Introduction to PEMF and the Summit Interview

So the value of putting it on your pillow is that you're gonna center your head over it. You'll hear the sound. You may not feel the magnetic field. People who are very sensitive may actually feel a little sort of field moving in and out of their brains, but it's barely noticeable because it's not that high in intensity.

It's a whisper in a sense. It's coaxing your brain, just gently coaxing your brain into these frequencies. So that's all you're gonna feel. If you, the audio helps you to orient your head to the magnetic field.

So you're laying on it, you hear it. And the good thing is that once you get the entrainment going, when you first lay down and you have your head right over it, you can hear the sound louder, loudly.

Then the brain starts to get entrained. As you move away from it, you hear the sound less and less. So what you do subconsciously is you begin to move back over the coil.

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 PMS 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're 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.

Hello again, it's Dr. Wells from the Sleep Deep Summit, new approaches to beating sleep apnea and insomnia. I'm really excited about the next interview because we're going to talk to Dr.

Bill Pollack. He is a holistic physician and he has developed the Pulse Electromagnetic Field Therapy. He has a device and we're going to do a little show and tell today.

We're going to talk about who this treatment is for and who should use caution when deciding about whether this treatment is usable for them. And we're going to discuss all kinds of things related to this very exciting treatment, which you may not have heard about.

So with that, welcome, Dr. Pollack. It's great to have you here. Thank you, Dr. Wells. Audrey, you're very welcome. I look forward to our discussion. I want to start out with the basics and just get you to explain what pulse electromagnetic field therapy is and what it isn't.

And I just like to connect the dots for people, like exactly how does this work? So essentially what everybody's heard about and a lot of people are concerned about, of course, is 5G or 10G or all the other Gs that are in the environment.

And we call those EMFs, electromagnetic fields. I call them environmental magnetic fields. So they're in the environment. I'm sorry to interrupt, but is G for Gauss?

Is that the measure? No. But I'm glad I clarified. Thank you. That's very important actually. No, it has to do with the generation.

How PEMF Differs from Environmental EMFs

So it's fifth generation, eighth generation, tenth generation. And so it's basically the signal from, say, cell phones or microwave towers, primarily for communication, Wi-Fi and, again, cell phones.

So 5G is essentially broadcast. The microwave feels to communicate with your cell phone or to communicate with your router in the house, et cetera. All of that is basically broadcast in the environment.

just like radio waves, just like television waves, just like radar. It goes out into the environment and it's directed out into the environment, now maybe 360, but it's basically directed out and it just goes on forever essentially until it drops off to infinitesimally small numbers.

So that's designed for a whole different purpose, okay, but it can affect the body. Now, everybody's afraid because it's EMF, versus PEMF, which is what we're working with, pulsed electromagnetic fields.

So EMF, the difference is that EMF is high frequency. High frequency is absorbed by the body. That's the principle behind a microwave oven. It's microwaves that are being absorbed into whatever you put into the oven and it cooks it.

So it's cooking it from the inside out through a heating mechanism because of the degree of absorption of the microwaves. PEMFs are designed in a very different way.

So they're designed for human use. So they're designed by virtue of taking a current and passing it through wires. We'll go back to the example that we're gonna talk about.

So this is a machine for the sleep. This machine then produces a current. That current goes through this wire and basically goes into these coils at the end of the wire, copper coils.

And that current flowing into those coils then produce a magnetic field. and you apply the magnetic field against the body or the brain or wherever else you want it for sleep, and it goes into the body.

Now, this current flowing in here basically is flowing, let's say my thumb is the current direction. So every time the current pulses, a magnetic field gets produced that's perpendicular to the flow of the current, always perpendicular.

But because it pulses, that means that current is flowing out and back down, collapses back on itself. So as the pulse goes up, the magnetic field goes up, but then as the current pulse dips, drops off, then the field collapses.

So this field is basically going in and out, but it's a closed loop because it's completely tied to the wire and the energy flowing in that wire. So it's designed for human use, understanding the principles of magnetic fields into the body.

Now microwaves, to the extent they penetrate the body, they produce similar sorts of actions at the cellular level. The major difference is that because they're microwaves, they're absorbed in the heat, they cause heating.

Therapeutic magnetic fields don't cause any heating. And this has always been a debate among scientists. How could they possibly work in biology if they're below thermal level?

It's below the noise level of producing heat in the body, then it can't be affected. But that's clearly been ruled out and established that magnetic fields that are not heating still have significant biologic effects.

Can you talk about some of those effects? So what I am understanding so far is that the magnetic field is generated here at the coil and it goes out perpendicular.

And then when the pulse ends, it dissipates back. So this is the pulse, right? That's the pulse. And it's the strongest at the coils. So this follows the basic principle that we see in life in general, that light and heat and cold and sound dissipate very rapidly from the source.

In medicine, we actually use that principle. It's called the inverse square law to calculate the dose of radiation. If you're gonna do radiation into the body, you have to calculate the dose at the depth you're trying to treat, right?

So right at the source of the radiation, you don't need as much radiation, because it's much more powerful. But as you get farther and farther and farther away from the source, as you get deeper into the body or across the brain or into a lung or into a kidney or belly, then you have to calculate the dose.

So the dose of this, 200 Gauss, which is what these are, Gauss is the measure of magnetic field intensity, it's G-A-U-S-S. The scientific term for it is Tesla or milli Tesla, so a thousandth of a Tesla.

So that principle then is well known in physics and it's used in medicine, as I said. So by the time 200 Gauss is about an inch away, You've basically dropped down to maybe 0.2 gauss.

A logarithmic drop. It's a logarithmic, a very sharp drop. So then it's not harmful at all. Got it. It's not that it's harmful at all. It's not harmful anyway because of the very low frequency and it goes into the body, passes through the body as if the body wasn't even there because it just passes in and out.

And what is the frequency of the pulse? All right, so they vary from device to device, depending on the devices that you're using. So for example, an MRI machine, which is a magnetic machine as well, right?

It's magnetic resonance imaging. So an MRI machine, which people are very familiar with, has what's called a static magnetic field and what's called a radio frequency field.

So the radio frequency field is moving, it's in motion. Static field is just there. It's like a fridge magnet. It's just a very powerful fridge magnet, right?

So that's static. And the MRI uses both, the combination of the two. So they have the same principle of dropping off the energy. And they will have similar sorts of actions in the body to some extent.

But people who do MRIs don't pay attention to the therapeutic effects. They pay attention to the diagnostic aspects of it. So the magnetic field then as it passes into the body, it's like the wind in the trees.

Think of it that way. It's like the wind in the trees. You don't know the winds there unless you see the leaves moving. That's the way you tell that there's action.

So as it passes through, it's gonna start moving ions and start going to move not tissues, but fluids in some, to some extent inside the body.

Magnetic Field Basics and Brain Entrainment

That movement then is interacting with a basic principle of physics called Faraday's law. It's a law of induction. So what happens is as you move a current or if you move a magnetic field past anything that has current in it or is charged, has a charge to it, then you're increasing the flow of charge.

Faraday, who discovered this back in the 1800s, took a light bulb and put it in a circuit, a wire circuit, in a loop, a wire loop. He didn't have any current flowing in there.

Then he took a magnetic field and he pulsed the magnetic field past the wire, not the light bulb, but past the wire and the light bulb would light up.

That's because you're inducing charge, you're inducing energy, current essentially in anything that's inducible. And so ions, calcium, magnesium, all the ions in our bodies, all the electrolytes that are in our bodies, any molecule that has a charge to it, And which molecule in the body doesn't have a charge to it?

There would be none. I mean, almost nothing. Yeah. Anything with a cell wall is going to have a polarization.

Exactly. Yeah. So what are these meant to do exactly?

What are the applications of the PEMF devices? So this particular device was designed primarily for stimulating the brain. It could actually be used for a tennis elbow or a shoulder problem.

It's not very strong to do anything really good there, but it can sometimes decrease pain. So it can be useful for pain by itself. It can be useful for inflammation.

It can be useful for a bug bite. It could be useful for a dental problem. I do have people who use a similar device, not this frequency, similar device for their eyes.

The treating around the eyes will get all your sinuses and it will get your eyes as well. This device could be used for that too. It's not designed for that specifically, but there's no harm in using it for that.

What it might do though is put you to sleep. And that's a good thing for a lot of people who struggle. If you try to drive, that's probably not a good idea.

Right, right. Well, you know, presumably the folks watching our interview today have some sort of sleep condition. And I'm glad that you brought up sleep as a potential application for these devices.

But I want to address something straight off about the implantable devices that you mentioned. So some people with sleep apnea elect to pursue treatment with a hypoglossal nerve stimulator device.

Currently the one on the market is called Inspire. So it's an implanted device in the upper chest. They implant it on the right so that the left side is reserved for a pacemaker should you ever need that.

And then there's an electrode that is sort of fed up through the neck and into the base of the tongue where the hypoglossal nerve sits and produces that forward movement of the tongue during sleep to help keep an open airway.

So I'm curious to know, is this type of implantable device or others a contraindication for using a PEMF device? In general, and we work with people with pacemakers, but we work with other machines.

If you're using this to the head, to the brain, for example, for sleep, then it's far enough away, most likely that it's not gonna cause any significant change or problem.

Where you can run into a problem potentially would be that if the coils come, move away from your head down into your chest area, where the pacemaker is, or the spire is, the control unit is, it's a possibility that it could interfere.

However, Most of these devices that are implanted today, these days, 20 years ago, different story. But in the last four or five years, they have become what are called MR conditional.

Because it's MR conditional, that means that that machine can tolerate 15,000 Gauss. We're talking about 200, maximum. Got it. So I would generally say it's not going to usually be a problem.

And I think that's an important reminder for anybody who does have the implantable Inspire device. You know, it's only sort of recently that it has become acceptable to use the implant in an MRI machine up to 1.5 Tesla, but the device itself you're not able to have an MRI with 3.0 Tesla.

Now I tried this device and thank you very much for sending me the sample. So I have the device, which I tried at home, and I want to start off by saying that I am a kind of DIY person.

I like to get my hands on CPAP masks on the best bed sheets, which are really fun and all of the kind of devices that are meant to improve sleep. to see is there any improvement, to find out if it works, and also to confirm that there's no detriment or problem with the device itself.

So I used the cover that was provided in the kit, and I put the coils inside that, and then I positioned it on my pillow. Now, I'm a back sleeper. That's the best way to avoid wrinkles for anybody who's keeping score at home.

That's very good for sleep apnea. And the coils were sort of at the base of my skull. I did notice that when I was moving during sleep, the coils would sort of move with me.

And at times, you know, it was just kind of working its way around the pillow or coming away from my head. What sort of things do you suggest to keep that application where it's meant to be directed, even though you're moving unconsciously during your sleep?

Now you have it inside on top of the pillow inside the pillow cover, right? 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. I didn't put it inside the pillow cover, but I thought of that. And I also thought of like pinning it or somehow, you know, making it more stable.

You could do that. I usually recommend putting it on top of the pillow inside the pillow cover. Inside. Got it. So that means your head as you move your head around, it's not going to really move it a whole lot.

It'll stay pretty well in place. Yep. That little pouch is like a velvet. feel to it. It does, yeah. Gotta have a little bit of resistance to even silk sheets.

I can see that, yeah. Pillow cases. So the other aspect of this, this is actually called an audio magnetic entrainment device. So the name actually is called the X-Pulsar Deep Sleep Tuner.

So it's Deep Sleep A-M-E Tuner. So DEEP is actually in capital letters, it stands for Delta Enhanced Entrainment Program. So it's Delta enhanced, in other words, trying to enhance Delta in your brain.

And it entrains the brain, it causes the brain to listen to it and the brain's frequencies begin to go quiet. So that's how this was designed.

Using the Device for Sleep and Safety Considerations

And then you put it on your pillow cover inside the pillow, the audio from this is part of the treatment. So it's audio magnetic entrainment. And we have audiovisual entrainment, we have audio entrainment, we have visual entrainment, all kinds of entrainment out there that's available.

This is audio magnetic, it's unique, audio magnetic. So that means that your brain is getting the magnetic field, but at the same time, you're hearing the sound, the clicking.

The clicking sound is at a very, very slow pace, which is at the same rate as your delta waves in your brain. I wonder if we could demonstrate that. I'll turn on the device, or maybe you can.

I may have let the battery run low, but I do remember hearing a little tiny noise coming from the device. Well, I don't know if the speaker could pick it up.

I'd need an amplifier. But as you say, it's a tick, tick, tick,

primarily designed for sleep. As I mentioned, it may be able to be helpful for other problems locally, but we do have to be careful, again, driving.

If you're doing this on the body, that frequency is going to be in your body and it can end up going to your brain to some extent. They could slow down for particularly sensitive people may slow down the brain.

So don't use it when you're driving or doing operating dangerous equipment. Right. Otherwise, basically anybody who has a sleep issue, anybody who has anxiety, So you can be used during the day, even for anxiety purposes, by doing it at the base of the brain.

And the base of the brain is the reticular activating system. So that's our alertness system in our brain. There's other aspects of it in the brain too, but this is the most basic one.

So putting the two coils at the back of the brain, which is also, by the way, isn't it the same area that you would use to stimulate the vagal nerve complex at the base of the brain?

Yes, but I would have a hard time putting that together with the pulse electromagnetic field. Yeah. So the VNS is also getting stimulated at the same time.

Okay. And so this would be to promote sleep. This would be for someone who is struggling to get to sleep or struggling to stay asleep. Or both. Correct.

So the value of this system, it was designed to be run on a battery. It's got a rechargeable battery. It's designed to be run all night. So we actually did a study, 19, 17 people and we had them do the treatments for five, seven days as a control.

And then they did 28 days, four weeks with a sleep diary system. So we use the National Health Service sleep diary. They did that for seven days before they actually did the actual therapy.

So we got a baseline, a seven day baseline. And then they did it for a whole month and we recorded the results. What we found is that the quality of sleep improved by 25% in these 17 people.

The number of times they were waking up during the night decreased by 26%. And people who had sleep problems to start with? So who we recruited for the study was people who wanted to have a treatment for sleep.

So we didn't take healthy people and say, here are healthy people and we'll do this to you and see what happens to your brain. Because healthy people, we may not notice a whole lot of benefit for them.

In this case, we were treating people with sleep issues. And many of them were actually taking all kinds of sleep supplements. That created an issue for us because we did not have the variability that you would normally look at because they're already taking something to help them with sleep.

But they wanted this therapy for sleep because it wasn't working well enough, right? So we're adding this on top of whatever else they were doing. Obviously, it's going to work very well on its own anyway.

but if you're adding it to other things, that's okay too. So we had significant improvements. The amount of sleep improved by 10%, the time it took to fall asleep improved by 34%, but the quality of sleep improved by 25%. That was statistically significant, even for this small group of people.

I'm curious to know how you measure the quality of sleep.

Study Results and Real-World Sleep Benefits

It's part of the scale. There's actually a question about quality of sleep. So people rated their quality of sleep from zero to five, I think. I see. Okay.

And did you not use objective measures? We want to keep it simple and easy to do. I've tried to, we looked at doing plethysmography, different kinds of objective testing for sleep.

It's way too complicated. You have to almost use a sleep lab to get the best results. And our rings can be helpful, but they're not reliable. Right, right.

I'm wondering, too, if there was a placebo arm of your study where people were having a device, but it was inactive or maybe just producing the sound and not the magnetic.

That's why we had the control phase. Tell me about that. The control phase was they did diaries for seven days before we actually started using the machine.

So that's our control phase. And the reason for that is that you wanna be able to do intraperson, use the person as their own control. They're the ones with the sleep problems.

So we wanted to see what they were doing even before they began. And if they were already taking some supplements for sleep already, that would be qualified in the control phase.

And then they did the active treatment phase. Now we didn't have a third phase where we stopped it after that and followed up after that. So still with that difference between the control phase and the active phase, we found a 25% improvement in quality of sleep based on their own assessment of the quality of sleep.

Got it. And what other studies are sort of in the pipeline to look at this further? At 17 people, I realize that can be a lot of data to pull in, but are you planning bigger studies or crossover designs, anything like that?

I think at this point, I personally, I don't feel we have anything to prove. We're not doing this for research purposes. We're not doing it for the science.

We're not really even looking for trying to get it approved by the FDA as a sleep. as an insomnia therapy, right? So this is basically a wellness tool.

And with this data, it's reasonable enough. Again, we might eventually, the problem is how do you fund research? Through grants, oftentimes. Right. That's a lot of work.

And again, what difference does it really make? It may make doctors happier, make the scientists happier, but does it really make the consumer that much happier?

Not really. So I'm wondering if someone were to try this device to improve their sleep, how long would it take for them to see a market improvement in getting to sleep or staying asleep?

Good question. And we use another measure called PRO. patient reporter outcomes called Outcome MD. So we had another different measuring system completely, and they got surveys on a regular basis.

And even with that system, we found significant improvements, but we did see different patterns. Some people got improvement immediately within the first night.

Some people ramped up over three to four days a week. They went from a baseline test score that was lower, that was usually in the control phase, and then a secondary score down the road, usually about a week away.

So those tests were done typically a week apart, the outcome MD measures. So we found some people got benefit right away, some people ramped up with their benefit, and other people had life happen.

So somebody got a divorce, somebody had a car accident, somebody had a death in the family. Well, when you're doing a month long study, you're going to have life happening.

And that kind of throws everything off. to be able to do that. So that study, even though those situations did happen in those 17 people over that month, we have people who had sleep partners changing during that time.

We have people who had dogs sleeping in their beds. All right, so all this natural stuff that happens to people with their sleeping patterns. And we still found a significant benefit.

So I'm actually surprised how much benefit people got considering all those other things were happening as well. Yeah, it's like a real world experiment.

Exactly. It's a real world. Humans are multifactorial. That's for sure. I'm curious to know if this is something that you use for your sleep. Absolutely.

I use it every night. And what do you notice if you took a break? Like what sort of detriments would come up if you were without your PEMF? I've done that a few times.

And it clearly makes a difference. I can tell. It's fairly significant. So the reason I use it is because I have my own sleep issues. I don't have trouble typically falling asleep, but I have trouble staying asleep.

And I am a little older, so I may have some bladder issues. Or if you have a partner who snores or you're bumping into each other during the night, I don't have a king-size bed.

It can stay away from anybody, right? So there's all the practical stuff of sleeping. So I do notice a difference when I don't. Or if I'm laying during the night and I'm sleeping, I'm not aware that I'm sleeping.

Because if you're aware you're sleeping, you're not sleeping. That's true. Right. So all of a sudden I notice I'm awake or I'm aware. Then I do as I orient myself back on the magnet and use it.

And you go back to sleep. Yeah, I think that's one of the bigger problems that I help people with is going back to sleep because you've already eliminated some of your sleep need and so you're not as hungry for it.

It can be a real challenge to get back to sleep. The brain does not shift to change that fast. It can, if you use a very powerful magnetic field, you can shift the brain almost in a second or a few seconds.

We're using a very gentle magnetic system. So it takes a while to ramp up or ramp down in our case of sleeping, but then you maintain the benefits. So if you stop the treatment, you're still gonna maintain that benefit for a while afterwards.

You get up during the, my point is that if you get up during the night and you've been sleeping, using this for sleep and you're sleeping well, but you get up to go to the bathroom.

And we come back to bed, put your head right back where the magnet is and ping, you're right there. Because you haven't lost the full benefit of the entrainment that you've already been doing.

I see. 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.

Pain, Anxiety, and Other Therapeutic Uses

No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

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

I want to ask you too about another application for your PEMF devices, which is pain. And in my world, pain often competes with sleep. Now, a person may have pain when they first lay down to go to sleep, and that may cause trouble with getting to sleep.

But also, if you're not able to move in bed well or you have joint pain or muscle stiffening as you're sleeping, that all by itself can interfere with sleep quality.

So I'm wondering if you can talk about some of the other applications, including pain of your pulsed electromagnetic field device. All right. So let's deal with the person who's sleeping with pain.

or the person who's sleeping who has the urge to go to the bathroom four times a night. So whatever is disturbing your sleep. Magnetic field therapy because of the delta state.

I know you probably can do a better job of describing what the delta state is in the brain. I know it's the deep sleep state, but it's a very slow sleep state.

What it does to awareness, what it does to the perception of sensations in the body, is it significantly decreases those perceptions. So you're competing with the pain in the sense the pain signals coming to the brain, it's registering in the thalamus, hypothalamus and limbic system and so on.

So if all that's just sort of quieted down, it takes a bigger stimulus to be perceived by the brain. It takes a stronger pain. So it doesn't eliminate the urge to go to the bathroom.

But what's going to happen is you're going to fill the bladder more before you get a strong enough urge to say, OK, I got to get up. The same thing would happen with pain.

So you're proceeding less. Now, beyond the sleep time, the time of sleep, you can use this device as well over any part of the body that's got pain because it's weak, relatively weak.

It's not gonna be as effective for say a hip problem or a back problem. But I can tell you right now, I use the device like this. This is modeled off another machine that has other uses for it.

And I would be a drive to a lake house. And it was a three-hour drive. I have sciatica. So along the way, I would get this pain in my butt and I don't want to stop.

So what do I do? Before I started traveling, I put this on my back, lower back. Actually, I put it right over the disc where the problem stems from and no problem.

I would drive three hours, zero problems. Well, that's great. Right. So this is strong enough to do that. But as I mentioned, I wouldn't use this machine for driving or pain while you're driving.

The frequencies will cause your brain to relax too much and you may become less aware than you should be. But there are machines like this could be used that way is that we have a device on Dr.

Pollock.com called the Micropulse A9, which is designed primarily for pain or for musculoskeletal use. Would this particular device for sleep also be applicable for headache or neck tension?

Yes, you couldn't use this one for that purpose as well. I had a patient in the office who was extraordinarily anxious. We had an hour appointment. She sat down and she was like fidgeting and moving and she was just like really,

you could see it, she's tense.

So I said, this injury is not gonna go anywhere. It's not gonna work. So what I did is I put the coils on the back of her neck, the base of the skull.

The machine I was using for that purpose was seven hertz. So this will get you down to seven hertz. It actually did get you below seven hertz. So this could be used for anxiety as well.

Literally in her, she kept pacing, but the treatment was working. So literally within about five minutes, you could see the elevator going down. Got it.

You see the anxiety level just dropping. Finally, so about 10 minutes later, she sat down, but we finished the interview. So apps could be used for that.

Don't use it while you're driving or operating machinery. I think that's a really important thing to underscore because, you know, the truth is when you try something new, whether it's a device like this, a pill or a new routine, there's always the potential that something untoward could happen.

So certainly give caution to that. Back to the pain question though, yes, this could be used for pain. So this could be used for chronic pain brain. So people with CRPS, if you don't mind relaxing or chilling out, then you could use this during the day as well.

So for headaches, I could use it for MS, I could use it for anxiety, agitation. It could be useful for a child with ADD that's, the mode is revving too fast for ADHD.

So it could be useful, but again, remember that you have to do it at a place and time that is not going to interfere with function. That makes total sense.

And I think that is a nice word of caution, again, for someone who's trying something new in their life. Risk is very low, extremely low. Is there anything else that you'd like to discuss before we close today?

And I think this has been a really illuminating discussion of the potential for these PMF devices. Is there anything you want to highlight? A couple of other things.

We started a little bit about what magnetic fields do. So besides and training the brain, slowing down the brain waves, magnetic field therapy increases circulation to the brain.

It decreases muscle spasms. So if you have a headache that's due to the muscles in the back of your neck being spasm, it could help with that. As I said, it improves circulation.

It improves energy levels. So brain fog may be able to improve. But again, this is going to quiet your brain down. If you have brain fog, you don't want to be quieting down.

You want to be getting more activated. So magnetic fields have a lot of actions, and a lot of that's covered in my book, Supercharge Your Health with PEMF Therapy.

So if you want to learn more about this, that's probably the best place to go. Otherwise, if you don't mind doing a very deep, long dive, drpawlik.com has a huge amount of information.

And there's a separate website for the x-pulsar. It's called xpulsar.com. So if you want to learn more about this, you can go to that website itself. It seems that there's somewhat of a choice.

Am I right about which sort of device is appropriate for the situation? Would people be able to access help with that choice on your website or how does that work?

The book Supercharger Health helps you with choices. Because we're primarily talking about sleep. This is probably all you really need. However, if you have a machine that you're using for other purposes, a PMF machine for pain, or back pain, for example, or hip pain, or cancer or autoimmune diseases.

often they can help with sleep too. So if you're doing a treatment at the end of the day, before you go to bed, they can relax or chill the nervous system in general, because they increase endorphins, they increase enkephalins, they increase dopamine.

So because they're increasing all these neurotransmitters, you can get a benefit with sleep. Personally, when I lay on a whole body pad for body treatment, I have a hard time concentrating.

Choosing the Right PEMF Device and Closing Remarks

I can't read. I give up trying to read. I see, because you feel so activated. So relaxed. Yes. So relaxing. So they can help with sleep too, but they're not developed for this purpose.

This is the expulsor is developed for this purpose. So Pima therapy can be very relaxing in general. Anyway, there are some people because magnetic field therapy also increases ATP production.

So ATP is like having a cup of coffee, right? So if you increase your ATP, you're just gonna have more energy in the brain or energy in the body. And that could make you alert when you try to go to bed.

If that happens, then you need to do it earlier in the evening. It seems like there's a PEMF device for all of the things you might need around the clock.

In the Supercharger Health Book, there are 80 different health conditions I described that magnetic fields can be used for. Excellent. Well, Dr. Pollack, it's been a great discussion today.

I love bringing up a new therapy that people might try for their sleep problems. Again, getting to sleep, staying asleep, or both. The expulsor may be something that you put on your radar for relief.

You've got the Power Tools for Health book. You've got Supercharge Your Health with PEMF therapy. And people can find you at drpollack.com. V-R-P-A-W-L-U-K dot com.

Fantastic. Pleasure to see you today and I wish you well and thanks again for letting me try out this device for myself. May you sleep better. I know you don't have many problems with sleep so you're not, you know, but maybe your kids might.

Oh, by the way, we didn't talk about kids. This would be fantastic for new parents. For the parents to use or the kids? The kids. put it under the pillow or on top, inside the sheet that they're laying on.

And this may be good enough to keep the kids sleeping better during the night. So children with colic, for example, probably would get a lot of benefit from this.

If the kids are getting benefit, the parents are getting benefit. I agree with that. Pleasure to see you today, Dr. Pollack. Thank you, Audrey. Take good care of well.

Bye bye. Bye. Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights and inspiration to take control of your health.

If you enjoyed this episode, don't forget to subscribe, leave a review and share it with someone who could benefit from PEMF therapy and holistic healing.

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

you