Recharging the Nervous System with PEMF Transcript

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Introduction to PEMF and the Guest

PEMF is a pulsed electromagnetic field. It's a pulse energy, something that we have to start integrating into our everyday life. I know Joltz is very unique and I absolutely love what you've created.

it's up to us to make sure we educate and then provide an option that works. Hello and welcome to another episode of Root to Rise. My name is Dr. Emily Spickle, your host.

And today's episode, we are going to be exploring the power of PEMF and how this plays a critical role in your health, wellness and longevity. We have the perfect guest to speak about PemF.

Now, before I bring her on, I want to share a little bit about her backgrounds. So today I am joined by Danielle Kombach, who is a wellness entrepreneur and the founder of Jolt's PEMF Lab here in Arizona.

This is cutting edge recovery and performance studio that is specializing in pulse electromagnetic field therapy, P-E-M-F. Danielle's work sits at the intersection of nervous system regulation, recovery science, and modern performance culture.

Through Jolt, she is redefining how PEMF is delivered not as a passive modality, but as powerful tool for energy, resilience, whole body regulation. In this episode, we will explore how PEMF influences the nervous system, circulation, inflammation and cellular energy and why this technology is becoming the cornerstone of recovery, stress management and high performance lifestyles.

Danielle, thank you so much for being part of the show and welcome. Thank you. Thanks for having me. I'm excited to be here. Wonderful. Well, I am very intrigued of what led you to PMF and to actually found a studio or a wellness center 100% focused on this modality.

Danielle's Healing Journey and Founding Jolt

Yes. So I had my own healing journey that helped with the origin of jolt. Many years ago, I was in a bad rollover accident and for many years had been through all of the challenges of trying to avoid the narcotics, the injections, the surgery, and trying to find a more holistic approach to actually help my body regenerate.

I had tried acupuncture and needling and physical therapy and all the traditional methods and really didn't have that regeneration success. So I have a background in science and a back ground in holistic health and started exploring more on PEMF.

And as I started working more with PemF, I found not only was my back feeling better, my body was feeling I was getting more sleep. My nervous system felt regulated.

Um, my quality of sleep tremendously changed, but my back continued to heal over time. And at the point that I found PEMF, I, was really in a pretty bad position with pain in my, back.

It was starting to affect my life. I'm very active. I want to stay active. I started exploring more the options of PEMF and what we have available to us, specifically here in Arizona.

As I starting looking, I start realizing really we didn't have anything that was focusing the proper frequencies and intensities, with a delivery method that was going to be effective for true regeneration.

So I did find wellness centers that were offering PEMF as an adjunct, but with lower intensity mats or more of a self-service model. And after I had really healed, I was just very passionate about getting this into the community and

finding a way to see people heal and get their lives back and also create a space where we could let the nervous system rest so the body can heal.

Joel was really centered around bringing the the Nervous System down. We have aromatherapy, we have meditation music, it's very spa-like environment, and it is very customized.

Those clients are getting a Nerve System Reset in addition to working on the specific area of concern. I absolutely love that. And for listeners who may not be familiar with PEMF, my first thought when I saw this, and I'm sure other people think this as well, is the EMFs from our phone.

Well, wait, I thought that's not good. Wait, what is this P-E-M-F? So how would you, And I am sure you are very good at describing PemF to the lay person because that is most likely who's coming into your to your center.

How do you describe it and the benefit of it? Yeah, well, I'm going to address the first part of that with the EMF first and then tie that into what PEMF is.

And we are surrounded in a world filled with toxicity, pollutants, chemicals, a lot of stress. a lot of things that are creating drain on our cellular batteries.

So the difference between the EMF that we're getting from the our Wi-Fi, 5G towers, our cell phones, air pods, everything that's connected to us 24-7 anymore.

Those frequencies, those EMFs have very long wavelengths to them. And that difference in wavelength is what's making that a harmful or damaging frequency.

So PEMF is a pulsed electromagnetic field. It's a pulse energy, very, short wavelength that penetrates through the entire body into the cells at a mitochondrial level.

What PEMF Is and How It Differs from EMF

As our cells get depleted through all of those things we just talked about, or injury, sports performance, surgeries, the stress, pollutants, food, all those that are draining our natural electromagnetic field in our cell, those cells start to deplete in voltage.

Therefore, when the PEMF frequency at an intense enough level is applied to the body, it's actually your body doing the work from the inside out. Your damaged or weakened cells will actually respond to appropriate energy.

So it is almost like grounding on steroids. We have been very familiar with grounding for a very long time and the benefits of our Earth's magnetic field.

We don't, we're not getting enough of that anymore. And there's also a lot of factors that are making that not as effective as it used to be. But many years ago, NASA found that when our astronauts would leave earth and leave our magnetic field, they were coming back with bone loss, muscle loss and depression and cognitive issues because that magnetic is essential for human life.

I love that. So, essential to stay connected to our electromagnetic field. And this is on a cellular level, but very specifically a mitochondrial level.

A mitochondria level and the weakened and damaged cells are what will respond. We start getting proper cell communication through the body ion exchange.

ATP levels, we're decreasing cortisol levels. Telomere length increases. It is happening specifically on a mitochondrial level. The really neat thing about PEMF is we all have systems that are out of balance and we have cells that our damaged and weakened that we're not aware of yet because the symptoms have not presented.

So part of that Jolt philosophy is bringing proactive wellness, not reactive wellness. So we are bringing that proactiveness long before you ever know that you even have an issue.

Absolutely. I mean, that's the way that modern medicine has to shift is we have to be proactive in our health and well-being. If you're reactive, in my opinion, as a clinician, it's too late.

It's harder to catch up when you pass it. I know there's different ways that you can experience PEMF. There's the P P E M F maths that lower quality, higher quality or is it different frequencies?

Is it the delivery mechanism? Can you share about that? All of the above. Okay. So there's definitely a difference in intensity level. With law of physics, we need a strong enough pulsation, a strongly enough waveform to penetrate the depth of body and the organs to get into the mitochondrial level, but the intensity is extremely important as is the delivery.

In our office at Jolt, we're in throughout 60-minute sessions and applying specific paths, accessories, placement, and frequencies to deliver energy in certain areas.

so that we are getting the full body. We are giving organ support for more circulation, better detoxification, absorption. But we're also bringing specific accessories to get directly into the shoulder or the pathways of the shoulders.

If we deal with something like neuropathy, we will be working down the limbs. not just at the point of the symptom, but really working at addressing the root cause of dysfunction in the body.

The delivery is really important, the intensity is important. Then the consistency and the time. This is what we specialize in. We're seeing our clients on a regular basis, just like we would a physical therapy program.

It's more of an internal physical therapist program, But it's also for prevention and longevity. This is something that we have to start integrating into our everyday life to keep ourselves functioning at optimal level.

We have too much going on in our surroundings to not be implementing something, that is working at a deeper mitochondrial level, Alright, so I know the units that you have because I've been to Joel's amazing experience and the for sure the energy when you walk in it just shifts.

So beautiful design of your studio. Thank you.

How PEMF Feels and What It Treats

What does it feel like? knowing that we're going to do this high quality experience with a strong enough intensity, what would that feel like for the listeners if they're, again, intrigued?

I know the device makes a sound. So if you could just share what, What would it feel Like in the moment? And then of course, there's a carry over of that effect.

Absolutely. The office is set up to help with the nervous system reset. So when you walk in the door, there's essential oils, their smells, There's calm music, it's dim lighting, It's beautiful.

We take the client back and we go through the process, answer any questions, make sure they're comfortable with a technology before we start, explain how it works.

Once we get onto the full beds, so we have full thick body beds and chairs, once we'd get them on and we start to integrate the energy into the body, they will start feel movement and contraction in the tissue.

So our machines are higher intensity, you will feel start movement in energy moving gently through the where we have more inflammation and damage, we're gonna notice more of a pulsating tapping sensation.

So it is not electrical, it not zappy, It actually feels really wonderful. And it feels almost like a very targeted massage exactly in the area that you've been hurting or you have pain that nobody can get to because it so deep in body.

But it will pick up and highlight that area and starts you feel just a pulsating sensation, but it feels like a deep targeted massage in those areas. Got it.

I know when I went, I have a torn right hip labrum and it just It knew exactly where to go, like probably into like the joint capsule. It was so deep that every time.

Yeah. Every time, you know, it's magnetic field. And if we think about how we're utilizing magnetic fields in our traditional forms of medicine like MRIs, that is magnetic resonance.

It is picking up on our electromagnetic field and discrepancies in our cells. So it's making it very effective, but we're using a very short wavelength unlike the MRI, which is bringing some of that negative EMF that we talked about previously.

And then afterwards, many people say, first night, amazing sleep. The sleep starts to shift. Sometimes it's the mood. You just feel a little bit lighter, a bit more balanced, little more calm.

And there are different frequencies that do different things. So we might not want calming. We actually might need to bring more energy into the body, right?

So certain frequencies will bring your energy in to the or calm the and so that outcome for everybody is very different. But in general, less inflammation, the the aches and pains start to feel less and less and, you know, starting to notice better range of motion, but your whole body starts feeling better, not just the shoulder.

No, I love that. So let's say if it was, let say a right hip labrum, we'll just use that as the example. What would be the frequency or what would, what, would it be?

The treatment protocol that you would recommend for that? As an example, is it once a week, twice a, every other week? How would you? So everybody is different.

My questions would be how recent is the injury? Who's the client I'm working on? What are the activities outside of here that we're doing? Right. So how well you're taking care of yourself, how hydrated you are, what kind of movement you have, all this going to help the process.

If you've somebody who's playing pickleball seven days a week or golf seven It might take a little bit longer because we're continually rebuilding inflammation in that area.

So I might recommend a bit more for that client so that we don't continue to build new inflammation. We move that out and we are in healing and regeneration.

I would say most conditions on average, we recommend two to three times a week for the first month. Wow. Okay. That's way more than I thought it was going to be.

Yeah. It's very much like physical therapy, but we're working at such a deep level of healing. So it is a cumulative therapy that builds on the previous sessions.

If we don't have the consistency in the beginning, we are really working on symptomatic relief, which we can do. And if we have somebody who bleaks their ankle or their back or shoulder in the gym and they come in right away, we typically can get that gone very, very quickly.

Post-operative stuff, on average we're healing about 50% faster. So if we are getting to something very quick, or I have a young high school athlete who is young and healthy, that's going to move much, much faster.

If we're working on somebody who has been experiencing neuropathy for 40 years or has had chronic back pain or autoimmune disorders and system dysregulation, we are going need a minimum of two times a week for that first month to get into the actual regeneration of the cells.

Okay.

Treatment Frequency, Recovery, and Protocols

once we do that initial work, it's like exercise. Again, its cumulative build. Once we get to do the foundation of health, then we can get into maintenance and then, we scale back.

Now, our symptoms are going away and the benefits and healing is lasting versus being more symptomatic. Got it. Yeah. No, that makes sense. Are there any conditions that you see at PEMF works really well for where just as an example in my practice, I do a lot of lasers and light therapy, photobiomodulation, and it works a really, really good on nerve tissue.

So like a neuroma or something like that, are there certain conditions, presentations that. You find through your experience that P EMF is just really dialed in for.

Nervous system for sure. Pretty easy one is nervous regulation. I would say that most successes, back pain, sciatica, those are very, very common. Nerve regeneration, especially if we're getting to something a little bit on the earlier side, super effective.

Is that where the post-op comes in is because you're kind of disrupting the nerves. You're cutting through skin and fascia and things like that. And oftentimes that patient is being told to wait a year for those nerves to heal and regenerate.

And there is a lot that we can be doing proactively to ensure we're giving the body what it needs to heal so that were not waiting for a year hoping that get into regeneration and keeping our fingers crossed that the bodies doing what is needs too because most likely your body is depleted and so are your systems that are needing to support that healing process.

If we can get to that much sooner after procedure, much, more effective. There's no reason to wait for a year. We have tools that can expedite this process and really help ensure a better outcome.

Yeah. How important is So this initial ramp up period, let's say where they're doing it two to three times a week. So let say someone is saying, okay, I don't have the time budget, just the reality, which I get with many of my patients.

I'm like, get the. This is my recommendation. If they say I can only do it once a. Every other week, Let's see, is there a point? And I hope I am asking this the right way.

Is there point where it's, It's so infrequent that it's not a waste of the effort, but I just really want to make sure that the listeners understand that there is a critical evidence-based justification for that ramp up period.

And it is the investment in that time and essentially prioritizing that to get the true benefit versus if you do it once a week, every other week. You're, you're kind of just not wasting your money, Right, absolutely.

I think it depends on what the overall goals are of the client. So if we're doing, we never get into that ramp up period. And from the very beginning we have a financial constraint or a time constraint and we do see clients from all over the Valley.

We have people that come here from Tucson, Payson, Sun City. They're traveling and they're having to invest the time. It's a big ask. I feel it is my job to really help people understand how it works because the benefits are so worth the time invested.

If I have somebody who really has a lot of chronic issues and they really can't get financially, I would start with recommending that we get two 30-minute sessions in instead of two 60-minutes sessions.

I actually would take a shorter session more frequently than a longer session. more spread out because I need to keep getting more energy into the cells.

If there's no cellular energy, that means there is no healing. PMF is restoring the foundation of the body. We can't get into that 30 minutes or if it's a time constraint, it like going for a walk.

if you get a walking once every two weeks, its beneficial for your body, you're not wasting your time, you're just doing good for your body, right? But if we're going for a walk with consistency or we are going to the gym or eating healthy, those things start to build up.

So it depends on the goals of the client. If I have a client who just says I am hurting and today I just need to feel better, We can do that and that is not a waste of time.

They are going to feel better. If that's what we're needing is just to fill better today, or maybe I need a few sessions before I go travel or I'm going go see my grandkids or go to Europe and hoping to hike around, and I just need some relief to get me through that.

That's not waste time, we are not going be into regeneration. which is the true joy of this modality and one of the things that truly makes this systemically different from anything else out there.

But definitely not a waste of time because it depends on the goal of client and it's up to us to make sure we meet that, educate and then provide an option that works.

Perfect. You answered that perfectly. I was trying to extrapolate it, so thank you for answering the question. Okay, do you like to stack PEMF with any other modalities, whether it is red light or anything else?

Yes, I do. I work under the philosophy of the human protocol, superhuman protocol. The fundamentals for life. Everybody that comes into Jolt receives PEMF magnetism.

Best Conditions for PEMF and Post-Op Support

It's essential. Without voltage, without charge, we are not going to heal. Scientifically, it's just not possible, right? So we have to get the charge back up in the cells.

At the same time of the PMF, we stack. So everything that we do is done at the very same. There's no extra time involved. It also amplifies the results.

The PMS is opening up the cell pathways. During a typical session here at Jolt, we have PEMF going through the whole body and then isolated areas of target.

We have compression therapy going on the calves to increase circulation even more so. Then we on certain clients, depending on what it is we're working on, and we stack inhaled molecular hydrogen and oxygen.

Love that. What is the benefit of that to the individual? Well, hydrogen is a smallest molecule, so it passes blood brain barrier. It's great for oxidative stress.

Inflammation also targets those weakened areas, immediately goes through the entire circulatory system, all systems, better sleep, less inflammation, more energy.

Great for brain fog, tremendous for inflammation. Sold. I make an appointment at Jolt's. And it's all done at the same time, and I think that that's really important.

We are all busy, right? It's hard to get these things in, I really try to bring our technology in with purpose. in how it scientifically is working with the body, not just because it's a fad or it is gadgety or cool.

There is really a scientific reason for the technology that I bring into the office and how its administered. I do find that often We just like the fun things and you know, we're doing a little bit of this and a bit that and there's no rhyme or reason into how it's actually working scientifically with the body.

And oftentimes we are not getting enough of it or we getting too much of that. So I try to really dial that in. The 60 minutes spent here is very purposeful.

It's effective. Its intentional. Yeah, I love that What successes have you seen for foot-specific presentations such as, let's say, like a plantar fasciitis?

Have you found success? Do people come in for that? You put the device directly on the foot? Yes, we use red light therapy and PMF directly, on-the-foot, and we get tremendous success with plantarfasciatis and neuropathy, both.

Oh, with neuopathy as well. That's wonderful. Can you share a little bit more about that, is it diabetic? Some of its diabetics, some of it's post post radiation or post treatment.

I would say a lot of clients too. It's undiagnosed, right? Oftentimes there's just numbness in the feet or. Or in hands and. So it's neuropathy it, you know, I think it gets kind of classified into this, this group because there is, um, some neurological dysfunction happening, but, uh, oftentimes neurolopathy, it it.

It's electrical. The PMF is very effective with that. We also work the supporting pathways. So we might be working into the calf, we're might working directly into foot or into plantar fasciitis, and we may be work into low back or the neck.

Were not targeting just one specific area, were targeting the structural area that needs to be supported in the pathway as well.

Stacking PEMF with Other Modalities

But I would say neuropathy, we see more than plantar fasciitis, but we get both very good success. I just think I'm seeing more and more neuopathy. Yeah, I am very excited to hear the benefit of PEMF for neuapathy because it is.

many different contributors to neuropathies in the feet. And it's very, from a quality of life, the effect it has on someone's emotional state is huge.

For people who have not experienced it, it is very hard on these individuals who are living with it. Yeah, I agree. I think the nerves really need proper signaling.

The PMF just works at that different electrical level. Again, not just about stimulation, it's about allowing the energy to pass through and the weakened system is responding to it.

So there is often, we're not really sure exactly what's going on there or nerve testing is coming back like this, but I'm feeling like symptoms are testing says this.

I think that's another huge benefit is that I just need to get the energy where it needs to go. Your body is going to do the work. Improve the microcirculation in the body and in extremities and help calm the hypersensitive areas as well.

It's really a unique modality for things like that, especially when we're not quite sure exactly where its coming from. Yep. No, that, absolutely makes sense.

So just a couple more questions as we are kind of heading towards the ends. Um, let's say that I go into Joltz, I get a session, and I do an hour of the PEMF.

What do you advise that the listeners do the next day that evening? How do I, get the most out of. The PemF that. I just experienced. Number one easiest thing to do is to stay hydrated before you come in for your session.

Let's not try to get hydrated the day of the marathon. We are doing a very deep toxin dump of the body. So I tell people the number one thing that you can do to speed up healing is to make sure you're properly hydrated and that we are properly using minerals.

as well. Electrolytes to help with the electrical restoration of the cells in the body. We're often very depleted in minerals. Were often dehydrated even though everybody says we drink a lot of water, the water is often not enough.

Very, very simple, staying really hydrated. As we move those toxins out, they flush out through urination. If we're not hydrating enough or we are not properly getting enough trace minerals into the body, we will reabsorb some of what we were trying to flush.

Number one, just stay really hydrated. It's inexpensive and it's going to help you heal much faster. Yeah, no, that's great. And you are probably the third guest that emphasize the minerals.

So for the listeners, you're now hearing this for third time from a guest as far as minerals, minerals minerals So, yes, thank you for reiterating that, Danielle.

I appreciate that. OK, so how accessible is finding a PEMF bed or studio. I know Joltz is very unique and I absolutely love what you've created. Are there Jolts in other states and cities or how do you find what what do?

Yeah, there's not, we really are specializing at a level that doesn't exist quite yet. We are opening a second location in February, so we'll be have a 2nd location over in Old Town off Goldwater and Main Street.

Hydration, Minerals, and Finding Jolt

And I start with the technology. So I have a lot of clients that travel. I've a lotta clients to have homes in different areas. A lotta client passing through that have just been referred in that it's not feasible for them to stay here.

Okay. And so I always start looking for high intensity machines and making sure that we start the foundation of good equipment. So we use all Pulse Center's machines which are by far the best on the market.

I have clients to purchase them at home, I bring them in, we can take a look, see what they're needing. There's options for home use as well and I'm always happy to help clients with that.

different zip codes and see where are you living and is there somebody you're not going to find a jolt but you will you know pmf is growing and it's changing and if we can start with the foundation of good equipment Then we have the good baseline, and then we can find the great practitioners that are offering it at a smaller scale.

You know, it could be sports medicine doctors. It could chiropractors, wellness centers. And you learn a lot from a phone call, too. You know, just inquiring about PMF.

What machines are you using? What are the intensity levels? How are applying it? Are you administering it. Do I set myself up? That's really common. That is really confusing for people who have these type of conditions.

just try to dial in certain frequencies that it's not gonna be as effective. A lot more to it. So you can learn a lot from a phone call too, but starting with high intensity units, I think is the foundation of what you need to start looking at.

Okay, great. What you've created with Jolt is only in Arizona. You are a pioneer in the Yes. Boutique or studio

focused around high frequency PEMF. Yes, I love that.

Sounds like you need to travel the United States and franchise it out there. I loved it. So yes, yes. Please reach out to Danielle if you are interested in that, because I think that is it's so powerful.

It fits beautifully in a wellness studio experience. What you've created to me makes sense from the moment you walk in. health and wellness longevity story.

So it's, you are brilliant in what you've created. I really appreciate that. Thank you for having me. Of course. Can you share where, where the listeners can learn about you, your work, PEMF, of course, Joel's how they, how, they make an appointment.

Yes, we have a great website with a ton of just scientific research, joltpempflap.com. You can find us on all social media platforms as well. And then as far as booking, you can book directly through our website.

We do offer new clients three one-hour sessions for $150. We offer a great introductory offer for clients to come in and check us out, learn a little bit more about the technology.

Again, we'll have that second location servicing Old Town area in February. Were currently off the 101 in Shea in Scottsdale. Give us a call, were happy to help get you booked as well.

Wonderful. Well, thank you so much, Danielle. This was a pleasure and I absolutely love what you're doing. Thank you. I'll talk to you guys soon. Thanks so wonderful.

Of course. Okay. You everyone for tuning in. And I hope that you enjoyed definitely encourage you to explore the power of PEMF. If you are in the Arizona area, even just visiting, please definitely do check out Joel's.

See you on another episode.