question I get I asked.

All right. Well, it's ki 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 with the 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 and guard. You cannot separate one from the other. So if you can decrease inflammation, you can decrease hypoxia.

Case Studies and Real-World Benefits

And cancer is caused by inflammation, chronic inflammation. And those cells and tissues that already are relatively low oxygen tissues. Now those tissues are then 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 process can happen, which then eventually leads to cancer. But it's caused by chronic inflammation, not by acute inflammation. So acute inflammation has a really good purpose in our body.

Important? Yes. Yeah. 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 are aware there are 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, but what's interesting is they've actually found that in Atheroma Black Atheroma there's plaque, there's high levels of hypoxia, inducible factor.

What does that mean? That means that those tissues were oxygen deprived. They were hypoxic atheroma was plaque and the thallium 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. No. And then that leads to atheroma. This plaque development.

So hypoxia and inflammation, there's a really perfect example of how hypoxia leads to plaque development. So those are you who are worried about heart and vascular disease.

This could be a solution to help lower that risk, is what I'm hearing. Absolutely. In fact, research a show has shown that people with pad peripheral artery 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? Make 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 very hard. It's going to work by your skin is going to work better. It works better.

Everything works better. Okay. 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, by you can explain what that is real quick and then any other way that people are getting oxygen in the body and why why a preferred way would be PEMF.

They all work together, obviously. So what about hyperbaric oxygen therapy? So that means that you're driving oxygen into the tissues under pressure to hyperbaric.

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

So obviously, the tissues now have a better oxygen supply edge. What does have oxygen in the chambers? 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. Now. Very long. So people who need support need daily treatments, often for weeks.

Which is really difficult because. You want to go to a facility, you have to go to a chamber. Yeah, forget it. Or you could only your own machine. If you own your own machine at home, it's usually it's a soft machine.

So the pressures are a lot lower. You're still getting better oxygen than you would otherwise. But so here's the here's where we go to part two. Yes. Okay.

So they're driving oxygen is important, but then decreasing inflammation is even more important. So magnetic 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 then the oxygen transfer processes and so on, but at the same time is

decreasing inflammation. Got it. So, Dr.

Pawluk, 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? drpawluk.com That's D R P A W L U K.com And there's a ton of videos as blogs.

There are very there's lots of information about Polycom. Okay. Okay, great. So and also you help people fit themselves into the right type of PEMF device for them and for their condition.

You have you that is what you guys do over there, drpawluk.com So they have our audience has a way where they can get in contact with your team and talk about 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 PEMF devices in the community and they're giving painting a glorious picture for you of 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 drpawluk.com and learn more. And we're going to continue this conversation. But first, I just want to say, Dr.

Pawluk, 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 dove even deeper into this discussion with Dr. Pawluk. 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. Pawluk, thank you for being a valuable member of our community, and we're going to dove right back in.

So, Dr. Pawluk, 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 and so they can imagine themselves as an invasion 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, elements of this? What 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, PMI therapy is going to help that. It can help with symptoms as you found yourself with aches and pains.

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

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

So you had an enduring response to pain management is absolutely one of the most common causes. But it's not just the pain management is 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 to the head, whether it's, you know, 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 have something like that machine just like that.

Brain Health and Cognitive Support

I had a little girl cut off the end of a thumb and we regrow the thumb, basically just using the machine, nothing else, just using the machine. She cut off the end of a thumb like this, then right in a doorjamb, sharp doorjamb, put it back on again.

And then 12 weeks later, she's regrowing her nail to regrow the end of a thumb. That's unbelievable. Right? That's regeneration and wound healing. So I had a guy who was diabetic who was gangrene from the knees down.

The surgeons were going to cut off his legs because a gangrene, he could die if you didn't have that happen. So his boss dragged him in to see me and I didn't want to deal with this because I thought it might knock out his kidneys because of infection.

So we work together. Long story short, three months later, goes back to the surgeon. The surgeon says, Oh, I guess we don't need to cut off your legs.

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

He got on magnetic field therapy. He stopped smoking. He stopped drinking. And then, 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 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 swell, the swelling and the tissues and the nerves.

It decreases the spasticity of the muscles that are reflexively spastic because of the pain. And bingo you got, you have a benefit. Now, is it going to 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 your mitochondria. That's right. 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 plane pain in places I didn't know.

I had places. That when I decided to paint a room or, you know, do something I don't normally do, I'm going to 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 stimulation. When you're using those muscles, yeah. Then if you do the magnetic therapy after you've finished your work, you wake up the next morning with zero aching.

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.

Absolutely. Magnetic PEMF 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. His with 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 pumps are designed for that purpose.

But no matter what, you're improving circulation to the brain, you're decreasing inflammation. So if you have more toxicity or you have an autoimmune disease, you have other you have head injuries, you have M. S.

or Parkinson's. All of these things are neurodegenerative 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.

Choosing the Right PEMF Device

Magnetic field therapy helps nutrients get into the blood brain barrier much better, much faster. So basically the brain gets better and you can be more alert.

One of the key things that magnetic fields do for people, most people who lay on whole body parts, they get relaxed. They feel very relaxed because you're stimulating.

And Caplan's 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, it was interesting study done on people with mild cognitive impairment. And 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 they did 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 develop 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. So what I'm hearing, I mean.

If it's a tissue, it's going to be helped. Yep. Well, I last I checked, were all made of tissue. Yeah, that's right. That's hope everything is okay. As much as we don't want to be made of tissue, we are unfortunately yes we are, okay.

So in the last final 5 minutes that I have with you here, could you. I'm going to 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.

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 2 to 3 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 that 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 my perspective. 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 got to work.

Well, the good thing about PEMF 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 PEMF system, an adequate PEMF system, and that's my next point, they buy an adequate PEMF system, they don't own it.

It owns them. The house and all of the house owns it. Oh, 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 play with you to get the tree because they like you laying on it and they like to get the experience as well.

The other thing that big mistake that people make is they base their decisions on money, on how affordable and they make their decisions based on what somebody's selling them.

If you don't, the analogy is that you don't know. You have to know the horsepower of your car and 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? And they're not willing to tell you what the power of that machine is.

Then what? What? What are they hiding? Usually it's because it's not enough, and therefore you're going to be disappointed. You may feel better. You can feel better with acupuncture, too, but it's not going to do the healing that you need.

So the best value for your money is going to be an adequate pump 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 drpawluk.com I really invite you to go over there, browse around, read articles, watch videos and really think about this as a as a really important investment to your health.

Their health investment. And I think if you're going to make a $4,000, 6000, $12,000 investment in a piece of equipment, depending on what you need, why not spend $29 for 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. Go 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 and a little part of it. Yes, I know. Give you 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. Thank you, Laura.