Introduction to PEMF and Dr. Pollack

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

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

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

Hi, everyone. It's Dr. Jen. Welcome back to the Peptide Summit. Today, we're going to be talking to William Pollock, MD, MSC. He's a holistic doctor near Baltimore, Maryland, previously academic positions at Johns Hopkins and the University of Maryland.

He has had training in acupuncture, nutrition, herbal and energy medicine, homeopathy, hypnosis, bodywork, and multiple other therapies. Consider the foremost authority on the use of pulsed electromagnetic field, PEMF therapy in North America.

He's also interested in holistic pain management. Now, I'm gonna have him tell us about all of his adventures that he has been on in the past couple of decades.

Now, I read in your bio, you were on the Dr. Oz show, tell us about that experience. The Dr. Oz show was quite interesting. Unfortunately, Dr. Oz knows very little or knew very little about PMF therapies and his producers put on the show and they had a list of questions and a list of answers.

And they wanted me to read the answers. And I read the questions and the answers and I said, no, this is not right. It's not gonna work. So he was gracious enough and he pulled me aside.

We sat down in the bleachers and rewrote the script.

Dr. Oz Show and Background in Magnetic Therapy

Oh, that's so interesting. That was actually worthwhile. It was a short list of questions. There wasn't a whole lot going on. And unfortunately, he still, you know, the producers put on the wrong equipment and the wrong representation of PMFs.

It was good enough and they did a tremendous amount of video development, which was actually very good. It was very well done. And it was actually right on in many ways.

So we had a pretty decent discussion about PMFs, but it was obviously not enough. And it was more for a 12-minute segment, a little bit of a segment, and they had to do what they had to do as producers for that.

But it was reasonable. It was a very reasonable presentation, all things considered. Just to get the word out, that's great. And you're also on many podcasts, like it's Dave Asprey and Ben Griefveld.

So that's amazing. and a ton of other summits and podcasts as well. And I've got three books, written three books and have a very extensive website with probably about 87 blogs on it.

So we do a lot of promotion, a lot of education. Really, that's basically my mission is to educate and disseminate the technology to get people aware of it.

And it's been around for a long time. My first book was called Magnetic Therapy in Eastern Europe, a review of 30 years of research. And that was written in the 90s.

And that was 30 years of research at that time. So the Eastern Europeans have been doing this for a very long time. Yeah, definitely. And you are an expert in this field, so there's not a better place to learn than here with you.

So can you explain to everyone out there listening, how does PEMF therapy work and what are its benefits? Okay, that's very important and it's critical actually to anything you're going to do with it.

So once you understand that, you have a much better sense of the potential uses for it. The biggest problem is the confusion between EMFs and PEMFs, right?

And that's the elephant in the room. So, EMFs basically, from my perspective, are environmental magnetic fields. In other words, they're in the environment.

And they're designed for other purposes. They're designed for communication. And because they're designed for a different purpose, the body is basically just incidental to EMFs.

And the main thing about EMFs that's risky for us potentially is the exposure to microwaves. And when you broadcast a cell phone signal, it's broadcast into the environment and it goes out into the air.

It's just blasted into the air. And that's called open loop. It just keeps on going. And it's mostly microwave. That means it's extremely short wavelengths.

And extremely short wavelengths are absorbed by things. And that's the principle behind a microwave oven. Everything in the oven is going to absorb the microwaves and cooks it.

It's going to heat it. And so when we have a cell phone to our ear, if you notice the ear after you take the cell phone off, even sometimes as little as two or three minutes, you can see the ears are pretty red.

The longer you have it on, the redder the ear. So what you're doing essentially is you're cooking your ear. That's so scary, right? Right. And inside, it goes deeper into the body and it gets less and less and less as you move away from the skin.

And even so, that's enough exposure. If you do it over a long enough period of time and you do it often enough, then that creates risk.

How PEMF Differs from EMFs

In other words, it creates cooking risk. It creates heating risk to the tissues. which then creates DNA damage, which then creates breakdowns in molecules and membranes and protein destabilizations, all the negative things about PMS.

The issue with PMS, the EMFs, the issue with EMFs is dose. And it's really the total dose. If you're standing in front of a microwave oven or basically standing in front of a microwave tower, you're gonna get blasted as long as it's broadcasting.

If it's not broadcasting, you're not getting anything. Right, typically. The same thing happens with cell phones. When you have it to your ear, you are broadcasting, therefore you are emitting microwaves and therefore you are creating the risk.

So the total dose is where the problem comes in more than it is individual doses. So if you happen to pass a microwave tower, you're gonna get a bit more energy than if you happen to sit next to your, you're sleeping next to your wifi at home.

It's very low level and it's not on all the time. is activated when a signal comes through and then turns on and then you get your effects from it. So the problems with microwaves are they're sporadic, but mostly they're negative because they're not designed to help humans.

They're designed to help communication. So PEMFs, on the other hand, are designed to help humans. And they're made in a very different way. So basically a PEMF, post electromagnetic field, is made by a wire conducting current.

So my thumb is the wire conducting the current. So assume that that's the direction of the current in the wire. What happens then is that as that current passes through the wire, as it pulses through the wire, a magnetic field is produced that's perpendicular to the current flow.

So this is the electrical field, and this is the magnetic field. They are hand and glove. You cannot separate them. Every time you have an electrical field, you have a magnetic field.

And that's designed on purpose. So now you shield the wire so you don't get exposed to the electrical field, but now you're getting exposed to the magnetic field, and it goes right through the covering of the wire.

No direct contact. But that magnetic field then basically passes into the body. It goes out into the atmosphere. But every time it pulses, it goes out and then collapses right back down again.

And goes out with every pulse. Goes out and comes back. Goes out. So that's a closed loop. Microwaves go on forever. PEMFs basically are pulsing in and out.

And it's only when the current is flowing that you're pulsing a field. All right, so you turn on the machine that you're using and then it's produced, it produces a pulse at a rate that you want, at an intensity that you want, that we have discovered through decades and decades of science now in terms of what it does in the body.

So what does it do in a body? Most important thing is the magnetic field is basically to a body, the magnetic field does not exist. It's air to a body.

It's like the wind in the trees. You only know it's there because the leaves are moving. So essentially the same thing happens in the body. You only know that it's there by the actions that it creates in the body.

And the actions it creates in the body are that magnetic field is passing through all the ions, the electrolytes, all the charged molecules in the body.

And that creates charge, that creates current. So you start to generate current in the body. And most of the time that current generation is not that strong and is not essentially harmful.

So the body creates the current, not the magnetic field. All the magnetic field is the wind in the trees. Wind does nothing, but the tree gets in the way, right?

And so the body is in the way of the magnetic field. It's passing on through regardless. But as it does, the magnetic field is sort of jiggling things and creating charge.

And then that charge is biologic charge. It's natural biologic charge. And that charge then is used by the body. How

efficient is the body in converting energy into work?

I think it's pretty wasteful. It's horribly wasteful. So it's about 25% efficient, about the same as a car, a car engine. So the body's not very efficient in its processes.

It's relatively efficient. Clearly we live and we do what we do, right? But you can improve that efficiency. So what ends up happening then is the magnetic field as they pass through the body improve the efficiency.

of the functioning of almost all processes in the body. All the molecular actions are processed. The acupuncture system is processed. Circulation is processed.

HEP production, energy production in the body is processed. The list goes on. There's about 27 different actions that I have identified and have actually assigned scientific research to.

So I've found the research that supports these different actions of magnetic fields in the body. So, for example, if you improve circulation, if you increase autophagy, if you increase repair and regeneration, you increase stem cells, you increase collagen production, all these things are activated by the energy now that the body has available to it to do the work that it wants to do.

Now there are limits, obviously, because the body has limits in how much energy it can produce. And you can produce more energy by producing, having much stronger magnetic fields, but then you get into the risk of unbalancing things.

And so you have to find a sort of a happy medium between stimulating to get benefits and avoiding a risk. Unfortunately, magnetic fields are extraordinarily safe.

You heard of RTMS, Transcranial Magnetic Stimulation? Yeah. All right. Well, MRIs, those are powerful magnetic fields, 20,000, 40,000, 50,000 Gauss, very, very powerful.

And they're extraordinarily safe. All right. And we do millions and millions of those. They're very, very safe. RTMS is a new technology, relatively new, that's been around now for about 15 to 20 years, and that's used to treat treatment-resistant depression.

So it's called transcranial magnetic stimulation. Those machines are about 20,000 Gauss. The Earth's magnetic field, Gauss is G-A-U-S-S. That's the term used for magnetic field intensity.

So the peak intensity of the Earth is about half a Gauss. The peak intensities of magnetic fields in the body produced by the cells in the body, the brain, the heart, all this electrical activity in the body, those peak magnetic fields are one billionth of a Gauss.

extraordinarily tiny. So we're using magnitudes more energy with PMFs in the body than we are just generally. Even like earthing and other forms of stimulation in the body, even moving your arms and hands creates increased current flows in the body, which then increases the energy the body produces.

So movement of the body on a planet, right, is very important. We generate charge in the body by movement. So that's why motion becomes so important. And why we see, constantly we see when people are atrophying, when they're not moving at all, everything starts to atrophy.

Yeah, I love how you brought up grounding. So grounding is stimulating this electromagnetic field you're saying. Primarily electrical fields. So the original acupuncture, the original acupuncture of the planet is laying with your skin, your bare skin against the soil, which has minerals in it.

And those minerals create what are called dielectrics. They create differences in charge. And those differences in charge are what create the benefits from grounding.

But grounding is extraordinarily weak. Acupuncture is essentially grounding. Electroacupuncture is amping that grounding factor up by many times, 10 times, 100 times, a thousand times.

So it's much more dynamic than just passive needles into the body. Magnetic field therapy stimulates the whole acupuncture system. So you're saying PMF stimulates all of that?

The whole system is stimulated with PMFs. Without the needles. Without the needles. So one of the benefits of magnetic field therapy then is balancing.

That's how I got started with magnetic field therapy. I was a family physician and I had people who had really dramatic complications from ibuprofen. One almost died.

And I said, I got to find some new solutions to manage pain beyond pills and procedures. And so I studied acupuncture. At the end of my acupuncture journey, people were, this was 1990, they would say, what's acupuncture?

So nobody wanted to do acupuncture because it involved putting needles into people. Who wants needles? And the ancient Chinese acupuncture is big, thick sewing needles, not these fine little hair-like needles.

So people didn't want acupuncture. So I said, well, how do I do acupuncture without using needles? And I discovered that basically in the Orient, they were using magnets on acupuncture points.

And as a result, I started working with magnets to discover, to see what I could do with magnets without using needles. And lo and behold, magnets actually did a lot more than the needles did.

They actually healed the tissues. It worked at the cellular level. And so basically I stopped doing acupuncture and I only now basically just do magnetic field therapy because it does so much more on the body.

And then when I reviewed the science, I discovered again, all of these actions. I'm sorry about that. All right. Siri wants to know. She said that Siri says I don't understand.

She probably doesn't understand about PM. I love it. I love it. Yeah. So you went in your practice and here you were doing acupuncture and you totally switched over to using PMF and how, how did that go and how did you start doing that?

Well, I started using magnets on the body just in general. So somebody had a pain, I put a magnet on it, it would work. And so instead of doing a needle, I would put a magnet on it.

I had an example, I tell fairly frequently, I had a spider bite. I wasn't even aware that I was bitten and I had a quarter size lesion on my leg.

Grounding, Acupuncture, and Static Magnets

Clearly to me, it looked like a spider bite having seen hundreds of them over the years. So I put a magnet on it and literally three hours later, gone.

Wow. Now, when you talk about a magnet, what kind of magnets? A fridge magnet, a round magnet. OK. A thicker round magnet. It wasn't just a little flat fridge type magnet.

So that is conducting the electricity, the current, and kind of stabilizing it to that area where you were putting the magnets. So it's more complicated.

Obviously, I wish it was that simple. but basically a magnet is interacting with the body like grounding is interacting with the body because the body's in motion.

Everything in the cell is in motion. All the electrons are in motion. All the molecules are in motion. Blood flow, lymphatic flow, nerve conduction, fluids in the interstitial tissues and the connective tissues, all of that's in motion.

And that motion relative to the lack of motion from the magnet creates a charge difference. And that charge difference then activates all kinds of processes in the body.

Pulse magnetic fields are dynamic. So a static magnet is just there. It's just sitting there and the body interacts with it. Whereas with a pulse magnetic field, now the pulse magnetic field is dynamic by itself and it's pulsing against the body, which then creates more dynamic action than just a static magnet by itself.

So I stopped working with static magnets after about two or three years of that and said, static magnets don't work anywhere near as well as pulse magnetic fields.

And so the rest, as they say, is history. 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. Pulsed electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

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

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

Transform your health. Visit DrPolitic.com today and let's get started on your healing journey together. Now, when you talk about these microwaves, when you were talking about EMS earlier, this can be a cell phone tower, right?

5G tower. All of that is in the same area, correct? And Wi-Fi. Wi-Fi is broadcasting microwaves. It's emitting microwaves, not as powerful as a cell tower, but the farther you are away from the cell tower, then it's going to be very weak.

And it may be as weak as a wifi. But so the problem there is becoming not only the dose, but also the total dose. So the total dose is not just a single dose, but it's the dose divided over time.

This is what basically medications do. They give you a dose and then that dose acts over a period of time. And then time release medication, or supplements or whatever, are releasing over a period of time, constantly releasing over a period of time.

So they're more dynamic over a period of time than a single dose is. So that's the difference between those and magnetic fields. So magnetic fields are a dose applied at a specific time for a specific purpose, and that's what produces the benefits that we want, that we're looking for.

Yeah. And it's really interesting. I remember this patient I had, her mother noticed that the patients, you know, she just kind of felt worse. She acted less, more, you know, less energy, more sluggish after they put a 5G tower right by the school.

And I guess, would you just say, because you said it's the dose and the frequency, if someone is living really close to high power lines for electricity, if they're living right next to a 5G tower, that they should move, try to get further away?

Well, ideally, you should avoid it. But what happens, though, is that healthy people don't have anywhere near as much of a problem. People who are not healthy, who don't have the resilience and the robustness of the body to respond.

So an analogy that I use is if I tap myself on the shoulder and push myself hard, I'm going to react. in order to get myself back into balance, into the position I'm trying to be in.

So I give myself a very small little tap, there's barely any reaction. If I belt myself, I'm gonna fall over, most likely, or I just have to work really hard to pick back my balance, right?

So that's the dose. So if your little taps over a period of time, you just get irritated by it. They're not gonna do a whole lot of harm to you, but if it's a sharp little tap with a needle, then that's more likely to harm you than just a tap with my fingers.

So it depends on the stimulus and so on to what the level of dose or thing is, but it's better to remove yourself from it if you can, or you have to strengthen yourself.

That's the other option. And PMF therapy does that because PMF therapy stimulates the repair processes in the body and generates responses that are healthy and rebalancing.

And so if you're doing PMF therapy on a regular basis in a home setting, like at least once or twice a day, then you're to some extent undoing some of the potential negative effects of some of these other stimuli in the environment.

But the higher the dose, the more reaction that's gonna be in the body, the more risk of accumulative reactions in the body over time. So it's better to remove yourself than to have to try to find a way to undo it.

Right, absolutely. And you said PMF is way stronger than grounding. I mean, grounding is better than nothing, I guess. But if you really wanted to get into that cellular repair, you would want PMF, correct?

Well, so grounding works basically from an acupuncture perspective. When you wear a copper bracelet, think of it this way, when you wear a copper bracelet, what are you doing?

The copper ions, the copper metal, all right, molecules interact with the sweat in the skin.

Cell Injury, Recovery, and Athletic Performance

And that's sweat, that interaction with the sweat creates current. And that current then is like acupuncture. It creates an action in the body, a reaction in the body.

That's a very tiny amount of stimulus, a very tiny amount of current. So grounding essentially creates, between the grounding material and your body, creates a dielectric.

And that dielectric then goes into the system and charges the system. But it's an extremely weak charge, it's very passive. Magnetic field therapy stimulates the charge production in the body much more actively.

So it's more active and beneficial for significant health issues because it acts better faster. So it's a stronger stimulus. If you take five milligrams of aspirin, it's not gonna do a whole lot of good for you, right?

Probably not, generally, unless you take a lot of it over a period of time. But if you take 250 milligrams of aspirin, you're gonna get the dose benefit of that level of dosing.

So the same thing applies with magnetic field therapies. The amount of the dose that determines the effects in the body that then determines the results that you're gonna get.

Yeah, that makes a lot of sense. Thank you. What about Bluetooth? Is that similar or not as destructive? Oh no, it's still microwaves, but it's a lot lower intensity.

So people who wear Bluetooth devices in their ears all day long are frying their brains. Right. Not as strong as

having the cell phone to your ear. but they're still irritating, stimulating the tissues.

Do not wear Bluetooth all day long. You're better off with a little earpiece. Even that creates a little bit of charge production in the tissues. The best way to communicate with a cell phone basically is on speaker.

Yeah. Or in the car. Well, that's Bluetooth in the car. But that's not right on your ear. That's not right in your ear. Yeah. So what about if someone just wore one piece in their ear instead of both?

Well, the less stimulation you have, the better. Yeah, that was my compromise with my kids. And, you know, I was going to the gym and I was wearing a wired earpiece, but then I was tucking my- That's the way you should do it.

But then I was tucking my cell phone into my pants. So then I'm like, oh, that's probably worse. It's so hard. It's so hard. I wish we could all just put our phones on speaker all the time, right?

So the Bluetooth is bad too, better for one ear. Wired though, like, is the best. And wired with air, with air conduction is the best of all. Yes, yes, I have those.

But they also are the worst of all in terms of being able to hear the signal adequately. Yes, convenient. Especially in a noisy background environment.

Yeah. But, but if you can, you know, and the dose makes the poison, as you were saying, you know, people should not have both on, you know, I guess what's in really right now with the young kids is the, the headphones, the wireless ones that go over your ears.

And I'm like, Oh, that's just bouncing everything back. Wireless, the amount of stimulation from wireless is because it has to be stronger because we're receiving a signal and then it's amplifying that signal right at your ears.

So it's wireless is actually probably in the long run worse than having. To your ear. Well, so but are you saying that there's hope? So say like I have teenagers that are I don't want them to be depressed, so I want them to have technology like their peers.

If I put them on a PMF mat or gave them PMF therapy. Wired, wired, wired. Yeah, would that negate some of that though? Or no, you're saying- Wired. So you can undo it, can undo the AirPods.

Either the speakerphone or wired. Yeah. It's a battle, it's a battle. Well, let's talk about something different. What is the cell injury model? What does that exactly mean?

So that's a very important aspect of PMF therapy. Anytime a cell is injured, whether it's heat or cold or trauma, getting hit, bruised, burned, whatever, that creates an injury to the cell.

So the cell has to recover from that injury. The cell is now assaulted, insulted. It has to react. It's now out of balance. may have been in balance by itself.

Hopefully, it was in balance before. So once you start that process, then you create problems with ATP production. You create mitochondrial damage. You create inflammation.

You create free radical stress to the body. You decrease membranes. You change the DNA and the repair processes of the cell. All of that is part of the cell injury process.

What happens then is that the amount of cell injury is able to be recovered by the cell to a great extent if it doesn't accumulate to a sufficient point that it doesn't recover, can't recover.

So there's what we call the Maginot line, the line of no return. Beyond that line, the cell is irrecoverable. You can't repair it. Now we have 100 trillion cells in our bodies.

So most of the time, a metaphor that I use is that your left little toe decides to get a hangnail. How many cells have to be damaged for you to notice that you have a hangnail?

Millions. Those are a pain. Those are a pain. They sneak up on you, right? It's a small pain. It's a very small pain. My point then is it takes millions of cells to get damaged to a point where your nervous system now begins to sense that there's a problem.

So what happens is that that cell injury process is going on in all those cells continuously. So all those cells may be irreversibly damaged, but they have to have enough cells damaged in that tissue for you to even notice.

So if you're doing magnetic field therapy on a regular basis, you're helping the system, you're helping all of those cell injury processes to be recovered and rebalanced if they aren't bad enough and they haven't accumulated, the dose haven't accumulated enough and you can recover them.

So once it's irrecoverable, then the cell has to die. You get apoptosis or necrosis, right? The cell dies one way or the other and has to recycle. And with necrosis, it's very hard for cells to recycle.

Cells recycle better with apoptosis, the natural death process of a cell. So when you have a cell injury, then you would try to recover. If you can support the cell as it's being injured, before it reaches the line of no return, the point of no return, then you recover the cell, right?

So if you go out and you exercise, exercise is good for us, right? To a point, you can overdo it. Exactly, so exercise is good for us and bad for us. It's both actually, right?

But it may be good for us in the sense that we're trying to grow muscle. or try to stimulate the cardiovascular system. So we have another benefit, but we're taking the risk of having a negative effect.

And hopefully what we do is we balance the two. So if you go out and exercise, delayed onset muscle soreness has been studied with magnetic field therapy.

So when I used to go out and take down a tree in my yard, the next morning I'd wake up with achiness in places I didn't even know I had places. So if I do magnetic field therapy right after I take out that tree, I wake up the next morning, nada, zero, no aches or pains.

Why? Because I've taken that cell injury process that happened with all that work that I was now doing that my muscles are not used to doing and then now they're swollen and they're irritated and inflamed and I reduced that inflammation and the swelling like that immediately.

Next morning I wake up, no evidence of it. So athletes, when they're working out after a workout, they should be doing magnetic therapy. Ideally, every time.

In fact, actually there's a story about the US Olympics. A friend of mine, a colleague worked with the US Olympic teams and he found that the, back when the Soviet Union was still around, he discovered that the East German athletes were bouncing back after competitions and workouts the next morning like they were robots.

It would take our athletes three days to recover. And he said, this is not possible. What are they doing that's not illegal? He walked past their camp and they were laying in magnetic tubes.

So they were taking advantage. If you do magnetic therapy before you exercise, you're increasing the amount of ATP in the muscles, you're increasing circulation in the muscles, you're taking cells that are sort of being lazy and not doing much and energizing them.

So then when you do the workout, now they've got more energy to do a better workout. So you can work longer, work harder and you recover faster. So that's what we're doing with magnetic field therapy and we're decreasing cell injury process.

So that by itself just generally strengthens the body. So he discovered that the Eastern Europeans, they've been working with magnetic fields for a long time and it's not doping, it's not illegal, naturally help the body to recover.

So not only do they perform better, but they recover better and recover faster. Are there any downsides? You kind of explained before why there's not, because it doesn't go continuous, it's pulsed, but is there anyone that shouldn't do this therapy?

Well, there were, but let me give you a warning that I give to everybody using magnetic field therapy. If you get the urge to put on a cape, it's okay.

In fact, you can wear as many capes as you want. But I tell people that if you get the urge to jump over something tall, call me first. Okay, capes, you mean like EMF blocking capes?

No, capes. Superman. Oh, okay. Okay. Okay. But if, yeah, that makes sense, you're going to get that much energy. Well, you may be surprised how much energy you get.

So the thing is that that's okay, but you have to be careful what you do with that extra energy. So the risks are fundamentally, there's only one true contraindication in my research.

And that is transplants. When you've transplanted a tissue, that tissue is normally under immune suppression. So you can't mess with immune suppression or you will damage the results of your transplant.

So that's the absolute contraindication.

Safety, Contraindications, and Treatment Intensity

Pregnancy is sort of a relative thing, certainly because we don't have evidence to say it's perfectly safe in pregnancy. Number two is implantive electronics.

You do have to be careful with that. If your electronics is MR compatible, if you have been told that your electronics can be, you can do an MRI with your electronics, you're probably safe.

But you probably should be talking to someone. If you have implant electronics, it's probably better for you to be talking to somebody who knows something about magnetic fields and knows something about devices to give you the best advice.

So those are the only two. And there are other cautions that you have to be careful with because magnetic field therapy stimulates the physiology. So for example, you can stimulate thyroid hormone production.

So if you're on the edge of becoming hyperthyroid or having Graves' disease, then you have to be very careful because you may produce more hormone than you want.

So you have to, again, you can still do it, but you have to do it under proper guidance. Those are basically it. So in my books, in Power Tools for Health and Supercharge Your Health, my two books, I give guidelines, safety guidelines and contra-education guidelines.

I have information on drpawlik.com on my website as well about being careful about what the risks are. But generally speaking, magnetic fields, because they pass completely through the body, unlike microwaves, because they pass completely through the body, are extraordinarily safe.

What kind of conditions have you been treating with PAMF? The list is very long. So as I mentioned, there are like 27 different mechanisms or actions of magnetic fields.

All those mechanisms or actions are available every time you do magnetic field therapy. So if you have an autoimmune disease, what's happening with autoimmune diseases, inflammation, and then you get tissue

destruction, and you have to have, you have cell injury, you have damaged tissues that are not functioning properly, you have circulation problems.

You know, the list goes on, there's a long… In terms of injury or risk, PMS are certainly safe. So there are some things that you have to be careful with.

But generally speaking, they're very safe. So sometimes, for example, thyroiditis is very common, right? So magnetic field therapy can actually help with Hashimoto's thyroiditis because it decreases inflammation.

So one of the most important things that magnetic fields do in the body, besides decreasing pain naturally, is they decrease inflammation. And chronic inflammation is what leads to a huge amount of damage in the body.

So virtually every health condition that humans deal with has inflammation. Living and breathing causes inflammation. Aging is an inflammatory process.

It's called inflammation. Right? So magnetic field therapy decreases inflammation. If you decrease inflammation, then you recover the body's ability to repair and regenerate itself.

So inflammation reduction is probably one of the most important things. And the important thing about inflammation reduction is you need a strong enough magnetic field to do that.

It has to be about 15 gauss, G-A-U-S-S. And that's 15 gauss at the target tissue. So that means if you're treating across a brain to decrease traumatic brain injury or encephalitis or stroke or Parkinson's or MS, you need to treat across a brain.

That means if you put 15, in order to deliver 15 gauss across the brain, the other side, this coil on this side has to be strong enough to reach all the way across to deliver 15 gauss.

And that's going to require about 4,000 gauss. So my warning to everybody is you always ask whoever's trying to sell you a machine, what is the magnetic field intensity?

If they won't tell you what the magnetic field intensity is, then would you buy a car if the salesperson wouldn't tell you what the horsepower is? No.

You don't know what it's going to do if you don't know what the horsepower is, right? Same thing with magnetic field therapy. You don't know what it's going to be able to do for you if you don't know the intensity.

And huge percentage of people who are selling PMF devices these days, particularly in the multi-level marketing world, they don't know. A, they don't know, and B, they don't want to talk about it.

So if they don't know, then I would advise you not to get it, because then you don't know what it's going to do for you. Right. Now, are those even doing anything or no?

They are. So they're barely doing anything, but they are. At the very least, they're stimulating the acupuncture system. And they're improving circulation superficially in the skin primarily.

But you can't improve circulation deep in a brain or deep in a kidney or a lung or a heart. or deep in a joint because the magnetic field is not strong enough to go that far, right?

So if it's, if the magnetic field is only half a Gauss or one Gauss already, okay, at its maximum, then it's just about zero. So I tell people that 10 times zero is still zero.

100 times zero is still zero. You have to know the magnetic field intensity in order to adequately treat inflammation. And that makes a lot of sense. So how does PMF therapy and peptides, how did they complement each other in a holistic approach to health and wellness?

Well, I guess it kind of goes back to the question, what are peptides? Peptides are pieces of protein. and all the tissues of the body work and function because of proteins.

And so there are different pieces of proteins that have different actions in the body. And they're used in medicine, actually therapeutically as well.

Insulin, for example, is a peptide, right? So insulin is used to help to deal with sugar, how to manage sugar. Now there are lots of peptides that are now being used for health purposes, and they're used to help to support the body's functions.

Right, so if you're using peptides, but if you're using antioxidants or if you're using natural anti-inflammatory agents, you're relying on them to be able to do the job of managing whatever the inflammation is or whatever the cause is of that inflammation.

So if you've got 10 milligrams of, again, a peptide, for example, but you need 1,000, 10 milligrams is still gonna give you a benefit, but it's not gonna give you enough benefit to take care of the other 900 milligrams it needs.

So this is why we usually combine things. Everything that you're gonna do is combined and work synergistically with magnetic field therapy. So magnetic field therapy will take the peptides and make the peptides work better.

Now we don't know whether it's gonna be a factor of one time more, five times more or a thousand times more. So usually these things are what we call a multiplicative, they're adaptive.

And so you have to sort of figure out for whatever you're doing, whether what you're doing is enough with the peptides or you're enough with the other supplements that you're taking.

and then how you need to add things together to get the best results for yourself. So peptides help tissue functioning, so they're used for healing, they're used for stimulating repair and regeneration, they're used for symptom management, they're used to develop collagen, to improve collagen production, and PMFs improve collagen production too.

So as a result, working with the peptides to produce collagen adds to the benefits of the collagen with the natural stimulation that you're getting from magnetic field therapy, because it works through different mechanisms.

And because you're working through different mechanisms, you've got different actions going on to produce the collagen that you need. So it's basically peptides, magnetic field therapy works synergistically with peptides.

So almost any peptides that you're gonna use will be helped by magnetic field therapy. So how do you figure out what you need? Maybe you start with your peptides, because this is a peptide discussion, so you start with your peptides and see what they've done for you.

And then you evaluate over time to see whether that's good enough, or you have to increase your dose or increase how often you do it, or you add another technology.

And we can add other technologies to PMF therapy too, like hyperbaric, like IV therapies, IV vitamin C, IV ALA, et cetera. You can add red light therapies.

You could add infrared therapies. All of these therapies work together. So magnetic field therapy works synergistically with almost virtually every other therapy, except maybe homeopathy.

Interesting. Why not homeopathy? Well, homeopathy is based on resonance. And homeopathy is also based on the low dose or what we call hermesis. And so because you're doing a low dose, you can't have any other conflicting influences at the same time.

So it's frequently said when you're doing homeopathy, don't do coffee or don't use spearmint or don't use other

toothpastes that have strong flavors to them because those resonances of those flavors and those other substances bounce or basically counteract the effects of the homeopathy.

So magnetic field therapy is in its own way resonance therapy. So you shouldn't do it at the same time. You can do homeopathy and magnetic field therapy, but you should do magnetic therapy first and then the homeopathy.

So you don't have the magnetic therapy erase or bump the homeopathy. Your body was designed to heal, but illness, chronic disease, stress, injury and time can slow that process down.

What if you could restore your body's natural ability to recover, recharge and feel its best? The key to healing is giving your body the energy to repair itself.

PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals and helped thousands of people reduce pain, regain energy, and take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

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

So what does PEMF look like? Could you explain to us like what someone would expect if they were getting it done correctly? That's a PEMF. So basically when you go on DrProduct.com, we have a product comparison guide.

PEMF, Peptides, and Complementary Therapies

There are all kinds of machines and devices from really big boxes that are the size of a big suitcase down to machines that are like this size. In fact, I have one behind me, if you don't mind.

So this is a device called an X-pulser. So this little machine, battery operated, nine volt battery. So it works basically continuously as long as the battery's there.

And that machine is designed for sleep. So it's designed, these coils then are put on the pillow. The control unit is put under the pillow. And then you put that where your head would rest and that helps to induce sleep.

So this is a portable battery operated machine for a specific purpose. But as I said, there are boxes that are machines that are much bigger and more effective.

This is another example of a machine, the size, the configuration. So this is a much stronger magnetic field. It's probably about 300 or 400 gauss. So that little one is a maximum of about 100. And then we have machines that are about the same level as an MRI that can be upwards of 10,000, 20,000 gauss.

So the bigger the area of the body you're treating, The deeper the magnetic field has to go, the stronger the magnetic field has to be to produce a change in the body, like, again, treating across a brain.

You're gonna need a 4,000-gallon magnetic field to treat across a brain. Same thing going into the heart or into the lungs or into a liver. And in my book, Supercharger Health, I have a table that shows you the magnetic field intensity you need at different depths in the body to decrease inflammation.

There's also a blog on my website about adenosine, So adenosine is the molecule that we're aiming to stimulate to deal with inflammation. And the adenosine receptor is on every white blood cell.

So basically adenosine receptors are throughout the whole body. So again, if you're trying to treat inflammation like long hauler syndrome, if you're trying to treat long haul problems in the lungs, then you need a big enough

magnetic field that's going to deliver 15 gals deep into that lung.

Front to back. You know, and so on. So the book, Supercharger Health, gives you protocols and gives you advice on the kinds of machine that you're likely to need and how you probably should use it.

So there's over about 80 different conditions in that book where I give relatively specific advice about how to use it, which machine to get and how to use it.

And then on drpaulig.com, we offer free consultations for people who have cancer, who have MS, Parkinson's, who have pretty significant and fairly serious health conditions, because they often need advice to get the right equipment.

Because again, there's so many people selling machines out there that they think those machines are good for anything. And as we know in healthcare, that there's no such thing as one size fits all.

Right. Yeah. And that part is very helpful. Yeah. That part can probably get confusing. And, and I'm sure you've noticed that a lot of these tools in medicine, you know, they're being just like scooped up by just business people and they don't know as much about the science and they don't have your decades of expertise treating these conditions.

So I think you just bring so much value to PMFs. And I learned a lot too, because You know, I didn't know you should ask, you know, what is the intensity?

So I love that. It's so important, your wisdom. Can you share with us any favorite patient stories that you have using PMF? Oh, after 30 years of using magnetic field therapies, it's hard to come up with a lot.

There are too many stories, in fact. One of my favorites is a three-year-old girl who cut off the end of her thumb in a door jam. the sharp edge door jam, he basically just sliced it right off.

And so fortunately, the father called me before the plastic surgeons had at it. And I said, well, we could probably do something with this. You don't necessarily have to do surgery.

And if we needed to do surgery, basically just putting the piece back on again, just sewing it back on is a bandage by itself, right? And let the body deal with it.

And if we're lucky, then the body will repair. What we did is we did a machine just like this, about the same intensity as this, about 100 gauss. She did an hour and a half to three hours a day.

And I have pictures over time. So in my book, Power Tools for Health, I have copies of the pictures about the progression of her healing over 12 weeks, literally.

So what do you think would normally happen to that thumb? So for those, if it's just the tip in the ER, we just let them heal by secondary intention. If it's a big enough area, sometimes they can do microvascular surgery.

Really not good outcomes with these though, not with fingertip amputations. So it's not fingertip, it's below the knee. Well, even those sorts of amputations.

I mean, they don't always do well. No, they don't. So this little girl, 12 weeks later, she's regrowing her nail. So I have the sequential pictures of the black, avascular, right?

It started to get pink, started to get pink, starting to get pink, and eventually she's regrowing her nail. 12 weeks later, she's regrowing her nail. Amazing.

How often have you seen that happen? You don't. That's right, you don't. So that's why I tell that story. I also had a guy who was diabetic, who was told by the vascular surgeons that he has to have bilateral below knee

amputations.

And I saw him, he had no capillary return. It was black, almost black.

Devices, Protocols, and Patient Success Stories

Actually, it was purple, but not quite black. And I said, I really don't want to take care of you because you're going to knock out your kidneys while we're trying to do something with this, right?

And they insisted. So, fine. I said, okay, fine. We're going to follow you every week. We're going to do magnetic therapy. We're going to do nutrition.

We're going to stop your smoking. We're going to stop your alcohol. You know, you start to do all the other things that you should be doing lifestyle-wise.

So, I saw him a week later. A tinge, a tinge of capillary return. So, I followed him weekly. So, long story short, three months later, he goes back to vascular surgery and he says, oh, I guess we don't need to amputate.

It's amazing. That's really crazy. Right. That's the ability of PMF therapy to regenerate. Now you still have to do your job. You still have to do your part of this.

You can't keep throwing gasoline on the fire and expect to be putting the fire out. So that's another amazing story. But we see stories like this all the time.

It's pretty routine. Pain management is very good because magnetic field therapy helps the tissues to repair the cause of the pain. Putting a Band-Aid on it, taking a narcotic or taking ibuprofen is not gonna heal.

But magnetic field therapy has the opportunity not only to reduce the pain, but actually healing the tissue so the pain doesn't come back. So that's routine.

You see that all the time. So tissue healing is very common, but Lyme disease, cancer, we have tons of research. I've done a bunch of webinars. So on my website, you can go and see a bunch of webinars that I did on Parkinson's and MS and sleep and so on.

Hypertension on what the effects of PMFs could be in those conditions. So even in cancer, we see some pretty spectacular improvements in cancer. We can do bone healing as well.

And you can combine magnetic field therapy with chemo, with radiation. If you wanted to do those, you can combine it. And if you do magnetic field therapy early enough in the process, you can prevent metastasis 10 to 15 years later as you keep doing magnetic field therapy.

So it's not a one-time thing. You can't just take your dose for a week and then you're done. And I think one of our huge misconceptions in medicine is that we can go ahead and do a series of chemo treatments or radiation treatments, and then we cross our fingers, right?

So I have learned over the years, 50 years of practicing medicine, you can lead a horse to water. Then you start an IV, right? But I discovered magnetic field therapy.

I don't have to worry about starting IVs as much. That's amazing. Well, I feel like I could talk to you for hours and maybe I'll have to talk to you again sometime and do another interview.

But thank you so much, Dr. Pollack. And I think you mentioned your website. It's super easy to find. It's drdrpawluk.com. Oh, yeah. And then the books, again, the two books, and they're on the website as well.

There's a huge amount of information, a lot of blogs, a lot of videos. You'll find a lot of information. And if you get

confused and you have a fairly serious health condition, if you're only willing to spend $25 on a treatment, don't bother asking for consultation.

My time is valuable and they're free. So if you're gonna get a consultation, then you have to be motivated and ready to spend what you need to spend to get the right equipment to help with your problem.

Yeah, and that's a great point. And sometimes people don't realize that. To get the right treatment or see the right practitioner or people with the right expertise, the right machine, sometimes you have to spend a little more.

But if you spend less and you get lower quality, then you're gonna have to go back and spend more later. So it just, it doesn't work. And we know this.

Yeah, we do know it. One of my expressions as a result that I've learned over the years as well is you can pay me now or you can pay me later. But if you pay me later, you won't like the interest.

Yes, that's a good one. I love it. I love it. And I say that with health, either pay now or pay later, invest in your health now. So that's really what we got to do.

And the summit talks a lot about that, prevention and wellness longevity. So hopefully PMF is part of everyone's plan now. Along with peptides and all the other good things that you're supposed to be doing.

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

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

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

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