Introduction to Dr. Pawluk and PEMF

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally. And today I am joined by the wonderful doctor, William Pawluk, who is a holistic doctor in Baltimore.

And he has previous academic positions at Johns Hopkins and University of Maryland. He's got training in acupuncture, nutrition, herbals, energy, medicine, homoeopathy, hypnosis, bodywork, and multiple other therapies.

But the reason why I wanted him on this summit to share his wisdom with you is he's considered the foremost authority on the use of pulsed electromagnetic field therapy in North America.

And he has a fascinating story about this. And I also have to disclose that I myself went to see Dr. Pawluk back in the day and a consult, and it really changed the trajectory of my healing.

So I know I'll get into that today. And we really see him as an authority in being able to make major progress on stubborn, chronic and very frustrating even what we would consider mystery health problems.

So this is a phenomenal source of wisdom for you here on this show. And I'm so thrilled to welcome you today. Dr. Pawluk, thank you so much for being here.

Thank you for having me on and being part of your tribe and sharing. I know we're going to have some fun. Yeah, absolutely. So I know that you didn't just happen into this becomingthe foremost expert on PEMF therapy.

Tell us a little bit about your story before we get into the nitty gritty of how this can help people and what are the different applications? Well, I don't really have a personal story that a lot of people have that shifted their path.

My shift path shift was a sort of a gentle, more gentle process, but it was more alarming in a sense that what like any other impetus to kick in the black and Latin, we call that visa tear go kick in the butt.

So the kick in the butt was that I was part of a medical group and we shared patients and we went to the hospital, rounded on our patients on a regular basis in a very short period of time.

I had two patients, one who died and one who almost died, and one was who was very, very sick. And they died. One thing in common or almost died of one thing in common.

Gastric bleeding. Oof! And what was the cause of the gastric bleeding? Our dear friend, ibuprofen. Hmm. So back in those days, back in the. In the eighties, mid eighties, nineties.

That's what we that's what we used. We have these narcotics are we use the non-steroidal anti-inflammatory and Tylenol or we sent you to the surgeons.

Right. And they did their thing. So I said with that with that experience, I said, this is insane. Medicine in Saturday is doing the same thing over and over and over again, hoping you don't get a bad result.

How PEMF Became a Healing Focus

Right. So but you keep doing it and you cross your fingers that you don't get a bad result. Well, in this case, it turns out that three people almost simultaneously had a bad result from something that shouldn't cause a problem.

Right. It's supposed to solve a problem. That's why I say this is bad medicine. So I said I got to I got to go outside the House of Medicine to learn something new and different, to be able to deal with the pain problem.

And from that, I basically studied acupuncture. Have you finished acupuncture? I was trying to practice acupuncture around 1990 ish, and I couldn't people wouldn't let me near them with needles.

Stay away. Stay away with those needles because they didn't understand acupuncture at the time. And Madonna had not had acupuncture in her movie scene.

So we didn't know about it yet. So I said, Well, how do I do acupuncture without using needles? I discovered magnets that in the Orient and the Eastern World part of the world, which is home of acupuncture anyway, they started using magnets on acupuncture points.

So you can stimulate acupuncture points in a lot of ways. Needles is only one. And so magnets I discovered the magnets started using the magnets and I said it was doing.

I was seeing other things happening that I didn't see with needles. Like what. Tissues would heal, information would go down, pain would go away in that spot.

So acupuncture works largely, indirectly in the body. It's not as direct. It doesn't do tissue healing. So basically I started doing magnets more and more and I started getting tissue healing more and more.

So in terms of gut healing, this is relevant. One day I was going to redo my back patio, had a book, and I was going to spend three or 4 hours reading and I got an I felt an itch on my leg, looked down my leg, and I had a quarter sized lesion on my lower leg.

Clearly to me, having that kind of experience as a doctor, I've seen so many of these. It was a spider bite. I barely felt the bite, but already was swelling and itching and sore and red and so on.

So this is not a good sign. This is going to go bad quickly. And so I said, What do I do? I got this reading to do and I have this lesion. So do I call a doctor.

I could have looked in the mirror and I know I know the doctor, but it's so I can't. I put a magnet on it. Nice little thick block magnet, which was a circular magnet.

Was a thick magnet. Taped it on my leg, sat down right for the next 3 hours. Finally, I did feel anything from it, looked down on gone. So how long does it take a spider bite to go away?

Usually days, if not weeks. Eight weeks? Yes. Gone. Wow. Wow. This is interesting. This is worth noting. Mm hmm. Magnet bang does that. So magnets. Then I started moving away from acupuncture purposes for the magnetics into the tissue healing aspect of it.

And eventually I gave up using acupuncture at all because I could do a lot more for people with the magnets. I could do the acupuncture as well, and I could do a lot more with the magnets.

And the tissue healing became the most important part of this. Unlike acupuncture, I had a little girl, three year old girl, cut off the order of a thumb and a doorjamb cut right off.

And the surgeons were going to do what surgeons do with it, which is to clean it up. And so the graft put a graft on it, which would leave that little three year old with an abnormal thumb for the rest of her life.

So I said, Well, I heard the stories from England and from Europe where they up to about age 11. If you go beyond that first joint, you can get regeneration.

I've never seen it, but I said, What's the harm? Just put the tech put the the tissue back on so it back off. So it serves as a bandage, it covers the wound and it's natural as biological.

It's not synthetic. It's not going to cause any risk or harm. And if it does fall off, you're back to where you were

before anyway, right? Right. So she was using a small magnetic field device, which we can talk about it about an hour and a half to 3 hours a day.

12 weeks later, she's regrowing her now, what, four weeks? She regrew her thumb. What? What? That's what I said. Now that I said, that is also notable.

Yes, I would call that notably out now. Now. Now you have my attention. Yeah, no kidding. I have never seen that happen in my life as a doctor, as a person, as a human.

And I don't know anybody else who've seen that happen either. That what of that kind of spontaneous healing or total regeneration of the extremity that happens in salamanders?

I know this was not a salamander. So you mentioned this PEMF device. What is this PEMF technology and how can you like what are the basic physiological actions of it?

How does it work? All right. So backing up all the way, if you will, we tend to think of ourselves as being tissue, skin. That's what we are as tissue.

What PEMF Is and How It Works

And we are all kinds of stuff inside there that's doing whatever it is. We don't have any control over. It just does what it does. But we are just tissue.

What makes tissue molecules? All right. So molecules make tissue. So what are molecules? How do molecules work? Molecules are basically made of physics material, physical material, which is at a level of understanding that subatomic or atomic or quantum whatever, you get it.

But way below our level of visualization. So physics control controls chemistry and chemistry controls tissue, any tissue in the body, guts, brains, skeletons, skin, you name it.

And what controls physics, let's say quantum physics for argument's sake or non argument, say what controls quantum physics, energy. Spirit. Mm. That's now, now that's in the spiritual realms.

But all of that, ultimately all of that is a cascading effect of electromagnetics. The second force in the universe is the electromagnetic second force.

It's the biggest force in the universe, not necessarily the strongest, but it's the biggest. It's even bigger than gravity, but not strong a stronger than gravity dependent and depending on the circumstances.

But it's the biggest force. It's a second force of the universe. So we are and the electromagnetic being down to the most granular level you can get to.

And that means you're subject to the laws of physics that relate to electro magnetism. So where there's electro magnetic but there's magnetic, there's electro, you can't separate them and then glow.

And so as a result, what we're doing then is we're using the principles of physics, maybe quantum physics as well, to then drive everything below that.

We drive the chip, we drive the molecules, then we drive the tissue, and that tissue will heal itself. Given the right stimulus. So electromagnetic is basically unseen.

You can't see it, you can't see the wind, you can only see the wind by its effects. You don't know it's there until at least start moving. Other branches start moving or you start to feel cold in your skin or whatever, all those manifestations of it.

But you can't see the wind, you can not see electromagnetic waves. They're unseen, but we know them by their actions. And when you pass that magnetic field through a body, through anything organic, essentially it passes right on through.

It completely ignores that there's a body there completely, totally. Only if maybe there's some metal in that body, then maybe the magnetic field will have to move itself shunt shut shut itself a little bit by virtue of that, because it can't pass through metal easy as easily.

So human body then without any metal in it basically is completely transparent to magnetic field. And as that magnetic field passes through that tissue, through that body that appears dense, it passes complete through the body and it keeps on going as if it wasn't even there.

But as it's passing through, according to a law of physics called Faraday's law, as it's passing through a body and it begins to create charge, it creates energy.

So a great discoverer, a physicist, an entrepreneur, whatever he was, his name is Faraday, discovered that if you take a circuit, copper circuit, copper wire circuit, and you put a light bulb in it in that circuit, no energy, no power coming to it.

It's just sitting there waiting and you take a magnetic field and you pass the magnetic field past that circuit to pass the wire, not the light, but it's a wire.

And all of a sudden the light bulb lights up. So that's Faraday's law of induction. So that discovery basically basically educated us or informed us that magnetic fields pass through a body that is able to be affected by charge movement ions moving.

Then you create charge, you create energy. And that's what we're doing with magnetic fields in the body. We're doing Faraday's law for passing magnetic fields, pass all these charge carriers, every single molecule in the body has charge to it.

Right? And they're all talking to each other. And so what happens is when we're sick, when we have an injury, we have temporarily disrupted the natural sort of functions of that tissue or that body.

And now that body has to react to the injury and produce resources, throw resources at the injury to be able to bring it back into some level of balance, preferably in its original state.

You may not be able to go back to the original state, but you will create a new level of balance. And so magnetic fields are basically stimulating the body.

Fix yourself. I've give you the energy. Go fix yourself. So the magnetic field therapy doesn't hear you, the body heals you. Yeah. And all you're doing is.

Is pushing the body to do what it's supposed to do. I really appreciate you taking the time to unpack this, because it can seem hard to grasp and very abstract.

But there's such a real physiological impact on the body when you actually provide it. The energy that it's missing to do what it already knows how to do.

And I think there's there's something about that for those of us who have been through serious chronic illness, where it's it's almost salt on the wound to consider how smart your body really is.

And yet it's somehow, for whatever reason, whatever your root causes are not any position to do what it knows how to do to maintain itself, especially with gut conditions, you know, because the gut is so resilient.

You know, we always hear these statistics and they're almost irritating when you're unwell to hear and like, oh

yeah, the gut lining replenishes itself every few days.

Really? Well, how come I'm down to three fruits, you know? So I would love for you to share and really highlight what can this phenomenal form of therapy PEMF work actually do to support gut healing and even accelerate it?

So we all know the different tissues of the body have different healing rates, right? Corneas heal at 24 hours. Bones can take years. Nerve cells, nerves to conduct sensation back and forth in the body.

They take months, two years to heal. But the gut is connective tissue. It's all connective tissue. There's not a bone, right? There are nerves, but it's all soft connective tissue.

It's all very, very mobile. That's vascular. It has a tremendous amount of innovation. We know that the gut is the second brain. Actually, there's more neurons in the gut than there are in the brain.

Gut just thinks differently than the brain. It has a different set of rules that it lives by. But because it's so flexibleand connective tissue, PEMF therapy goes through it like like lightning through a cloud in the connective tissues, the soft tissues of the body.

If you're conducting charge, never mind going down a nerve. If you do this with your arm, you just there just that action caused a nerve are basically a conductive wave, a wave of energy to move down that extremity, that arm at the rate of 30 meters per second.

That's instantaneous. Yeah, right. Effectively. So when you pass a magnetic field through the body and you're producing more energy, you also have to tell the cells, Wake up, wake up, wake up.

And the cells begin to wake up. Now dead is dead. So what do they say? I have a disclaimer. I do not raise the dead. I do work with the living dead, but not the dead. Dead.

For that you have to go to God. And you're working with me because God sent you here. Because I work with the living dead. It well, that was certainly right about where I was at when we had our consults.

And I don't remember very much about it because those were my really bad Lyme years.

PEMF for Gut Healing and Tissue Repair

And you know, but I know that I had just gotten a diagnosis about Hashimoto's and the doctors I was working with at the time were talking to me in terms of a life of pain and how we could maybe see some some movement in that, but we would measure progress by years, not months, and that I would have to play a perfect game and have a zero stress life, which is fundamentally impossible for me at the time.

And I remember sitting in my car on the phone with you writing down notes on a post-it that was trying to take notes about what you were telling me to do.

And just like leaking tears because your presence and your compassion was so palpable. And also the strategies you were talking about finally sounded doable.

You know? And luckily, I'll just make the story short. I rented the device. He told me to write. We got such good results that, you know, Michael ended up buying one, which for us was like the biggest purchase we'd ever made on my health before.

And I used it daily, and it was a phenomenal expediting of you know, some of the work I had to do anyway with some supplements and things. But I know that I could not have gotten there in the same trajectory without that.

So that's part of what magnetic fields do because they wake everything up. I have two books written two books recently. So one is called Power Tools for Health and that's my first book that has all references.

It has like 500 references, teaches us the science of how magnetic fields work in the body. And in that book I outline 25 Machen isms of action magnetic field in the body.

So, for example, improving circulation, decreasing pain fibers from firing stem cells, tissue regeneration. So we talked about the child with some estimates of regeneration decreasing inflammation, creed, anything that's wrong with the body.

Inflammation is at the root of everything. And people often say, well, we want to have zero inflammation. We want zero aging. I said, Life is aging, right?

And death is aging is death by a thousand cuts, each cut causes damage, each cut causes inflammation. And we rely on our bodies to eliminate that inflammation and the damage caused by the inflammation.

But the body needs help. You know, how efficient is the body? Great question. As efficient, I guess, as you support it to be. That's important, but not enough.

It's not sufficient. It's necessary, but not sufficient. We are only about 25% efficient. Really. Our cars are about 20% efficient. So what's efficiency in that sense?

Efficiency is taking energy and putting it to work. The food you eat towards an energy, that energy then has to be used by the body to produce work and the work.

In this case we're talking about tissue repair by reducing inflammation or improving circulation, helping the neurons to work better, decreasing swelling in the tissues.

All of that stuff is work. But we need to convert the energy that we are taking in in terms of food especially, and converting it to work. So we're very, very inefficient.

That's why when you do magnetic field therapy, even if you're optimized, you're not interesting, you need more help. So we think a wound, if you have a wound and the experiments have been done with that, with rats in particular, they cut out a section of the back of a rat, and then they had a group of rats that were left to heal.

They had the usual care for wound care and so on, and they had a group of rats that the usual wound care work, and they had magnetic therapy. The rats with the magnetic therapy healed in half the time.

I guess I shouldn't be surprised. That sounds pretty much par for the course with this. They were deficient. They just need more help and you couldn't rely on chance alone.

So when you have surgery, when you try to heal a gut, well, you have surgery, you have your appendectomy or you have your cyst removed or you have your diverticulosis kind of cut out, cut out diverticulitis, cut out whatever.

All that has to heal. What does the surgeon do to help you to heal, really? You leave the office and the surgeon, his fingers says, okay, go heal thyself.

Surgery does nothing to help you to heal, go heal, base out. And so they have all this experience with people healing themselves. But there are people at all kinds of stages of ability to heal that.

If the therapy you're removing chance to talk about gut. So I had to have an elective procedure for my appendix. I had a colonoscopy and they did the colonoscopy.

They had a little tumor sitting at my the opening of the appendix, what it was, they didn't biopsy at the time. So so I got to take your appendix out.

We know what this is. So I had elected for an elective appendectomy, so I had three stab wounds with laparoscopic removal. Right. Not the big open cut.

Okay, so I had three stab wounds. So I put a magnet on to stab wounds. And the third one is the control. So this happened on midday on Friday. I was back to work Monday morning.

What what? That's phenomenal. So now it was I healed. No, no. But I had no swelling. I had no pain. The wound clean, right? Yes. My muscle was cut a bit, so I had to be careful a little bit with my movement and so on.

But I was able to go back to work on Monday. Now normally what the research is to tell you what was going to take you 2 to 6 weeks to heal, right. So we removed charts now.

So when you think about chronic conditions and of course it's a wide range of issues that we're addressing on the summit, you know, like you got on the way to food sensitivities, you know, immune dysregulation, autoimmune conditions like colitis, Crohn's, you know, there's there's a wide, wide range, right?

And I'd be hard pressed to think of one that wouldn't be supported by PMT. But is there any any contraindications or certain gut conditions that you think would be particularly well suited to EMF therapy?

Commonality with virtually all gut conditions. The common out is inflammation. Mm hmm. Mm. You have all kinds of other aspects to it. You could have dead tissue.

You could have neurological tissue that's bound together, causing chronic pain. You could have a lack of circulation. The tissue, one of the most common causes of lack of circulation of tissue is inflammation.

You have inflammation. You have decreased blood supply. You have what we call hypo perfusion and we have hypo perfusion you to decrease the swelling. All of a sudden the blood supply comes in and then you need the blood supply to bring all the nutrients in.

You need the blood supply to bring in all the immune factors that will help to heal those tissues. If you have surgery, you're going to have swelling.

You have to have swelling because that's the first phase of inflammation. So heal that wound. Right. But that the wound is on its own. Cross your fingers and it's going to heal. Right.

So what we're doing with magnetic therapies, we're giving it the energy that it needs to to give it the right impetus and guards around it to heal properly.

So it doesn't matter what the tissue or inflammation is, the root cause, then that inflammation, then it causes lack of blood supply of ischemia, right?

So that can be local or can be huge. You have a blockage of a blood vessel that basically destroys the entire gut. So ulcerative colitis, Crohn's disease, area bowel syndrome, diverticulosis, all of these are basic connective tissue issues.

And then when you provide the right nutrients by the right energetic support to the tissue, then the tissue now has the capability of healing itself. You're had a surgeon friend who in Virginia Beach, plastic surgeon who discovered over the years that people complained about the surgical results.

But what he discovered, the most common factor to their poor results other than our expectations of plastic surgery, have expectations right. Other than expectations, the attrition they took all of his patients from that point forward, they said you have to be on a diet for three months.

Here's your diet. You've got to be on this diet for three months before I will do surgery. And you have to prove to me that you're on it, that you're using it, and we're going to be checking in on a regular basis, sort of like weight loss programs.

Right. And what I found is that the complications so the tissue people went into surgery healthier. So when you had

the trauma of your surgery, your body already had the resources available to defend itself and to Marshall.

Marshall, that's on healing. Now, what he didn't do is make medical therapy and we've actually seen this with plastic surgery is that the wounds heal much faster.

So we're talking about the wounds. Again, whatever you've got going on in your body that's causing inflammation and breakdown and pain and discomfort and poor nutrition and a microbiome that's not working.

All of these are often related to the lack of energy in that system. To do the repair work that it needs to do. And if you can heal healed on half the time that you have half the time available to get into trouble.

Yeah. You know, what I think is really interesting about this is when you look at the landscape of protocols and tools available today for people with chronic conditions, so many of them either ignore how to deal with a body that is under energized, inefficient and in a state of poor circulation, poor cellular turnover and high inflammation.

So they ignore that and they go in and they try to do, like I say, hunt and kill protocols, but like harsh fungicides and I. V. therapies that kind of take the body and go, wait a minute, where's this coming from?

You know, it's like a left turn out of nowhere. The body's totally unprepared for some of these, what we call healing tools.

Inflammation, Recovery, and Chronic Conditions

Or at the other end of the spectrum, they are spending so much time in the protocol design just fighting inflammation that effectively all you're doing is treading water, and neither end of the spectrum is really creating lasting results, is really reaching at the root cause, the originating factors of the chronic conditions, because there's simply no capacity in the body to do that at either end of the spectrum.

What are your thoughts about that? Because it feels like to me and this is why we incorporate the AMF as much as possible to our practice and other regenerative therapies.

You know, depending on what the issues are, if you don't account for this lack of energy and this really intense inflammation, you're lost before you even get out the starting gate.

It takes a village right there. Most problems that we deal with, particularly chronic problems, and they often they can start with one problem. They can start with a again, having an appendectomy.

And from there your diet goes off, you're eating the wrong foods. You don't heal. Properties are one. One problem begins to cascade into the next problem, which cascades in the next problem.

And then if you add conventional medical therapies on top of all of this, now you're adding another layer of conditioning and I learned homeopathy. Everything's layered.

Your life is layered. You're an onion, right? So your appendectomy or your recent I need an appendectomy is one more layer on top of a whole bunch of previous layers.

Great point. But you have to kind of peel away a whole onion. You can start with where you are and as you get better, you discover there's another problem.

I have to peel that layer. You discover there's another problem where all these problems can be layered and hidden from from from being obvious. Nutrition is absent.

Critical rest is absolutely critical to having a good attitude. Hope is critical, being psychologically well balanced. You carry a lot of anger in you.

Your body's diverting all kinds of energy to being angry away from healing. So you really do need to take care of everything. So magnetic field therapy doesn't solve all problems.

It's one more tool, and it's a tool that will it's an accelerant to accelerate everything else you're doing. Yeah, that's that's a really important context, I think.

But then it frees you from having to spend your supplement budget on anti-inflammatories that probably weren't even reaching the right tissues anyway.

And yes. Right. And they're only one piece of that little puzzle. And let's take it let's take curcumin as a anti-inflammatory. How good is curcumin as an anti-inflammatory?

You tell me. What do you say? Not not very good. I don't use it. So why don't see the clinical results? The reason is that it's only about 25% bioavailable.

Interesting. Right? Curcumin is very poorly absorbed. So now we use curcumin with biopiracy and there are other kinds of cognitive and so molecularly fixed to be more bioabsorbable.

But it's still you don't get the value from it that you need because it's just not bioabsorbable enough now as it is. So it's not it may not be sufficient.

Is it necessary? You can argue that point as well. There are probably other anti-inflammatories that could work as well or better than curcumin, but that's the one we know.

Right? So everybody's on target. But magnetic field therapy does one better. Does curcumin heal you and accelerate the healing process? No. Right. So you got one tool that can accelerate the healing process, help the tissues get nourished better, know the tissues good.

Use the nutrition you give it better. And if you're using other therapies alongside it, like again, helping with the microbiome, chemotherapy can help with the microbiome.

I don't know if you knew that, but if you stimulate your brain with magnetic field therapy and why would you do that stress? What a stress. Due to the microbiome or the stress due to the body in general, the gut is huge, huge factor.

So if you decrease the stress level in the brain that the brain perceives the microbiome, the nervous system of the gut settles down, the microbiome gets rebalanced, you get the healing actions in the tissues.

So what you're doing to the brain also cascades down into the gut. So if you just if you just treated the brain, it's going to help your gut in other ways as well.

But if you combine the two healing the gut directly and healing the brain, then you have to watch out about putting on keeps. Oh, yeah, everybody everybody wishes they had that problem.

The urge to put on a cape. Yeah. So to, you know, I have to reveal to the audience that I told you about how much may have helped me back in the day before.

And he told me, guys, that success he charges more for it. So you know, just watch out. Yeah but I don't charge you too much. So I do want to give you give our audience a little bit of a point of clarification here, because they've heard at this point that EMFs can be bad for your health and they can slow down tissue regeneration.

And so I really want to draw an important distinction between EMF exposure like wireless radiation and chemotherapy. And if you could describe the difference between those two, that would be fantastic.

All right. Thank you. That's that's that's the elephant in the room. So if I do these interviews, that's the first thing I do. I want to just get that out of the way.

All of that hold that reserve that risk and that that right here are anxiety related therapies. Well, EMFs, I call it environmental magnetic fields. It's electromagnetic fields, but they're environmental they're designed for other purposes.

They're not communication or delivery of information. They're not designed for healing. And the body just simply gets it away. Right now, these fields are designed to be broadcast into space.

Microwave towers are broadcast into space. They don't have said broadcast specifically goes for one point to another point. They're broadcast widely and I call that open loop.

Now, in addition to that, they are frequencies. So they are they do have frequencies to them. And those frequencies, particularly with cell phones and cell towers, are microwave frequencies.

So how do we use microwaves in our lives? Cooking? Why do they cook? Why do microwaves cook as the wavelengths are extremely short and therefore they get absorbed?

When you get absorbed, you create heat. So we use microwaves in medicine actually to burn tissue. We actually use it for that purpose. We know what we're doing with it for that purpose, but cell phones are broadcast for communication purposes.

If a body happens to get in the way, well, it's going to be affected by those microwaves being absorbed by the body. In the analogy I use frequently, you have a cell phone in your head and you're talking to somebody.

Let's say try for ten or 15 minutes to somebody on the phone, pull it away from your head and see what color your ear is. Bright red frequently. Yeah, yeah. Right.

And that side of your face is heated and irritated. And exactly at the other side of your head, you didn't get the. My microwave exposure is fine. What were you doing with the with the cell phone to your ear?

You were cooking your ear, getting it and the brain just below that. That's why people have their cell phones in their faces for long periods of time.

Throughout the day. Often we'll end up having acoustic neuroma on that side of the head. Right? Right. So that's the difference there absorbed the height, the very short wavelengths, the high frequencies and their broadcast pumps have a completely different design component or aspect to it.

So these are what we call open loop. And as I say, the wire that conducts the magnetic field that produces a PEMF that we use medically is so that my thumb is the wire, my fingers are the magnetic field.

Remember, every time you have current flowing, you have a magnetic hill and it's always perpendicular to the flow of that current. So that magnetic field as the current pulses, each pulse of the of the current goes like this.

So the magnetic field goes out and comes back and out and back. It doesn't get broadcast forever, so it has no wavelength. Right? Very pulsation, but it has no wavelength because it's not a wave.

EMFs vs PEMF Safety and Device Use

And the whole concept of frequencies is designed around primary ac currents, which go basically down down the wire forever and ever. Never. Right. And they are wavelengths for sure.

Cell phones again are completely open as opposed to a power line. At power line frequencies are not a problem. I'm great. People have said what is crazy?

What does he know he's wrong? Everybody else is telling us power lines are bad for you. It's not from the moment it's generated. So the next place it goes, it gets contaminated.

It's saying that it hurts, right? The generator to the next place it goes. When it goes into that place, the next place, it not only goes in but also comes back out again.

So when it goes in, it's contaminated by all the electronics that are in that place that that current went into right. So now you got all kinds of pollution.

Right? All that dirty electricity. Now becomes dirty electricity. So in that sense, it's bad for you, but still, it's not the same as cooking. Right? All right.

Not as bad as cooking. And with magnetic therapy, what you're doing it because you're strengthening the body. You're producing so many positive things in the body about yourself.

Don't worry about it. I can deal with this now. If you're standing right in front of a microwave tower, you have a beam right at your head. We have a problem.

Most of us don't get those kinds of exposures. So for the cell phone and the Wi-Fi, if you have a Wi-Fi router in your room where you're working and you're there 8 hours a day, well, that wi fi is in fact, bombarding 8 hours a day.

Right, by signals broadcast into the environment, not just shot directly at one spot. Right. So pumps are completely safe and they help to support the body's own heating and therefore it supports the body to defend itself against the effects of that radiation.

And you can't get rid of it. We can get rid of that radiation is to put yourself in a room in opposite and that you can't have your phone inside that suit.

Right. Or you can if you want. But it won't work. Right. So that's the difference. The two are completely different technologies. They work in very, very different ways.

And PMCs are designed for healing, they're designed for biologic actions. And so therefore they they are not generally harmful. Now, can they be harmful then?

The most common way to be harmful is to have implanted electronics. And if you have implanted electronics, that's more compatible, in other words, MRI compatible now because you have to have been told that you could do it.

MRI, nowyou're safe with most PEMF therapies. If it says it's mark condition or sometimes you have to be careful. You can't use my actual therapy machine has to be turned off while you're doing the MRI and then has to be turned back on again.

Requires a tech to do that. But if it doesn't need that, there are pacemakers that do that they are not harmed by the that. Now you can go to the MRI, do your MRI, you don't have to turn it on or off or whatever.

So that's the biggest time that you have to be concerned. Other than that, the only concern is that people do too much, too fast, right? You don't get off a couch and run a marathon tomorrow unless you did a marathon yesterday.

Right. Right. You have to train. And how well-trained you are depends on how much training you need for the next marathon or running the marathon. The body's like that.

Magnetic fields basically are requiring the body to work. The body has to react to that magnetic field, magnetic field. So here you have the energy. Now go to work.

And if the body can't do that work because it over, irritated, over, inflamed or under undernourished doesn't have adequate blood supply, all of these factors then cause that body to have to say, I can't do this.

What you have to do then is you go low and slow. And on my website, DrPawluk.com I have a long, slow protocol. To perfect. My other book, Supercharge Your Health.

There's an appendix that gives you that, those protocols for going low and slow. So you have to figure out what your body can handle at the time, how much it can be pushed to do the work you ultimately want to be able to do.

And you will get there over time. You have your body. Your body teaches you we can't see you, your body, and say, exactly. Here's the dose. This many minutes, this many times a day, you know, this machine.

And that's all you need to do are people who tell you that all you need is 8 minutes a day or 8 minutes twice a day with therapy, that your body tells you that.

All right. So a good example is they have devices that are 16 Gauss not very high intensity for nonunion fractures but they evaluated that. They got that did the research to determine how much they use those magnetic fields.

They found out you needed to do 9 hours a day, 9 hours a day. I'm really glad to bring this up because there's some devices out there that we do not endorse that we feel are overpriced and crazy.

Yes. Yes. And I'm I've always been thrilled to see that you never got into business with those people. And that actually. Oh, did you really? I did. So I actually started my career with Magnetic Field, helped with Post magnetic field with a device called the QRS because that was what was available.

Right. So well, this is what this is what's available. So let's use it. It works to a point and you have to understand why it works and how it works to know what how to place it in the pantheon of devices.

So even at these very, very low tension machines work, what do they do, though, because they're so low intensity. And if you need 15 gauss at the tissue for inflammation management and you already got one gauss coming out of the machine and you're spending $6,000 for one of those machines are going to get much.

But what is doing those instability? Acupuncture points and meridians, that's why people feel better. They also feel better for another reason. You spent $6,000.

Now you're going to feel better. But yes, but the effect is strong for sure. But I just appreciate your discernment in this field and for only recommending devices that, you know, are are actually a good value and are attuned to the needs that people require to progress with. So one of the things that I want to draw people's attention to is how to find out more about your work and your books.

Of course, you've mentioned them in passing, but let's let's give people a recap here. So it's DrPawluk.com, right? That's the website DrPawluk.com and welcome and get ready to draw is a huge amount of information.

So information hungry you'll find plenty of food, but for most people that's is probably too much. The easiest way to digest this information is with the Supercharge Your Health book.

So Supercharge Your Health with PEMF therapy. And that book is practical. It's a distillation of everything that I had in my Power Tools book, but the Power Tools book has over 500 references.

So if you want to geek out, if you want to really understand why the why and how and the research behind all this and your read Power Tools. Great. Then I'm guarantee you're going to end up buying Supercharge Your Health because now you want to know how to do it right.

So both those two books become very important. If you only got one, Supercharge Your Health is fine, but don't expect the science. Got it. That's super helpful.

Yeah, well, and you know, most people, when they're not well, are not not thrilled to have to dig into deep end of the science just to figure out what is my next step.

So I really appreciate you laid that out for folks. Well, and on top of that, there's still confusion as you still get all this confusion out there. I start reading and you start doing your own due diligence, you start informing yourself.

And I strongly recommend if you're going to spend $7,000 for a machine, you're making a pretty good sized investment. Spend $29, right? Right. To get Supercharge Your Health. Yeah.

Once you do that. And then we offer consultations. DrPawluk.com, I have a medical team and we do free consultations. We don't charge for that. But what we want and the reason I do that is that as a family physician, as a holistic doctor, in the past, I would get people buying.

And then I was on a doctor. I show. Mm hmm. And we had a huge tsunami of orders come in about payment devices, and people were buying left, right and center.

They didn't know what they were buying. But our return rates are high. Yeah, right. Because they didn't know what they were buying. Yeah. Hey, they didn't know what they're buying.

They didn't know how to use it and they bought the wrong machine for their particular needs.

Resources, Consultations, and Closing Remarks

So if you say, well, I can only afford $500 and you get yourself a flex pulse or a post, then you have something to help your wrist, but it's not going to help you.

Lyme disease, right? So, so people often buy based on money when they really should be buying it based on need and what it's likely to do for to become an important part of that.

Now, if you're not willing to buy the machine, that's right for you. So if you're only willing to spend $50, don't bother with consultation. Buy and then do whatever you're going to do.

Yeah, I learned a long, long time ago that there are people in the world who will not spend $0.50 to pay a toll to cross the bridge to get health care on the other side.

That's true. Yeah. You just relax, take care of me or I'm not going to take care of myself. So you have to take care of yourself and you have to get the right the right equipment.

And we'll we're welcome to work with you to inform you, get the right piece of equipment that we support you to make sure you learn how to use it properly.

And we would follow up with you to make sure things are going the way they should be going. Well, luckily, that's not our audience, our audiences crossing that bridge, and they are doing what it takes because they know how important it is to take take control of your own health.

So you have to be PEMF again, it's one more to it, one more x or ice pick or shovel that you need in your tool chest. Etc.. It's like, thank you so much for sharing your wisdom with us today, Dr.

Pawluk, and for helping to illuminatethe field of PEMF therapy and what it can do for folks, especially with people who have been dealing with chronic conditions for quite some time.

That's a it's a particular love of mine and because of my own personal story and and the focus of our practice now. So I just really appreciate you sharing your wisdom so generously today.

My pleasure. I enjoyed it. It's great to have somebody who understands the technology, has used it personally and has seen the benefits, and I'm sure they see the benefits as well with people that you consult with who do get equipment and or do use the equipment properly.

So if they're actually using it, yeah. Oh, yeah. Because it's astonishing how fast it works. And then when you go on vacation, you say, why do I leave it at home?

It's Oh, actually my goal on our longer trips will take it with us. Like if we're, if we're driving in the car, it goes, you know, it's. Well, even if you did just at the control unit and a smaller applicator, you still have something.

Yeah. While you're traveling. Yeah, exactly. Awesome. Was wonderful to see you. It's. It's an important full circle moment for me, so it's really, really sweet.

My pleasure. It's been a lot of fun chatting with you and wonderful smile. Thank you so much. And keep up the good work, please. We need you. Likewise.

Spread the word. Thank you.