PEMF Therapy Has Many Benefits In The Setting Of Menopause Transcript

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Introduction to PEMF and the Guest Expert

Hi, everyone. Welcome back to Mastering The Meno(Pause) 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.

So I can't think of anyone better than the PEMF guru himself. Dr. Pawluk to come share his knowledge with us and get us all educated. Today he's a holistic doctor located near Baltimore, Maryland.

He has 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 Asprey 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 and had her a few months ago when we were in Florida, and I got to have a quick taste of your 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 PEMF? Did 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 sort of the genesis of it was, as a family physician, and I was a medical director of a group of, family physicians, basically.

And we sat around in the hospital, wheelchair 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, and that was due to ibuprofen.

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

And I said, well, that's bad medicine.

How PEMF Was Discovered and Early Magnetic Therapy

That's insanity. Right? Doing the same thing over and over again, hoping for no bad results. Exactly. Right. So I decided to study acupuncture and 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.

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

I'll give 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. I had this big quarter sized welt.

I was 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, and on my deck.

And so I looked out about an hour later, an hour and a half later, wow. Day for a spider bite to go away longer than an hour and a half or. Right. So I got it at the right time, and the magnet healed the spider bite.

That's not an acupuncture effect. What's good? 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 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 a Dr. Jerabek, 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 peer therapies. And so we we collaborated, 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. All right. So anyway, that opened the door and 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 first off, I discovered some of the main actions of PEMFs. so from there, basically acquiring magnetic devices of different kinds, I stopped just 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 PEMF therapies, and that's where we are today. So I've been working with magnetic therapies for about 30 years now.

So we meant it when we said North America's foremost authority. That is a a lot of time. And it's funny because my first introduction to PEMF also was over when I was at the clinic that I used to work with in, Switzerland a lot, and they were doing PEMF and I was like, oh, 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 PEMF? What does it mean? What does it mean to the listeners. So PEMF 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 there are two kinds of basic magnetic fields. What 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 my wound. All right. And it clearly work.

So that's static. It's not moving right. What? You created the magnet. It just basically there permanently pulsed magnetic fields on the other hand, are created by current flowing through a wire.

And that follows those laws of physics having to do with electro and magnetic electricity and magnetic. So wherever

you have current flowing in a wire, you have a perpendicular magnetic field flowing around that current.

And we call that the right hand rule. But 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 a static magnet and electromagnets. But they're inside the dynamic. They're in motion now. 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 very it's passive. It's a much, much more passive process of therapy as, as you can imagine. As you can see, basically it's very dynamic. And then the next big question, I don't get this, elephant out of the room right now.

Aren't these EMFs EMFs so it's EMFs. So EMFs is electromagnetic fields, but I define EMFs as environmental magnetic fields. 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.

What PEMF Is and How It Differs from Harmful EMFs

So EMFs are blasted 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.

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.

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

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 what? Why do they turn bright red? Because these 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. right. So the more of that exposure you get, then the more risk of harm there is to you. I just, I just finished my talk for this summit on toxins, and I was talking all about emfs and how how toxic they are and about not putting your phone up to your ear and all those things.

Oh, never, never do that. So apples and oranges here. PEMF heals EMFs do not. So yeah, we know that acoustic neuroma is develop on the side of the head.

They tend to have your phone too, so the more time you spend with your phone, your ear, and the more likely you're going to have a problem. So you should always use earbuds or use voice speakers for your phone.

Yeah, put it on speaker. 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. but please don't have any of that risk. So a PMF is not a wavelength. A PMF is basically it's bouncing out, out and back.

So how far does it bounce out? Depends on the intensity or the strength of the magnetic field. So if you got a tiny little magnetic field is 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, put a body in the middle that there's no difference.

It's going right through the body. So another metaphor that I use is like the wind blowing in the trees. Can't see it. And the other way you know it's there is because the leaves are moving.

Right. Okay. So magnetic fields in the body of the same thing where 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, of facilitating function in the body or healing in the body.

So it's 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 as a battery and the 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. Right. And we are we are an electrical body. We are totally electrical. some people say, well, we're sailing, we are sailing body.

So no, we're we're an electrolyte bag bag full of electrolytes. So, so the mechanism of action is to increase the charge. And does this what do you find.

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

So basically as a result of that electrical charge, the body takes that energy and says, oh, 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 are our natural balancing mechanisms. So when we open up a blood vessel we hit a blood vessel. We opened 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.

That means it's physiologically causing all kinds of actions in the tissues. And those actions include, stimuli, acupuncture points and meridians. So the acupuncture system is an electromagnetic system.

We call it Ki, but it's an electromagnetic system because they didn't know what electromagnetics was when they invented acupuncture. Right now they call it G.

So we call it an electromagnetic. And so it stimulates the acupuncture meridian, which means it's doing acupuncture automatically. Any 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 recovery regeneration. So it stimulates ATP. It stimulates stem cells in the body.

And that becomes important for other, other aspects of menopause such as osteoporosis and osteopenia. Maintaining bone density. it decreases inflammation because so it decreases inflammation.

What is it taking care of all sorts of stuff. And one of the risk factors in menopause is what cardiovascular disease women get it more sadly but it happens aggressively very soon after menopause.

Yeah. It's the biggest recent leading cause of death and death in women postmenopausal cardiovascular disease. Exactly. So 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 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, long Covid, magnetic field therapy just dampens the inflammation and dampens inflammation.

And so and then heals the tissue. So because you're regenerating you're not a 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 head of a thumb just below her nail in a doorjamb. That's a sharp edged doorjamb to cut it off. And the father fortunately called me right after that happened, and I said, so back on again.

I hurt because that's a Band-Aid. Basically. Put a tissue back. It's basically about it 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 for age 11, there's a reasonable chance it's going to regenerate.

So in my in my book, Power Tools for help, 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.

How PEMF Supports Healing and Hormonal Health

So if the surgeons had added, what would they have done that would have cleaned up the wound and grafted it? Then you would have a deformed thumb the rest of her life.

Right? All right. So we saw it back on again. Did the magnetic therapy literally three months later she's regrowing her now. Wow. That's that's the power of the regeneration to make as a young child.

That's a whole lot different than it is an adult. But we know that even in adults we can, want healing 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. It turned out to be benign, but I had I had to have a partial seek activity.

So I had, laparoscopic procedure. So I had this tablet. I put magnets on the little these metal, little magnetic coils, same ones that I use, the little girl on my wounds.

So I had one wound, which is I control. And then I put it on the other two wounds right away. So as I got home, the 24 seven, 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 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 keeping you're, controlling things before they get to a point where they are so damaged that it's very hard to, you know, repair or regenerate concept.

We have 100 trillion cells in our bodies. Every cell has about between 2000 to 5000 biochemical processes per second. I will do the magnetic field therapy.

What are we doing? We're helping all. 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 that's a challenging area.

And other than hormone replacement therapies for hot flashes other than hormone replacement are not very effective. They're unpredictable. They're not the and you have to, 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 dis autonomy. Right? There are 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 stimulate the vagal nerves in the carotid, you can stimulate the start of the whole vagal system in the back of the neck and the pons and the.

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

Right. Yes. There I'm trained to do those. And I'd rather put someone on a P. And I know that's what they'd rather have though. But but you can stimulate the cell again with magnetic fields.

you may need very strong, powerful magnetic fields to have it as a strong effect on the cell again. But the problem is that you can get a benefit from cell like ganglion blocks, sometimes for hours, sometimes for days.

How predictable is a tele ganglion block, right. Yeah. We never get. So it is a challenge. And the same thing with vagal stimulation. So there's now some evidence about vagal nerve stimulation.

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

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

But not this is a big topic. In fact, we discussed this. I had an interview on my summit last summit on vagal nerve stimulation. Oh yeah. It's every you know, I don't 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 to Irun heart rate variability is and it's always about up regulating the Paris sympathetic 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. You have to be able to access. Yeah. You have to have a stress response. You better. Right.

But you gotta know how to then come back like you were talking about coming back to basics and how to, you know, know when to put the gas on and when to put the brake on.

So are you saying that the PMS 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 that's why we still need to optimize that approach.

But we do we do know that magnetic fields will stimulate the vagus nerve. If I stimulate the belly on a regular basis to get to increase the vehicle tone in the abdomen, where's the second brain?

Yeah, right. 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 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 get a stronger magnetic field, you can stimulate not only the vagus nerve, but you can also stimulate the brain. so let's talk about how like I'm sure some listeners are wondering, well, where do I get this magnetic field?

Like, so what are the devices? What should we what how do we do this? Because is it easy if we hold that question? Okay. Let's hold it for some of the other benefits of PMS.

Okay? Okay. Right. I think that's a critical question. And we got to answer that question. Okay. I'll give you some resources for that. Perfect. Okay.

Osteoporosis. Breast cancer. So female cancers in general sleep problems. You mentioned overactive bladder. ordinarily common problem, huge problem. Right.

And magnetic field therapy is amazing for that through something called neuro neuromodulation, magnetic field therapy do neuromodulation. We mentioned the vagus nerve.

That's a form of neuromodulation. And then in depression anxiety they're part of that problem. also atrophy vaginal atrophy vulvar after fee. So you basically can help to plump up the tissue somewhat.

Now I think you still need to do personally I do recommend regularly via while they are hormone 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 be HRP by HRT doesn't take care of all the problems of menopause. That's what we've been teaching. That's why I did this summit.

I'm I'm a huge fan of identical hormones. But there's their piece of the pie. They're not the whole pie, not the whole pot. Exactly. So collagen that's a that collagen levels drop during menopause too.

And I found out that most doctors it's a 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. Why we're premenopausal. What are the levels of testosterone in women and females.

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

That's it, you know. Exactly. Correct. Exactly. So it's a balancing right. And there's always aging. Menopause is a 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. they go through, they go through and rapports, which they don't even recognize, they have exactly right.

They don't have hot flashes. But men develop osteoporosis to a significant percentage of men at age 75, have osteoporosis or approximately. Right, because they're testosterone deficient and estrogen deficient.

So aging is is an important complex that therapy can slow down, can improve because we increase collagen production in tissues. But again, you don't do that by going somewhere, 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.

PEMF for Hot Flashes, Vagal Tone, and Nervous System Balance

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

So we think of adenosine is 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. Right. So so maybe would have been easier to ask you what does in PMF therapy do.

Because the way we've got the immune system we've got collagen. We've got brain. We own nervous. We've got bones. Right. 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 that 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 that drugs, the bisphosphonates or the injections or prolia or what a portfolio that that's the magic bullet for osteoporosis or osteopenia.

The problem is that you 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 what 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 nonunion fractures.

There's fractures that won't heal. So after six months if it doesn't heal it's called a nonunion. Or if 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 you but to truly heal the bone, you're re X-ray a fracture. Two years later, you 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.

Now can you catch up and rebuild the bone? Yeah. Women teeter often on osteopenia versus right, not osteopenia. And so they start these therapies and all of a sudden they're no longer osteopenia. Hooray.

But they still have lost bone density. And certainly once you get to osteoporosis you might recover 5 or 10% of your bone loss. But that's about it typically.

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

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

Collarbones, foot fractures, stress fractures of the feet. ankle fractures, they're the most common. We dexa scan the hips of the spine because that those are the disaster fractures.

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 didn't 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 the best solution is prevention. I think prevention is always the best solution. So I have a question is very how young could you start this like, well, we have evidence that there's no harm in utero.

Really. So do you have children doing PMF children? I actually have a blog on my website on Doctor Polycom. about using Pmfs and 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 first stimulating with a device it's strong enough. So at the at the bone growth centers with an overstimulate bone growth in those centers.

Bone Health, Osteoporosis, and Cancer Recovery

So if you again but if you're treating, say, somebody with cystic fibrosis or you're training a diabetic child, or any number of health conditions, autoimmune conditions or, vascular conditions, then magnetic field therapy could be very important to keep inflammation in the body down and help to find the help the body find that balance between overgrowth and, regeneration.

Is there any concern with PMF stimulating cancer growth? So that's a good question. There is 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 breast cancer is another topic to spend a bit more time with. and this is something that probably not going to want to hear, but I listened to a lecture, from a, Well, gynecologic cancer, but basically a breast cancer, specialist who spent years and years doing breast cancer research from northwestern Hospital, Northwestern University.

he taught he talked about bone stem cells. To 40 to 60% of women at the time of initial diagnosis of the breast. Cancers already have stem cells at the bones, 40 to 60%.

Well, 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. You know, there's 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 and nutrition, supplements and everything else to keep you healthy from a anti-oxidant perspective, particularly free radical scavenging perspective, then you have a risk of those breast, those breast cancer stem cells being activated in your bones.

And so if 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. Your 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. Yeah. You got it once you got it in the first place, you have the risk for the rest of your life.

Yeah. So it'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.

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

So all right, everyone wants PMS now. So what? What? So that's whole body. So basically, in my book Supercharge Your Health with P of FS 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 skull? A spine? Or do you need something that's going to be a whole body? So we just discussed mean you can get by it, get by with a half body system.

If you're trying 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 and 5000 biochemical processes per second.

So how do you decide which parts of your body you're going to ignore? And at some point, the body will tell you that you're ignoring it. Yeah. Exactly. Right.

And it's 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 not usually. So depending on the the kinds of conditions people have, higher intensity magnetic systems are important because of the whole inverse square law problem, 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 for about 4,000 pounds. System 4000 gauss. To us that's a measure of magnetic field intensity.

There could be a lot of listeners, we're 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 and you were, 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. Never mind going deep.

It's just like with anything you kind of got to be a little educated. So you you know what you're getting and you're getting the right thing for you. Well, and the people who spent $6,000 for one Gauss system, they're, they're basically simulating their acupuncture points and rates because they're 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 there's a big difference between feeling good and healing.

And we want to do both. And so again 4000 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 thousand or 100 trillion cells in our bodies.

And then you need the local therapy for local problems. And how often, how often do you use your PMA name? 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. so I basically focus on my belly. So I have a whole body.

I have a half body magnetic system that I treat right. I lay on my bed that runs all night long. Okay. And it's a strong enough magnetic system. So about a thousand gauss for my belly.

but I also use magnetic therapy for sleep which is 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 it's what we call delta. 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? Is there anyone. Are there any risks? Is there anyone who shouldn't use PMA as. So magnetic field therapy is extraordinarily safe.

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

We know MRI 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 MRI conditional.

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

Okay. Not even pacemakers, not even defibrillators. Again, you have to find out of the MRI 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 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 that setting a transplant. So basically I say no with transplants, no magnetic therapy. Even with your big toe, I don't even know what it will do to the whole body when you it toe.

Choosing a PEMF Device, Safety, and Practical Use

Makes sense, makes sense. So 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. and I said, it's okay. I, 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.

Oh I love that. I actually have a cape. So I don't get up on anything high and jump off or don't try to make that. The point is if you do a whole body magnetic therapy with the right magnetic therapy system, you can take care of a lot of aches and pains.

Yeah, you may not be taken care of today. It may take some time for the magnetic field to do the healing work that needs to happen in 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, right? 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 PEMF just sounds like there is, there is use for, 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 therapy, I think we'll have to have a PEMF Cape party.

All the superwomen I love it! Well, thank you so much for educating us and say the name of your blog again. So, DrPawluk.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 PEMF 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 that I wrote the Supercharge Your Health with PEMF book. That's much more practical.

Great, excellent. And those are those are on your mind resources 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.

So 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 goes. 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, when 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, you know, have the, shiny object syndrome.

So I've accumulate all kinds of devices. And 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, and 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 you want to invest some money, then you're better off investing in the right PEMF system first.

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

You don't it don't. You only need it in an emergency. Really. If you start magnetic field therapy, you do that for 3 to 6 months. You may discover you don't need a joint replacement, and I would.

I'm just thinking my son is also a natural, perfect physician here in Phoenix. He does a lot of pro therapy and saves a lot of patients from knee and shoulder surgery.

And I'm thinking, wow, he needs to come. Integration. Yeah, he needs to combine the PEMF 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 good evening.