Introduction to PEMF and the Summit

So I have an integrative cardiology clinic. It's very busy, but we're not accessing this technology and clearly that's going to change in 2023. And I personally thank you for that.

I'm sure every listener will thank you for that. And I think your books are going to be flying off the shelves because people are going to want to dig deep in this and use it and use it intelligently and use it the right way.

I did this, so why do I do this? But when we as doctors prescribe something, or we do a procedure, we always do this. Because people leave the office and you don't know what's going to happen next.

There's some degree of predictability, but generally speaking, we really don't because things fly out of the edges of our vision that we're not aware of.

So we're removing, PMF therapy basically removes chance to a great extent if people buy the right equipment and use it the right way. In fact, on that product comparison chart that we have on the website, there's a video.

It's a 20 minute video on how to choose and use a PMF device. I really strongly recommend everybody who's interested in the technology to look at that video.

Because again, making that proper choice and then using it appropriately. 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 wellbeing.

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.

All right, everybody. Welcome. Welcome back to Reverse Heart Disease Naturally Summit. Joel Kahn, medical doctor and very excited. to bring on another medical doctor.

Yes, he's got an MD and an MSC after his name. This is a highly educated man. You may know him already as the authority in the world on the topic PEMF.

Dr. William Pollack, good day. Thanks, Doc, for taking your time. Thank you, Joel, for having me on. I appreciate sharing and the ability to share with people who may never have heard about the topic before.

Yeah, I think this is actually going to be fascinating for the listeners, a large audience listening. You know, well known as a holistic doc, but I emphasize you're a medical doctor.

You've had John Hopkins University in your background, University of Maryland. Of course, University of Maryland is one of the best integrated medicine programs in the United States.

And you come from that tradition, but I got a feeling when people see you, they're going to hear, a bit more about herbals and energy medicine and homeopathy.

You really have extended the envelope into such a broad array. I'm the author of two books. I've got one at home. I may have to quickly get the other power tools for your health and supercharge your health with PAMF therapy.

These are highly recommended and kind of the authoritative books that everybody listening will be fascinated to know about. So any other highlight besides all the Dr.

Oz appearances and radio and anything else in your training you want to shout out before we move on to the topic at hand? Well, you know, it's like everything else that we do in life.

Why did I get here? How did I start this, right? Why would I do this kind of work? And the genesis of it basically was because I had a bunch of patients die or several patients almost die of GI bleeding.

And a common factor was ibuprofen. And so I started to do some soul searching and say, well, you know, these people almost died from using ibuprofen for pain management, pain management where pain, their pain wasn't killing them.

but the ibuprofen almost did. So I said, what can we do differently? And when I looked around at my consultants and my peers and the hospitals and the literature, et cetera, I didn't find any better solutions.

But I did remember I had an interest a long time ago in pre-med even about acupuncture, but there was nobody around to teach me acupuncture. So at that time, that was 1970. So I wandered off into allopathic conventional medicine.

And then again, things started happening where you start to get frustrated because you're not seeing solutions. You're seeing same old, same old sanity doing the same things over again and hoping you don't kill anybody.

Well, I'm not killed directly, obviously, but cause harm for sure. So that's how I got into magnets, through acupuncture. And then because I was curious, I said, well, that opened the door, that cracked the door for me, acupuncture.

How PEMF Differs from EMFs

And then magnets cracked the door even wider. And then I said, okay, what else is there out there that could work? Because I couldn't believe that magnetotherapy was like that be all and all.

The problem is the science with PMF therapies and magnetic therapies was limited to basically Eastern European languages. That's when I published my first book, co-authored it with a guy from an MD PhD from the Czech Republic, who did his PhD in magnetic therapy for healing and he was a rehab doctor.

That really blew open the doors in terms of the science, in terms of the credibility, the value and so on. All right, so let's, let's set the stage for you know your vast experience and influence on natural healing with that title that you and I discussed the heart and PMF a natural and important match, but let's start at the beginning I mean tell everybody listening break it down near the world expert.

What are PMFs and how are they different than EMFs? A lot of people are running away from EMFs and we're going to talk about running towards PMFs. Put that all in simple language for people like me.

EMFs are basically environmental magnetic fields. I call them environmental, but they're electromagnetic fields. They're in the environment and they're produced by microwave towers and radio stations and television stations and radar and you name it.

So they're broadcast into the environment. They're what I call open loop. They just keep going and they have a wavelength. And those wavelengths, depending on the size, the wavelength can be absorbed by the body.

The very long wavelengths go pass right on through. Microwaves, cell towers, 5G, et cetera, are very short wavelengths, just like your microwave oven.

they cause heating so they don't pass through the body they pass into the body and they heat the tissues and they

cause damage genetic damage cellular damage directly we use ablation therapies which are radiofrequency so they actually destroy tissues that's they do that on purpose and we do them on purpose for intended uses but PEMFs are pulsed electromagnetic fields they don't go out into the environment They basically are attached to a wire.

So you pass a current through a wire and then you separate that wire to allow that current to produce a magnetic field around it. All current flowing through a wire produces a magnetic field.

But that magnetic field varies with the wire, with the current. And so as the current passes through, as it pulses through, every time it pulses, it goes like that.

It collapses back on itself. It doesn't keep going. So it's not short, we can't design them for short wavelength, but for the most part, PEMFs that we use are pulse longer magnetic fields.

So they go through the body, they go all the way through and then they come collapse back on themselves. And so they're not a wavelength per se, they're a pulse.

And that pulse could be a small pulse or it could be a very big pulse. And the bigger the pulse, the deeper it goes through the body. And just in case we've got people that are really green to this topic, we'll get there at the end but we're talking about devices that emit or create PMFs as a therapeutic or healing option for many conditions.

We're going to try and focus on some of the known heart conditions, given the nature of the summit. You've talked on your website. We'll give a shout out to your amazing website and all the other uses.

But these are devices people listening might choose to go use at a healing center, might choose to rent, might choose to purchase and use at home every day.

And they produce PEMFs uh, that have, you know, now decades and decades of experience. So I'm a heart cell. My sole job is to contract and relax to create blood flow through the body.

How do PMS work that influence, you know, a heart cell or you can pick any other cell in the body. What's going on inside, which is a very electrical magnetic life for a heart cell, uh, amazing life.

So what's going on? How do PMS work? Basically, a magnetic field ignores a body. It doesn't know what a body is. It's just going out into space. And you can put anything between space and the magnetic field, and it's still going to keep going.

So think of it this way, that magnetic field is a bit like wind in the trees. You don't know it's there until it's jiggling the leaves. And one of the actions of that wind blowing through the teeth is to turn things on, start jiggling leaves, waving branches.

Well, magnetic fields essentially are doing the same thing in the tissues. But their primary action is through something called Faraday's law. So Faraday's law and Maxwell's equation, so this is science, this is physics.

How PEMF Works in the Body

Paradise law says that magnetic fields, as they pass into the tissues, pass through any conductive medium of any kind, actually copper wiring, etc., then what it does is it induces charge.

It makes more charge. So the body makes its own charge. We're basically a bag of electrolyte soup. Right? Nothing is not charged in the body largely. So everything's interacting with itself based on the charges.

So when you introduce the magnetic field into that, into that body, you're waking up the charges and the charges, then the magnetic field, basically the body says, I can use this energy.

I have more energy now to do the work I need to do. And then it begins to do its work. And that could be one of about 25, 27 different mechanisms. Increasing circulation, decreasing edema, decreasing pain, acupuncture types actions in the tissues, decreasing inflammation, stimulating stem cells.

There's again about 27 different actions that are in the books and on the website. So those actions then the magnetic field doesn't decide which actions are gonna happen.

The body decides. Not only does it decide what's gonna happen, it decides how much is gonna happen. But we know as physiologists, knowing physiology, knowing anatomy, that different tissues have different rates of healing.

When you cut yourself, when you break a bone, you have a lot of structures that are involved in that fracture. there's connective tissue, there are nerves, there are blood vessels, there's the bone itself, there's the periosteum, you know, let's go along.

There's a complex set of tissues involved and they're all going to heal at different rates. The surgeon, the orthopedic surgeon or the primary care doctor focuses on the fracture.

Let's protect the fracture so that you don't move it and then cross your fingers, the body will heal itself. What is the surgeon to help the body heal the fracture?

All they do is fixation, either the cast or screws or rods or whatever, right plates. That's it, fixation. After that, you're on your own. Magnetic field therapy helps the body do better.

So it heals the fracture at about half the time, because it's stimulating all these processes of the body. So we're letting nature take its course, but with magnetic field therapy, we're removing chance.

So now we're amplifying the natural processes of the body to the limits of the body. You can't exceed the limits of the body. Wow, so I heard you say increase energy production, manage or decrease inflammation.

I heard you say stem cells as a potential healing path in people with cardiovascular disease. You've written a brilliant article on your website, drpaulic.com on congestive heart failure.

I would call it mandatory reading for medical students just in how authoritative it is. And then the section on the roles of PEMF for heart failure of lowering inflammation, affecting the immune system, dealing with inflammation of obesity, creating more ATP energy, stimulating stem cells, stimulating blood vessel growth.

I think we'd want to give a shout out to nitric oxide. It's really breathtaking. So let's focus a little bit on your experience on how to PMF these devices that somebody can buy, rent, use at a healing center.

I use it a practitioner's office. How do they help the heart and cardiovascular system? What have you seen really the authority in the world? Because you do still practice, you have an office.

What do you see with it in the heart? I'm sorry to correct you, I retired two years ago. We will be sorry that that is no longer an option to pursue, but at any rate, tell us about what did you see and what do you hear in terms of people with cardiovascular syndromes?

One of my first experiences with high intensity magnetic fields and heart failure was a woman who was going to a specialized center that did high intensity.

And they were laying on this table under a big magnet for essentially 12 hours a day, 17 hours a day for two weeks, daily for a couple of weeks. And this woman comes in a heart failure who was wheelchair bound.

She couldn't walk. She was breathless, a lot of swelling of her extremities. They know the typical end stage heart failure patient. So she did the magnetic field therapy and literally after two weeks of this therapy in this unit, she walked out and went played a round of golf.

Wow. Wow. Now, she, she wasn't done yet. But she was well enough at that point to begin to function. Now she has to go into a maintenance program. Because unless you actually repair the causes, unless you go back to the background and repair the causes of the heart failure, it's just gonna come back.

Or you at least need to support some aspect of it. And that's what I do basically in that blog is to say, well, there's certain aspects of it that magnetic fields can reverse, but a lot of it you can't and you have to maintain.

But with heart failure, as we know, it's lethal. almost uniformly lethal unless you die of acute lead poisoning or run over by a car. 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 DrPolitik.com today and let's get started on your healing journey together. So if you're doing magnetic field therapy on an ongoing basis, you can extend life dramatically, much longer.

Okay. I have people with AF. I'll give another example. Atrial fibrillation for those listening, a very common disordered heart rhythm. We talk about it other places in the summit, but atrial fibrillation.

So what have you seen with that? I mean, given the millions of people that suffer with that, uh, you've seen response in terms of less frequent episodes with PMF therapy at home.

You're asking Mike, you're actually telling my talk for me. So I had a 70 plus year old nurse, very smart lady, stubborn and feisty, I have to say. And she had been cardioverted 20 times, 20 times.

And the cardiologist said to her, no, let's say we're done. You can't do this anymore. So I got, she called the office and heard about magnetic field therapy.

So we got her on a magnetic device to do at home, to treat at home. Three years later, no more trips to the ER. Zero.

Heart Failure and Atrial Fibrillation Cases

Just with the magnetic field therapy. Yeah, that impact on quality of life and stress and anxiety and joy and happiness, you know, when you take away that constant weight, because I deal with so many patients with atrial fibrillation, that's remarkable.

There's a blog on the website about atrial fibrillation as well. So PMS just do so many different things for the heart, given the kind of tissue that it is.

It's got a nervous system. It's got its own vascular system. It's got muscle and that muscle needs energy. It produces ATP. As we know, ATP is necessary for the energy production of the heart.

The heart uses up about 200 grams of ATP a day. In the heart itself, there's only about 0.5 grams of ATP. but it uses up about 200 grams of ATP throughout the day.

Every beat of the heart requires ATP. So you have to regenerate this ATP constantly. So if the heart's failing and ATP is one of the causes of failure, mitochondrial dysfunction, then magnetic field therapy can help temporarily with

that.

But the problem is ATP production by PNFs is something that needs to be done regularly because again, it's used up so rapidly. I was going to ask you this woman case study or any person like that, that goes to your blog, reads about atrial fibrillation, accesses a device that emits PMF safely.

How much of a day and how many days a week would a protocol be that resulted in the dramatic reduction in atrial fibrillation in that case study you gave?

Are we dedicating hours a day? As you and I know, as clinicians, You have an idea, you give people a therapy and say, here, do this. They come back for follow up and this works and that works, but this doesn't.

And this is this complication or side effect. So what do you do? You adjust your protocol. So what I do is I basically start off and say that for atrial fibrillation, you get a small portable battery operated device that you basically place right over your heart.

And you can wear it all day long. You could wear it all day because it's low intensity and it's portable. So you could put it in a shirt pocket and just go on about your life.

For heart failure, because you have to do deeper tissue stimulation, you have to work on reducing inflammation deep into the heart, then you need higher intensity magnetic fields and they need to be, they can't be applied for long periods of time because you have to plug yourself into a wall.

So usually I would recommend, say for example, a half hour twice a day. You do a follow-up and then you see how well it's working. If it's working really well for their symptoms, then say, fine, keep that up, that you maintain.

Or you may be able to cut back. So after some period of time when they're doing magnetic therapy, then they've been remodeling their heart. They've been remodeling the tissues and the reentrant circuits in the tissues, et cetera.

Then you might be able to cut back to maintenance. And so you go through a trial and error period to find out what your optimal level of stimulation should be.

So some people need three hours a day of stimulation. Some people only need half an hour, twice a day. But I start off typically with half an hour, twice a day for the heart directly.

I want to divert to medical literature for a minute. You do have a fascinating series of references on your website about the potential to reduce the progression of atherosclerosis.

This is a reverse heart disease naturally summit and that is You know, a bull's eye underlying high blood pressure risk a heart attack erectile dysfunction peripheral arterial disease.

And it's really research that's been done in animal models to this case, any clinical experience, many of us. You know, quote unquote, holistic cardiologists encounter patients with rather bad angina pain, trying to avoid bypass and stents are not capable of having bypass or stents.

Any comments on even a single case you've seen of angina frequency decreasing? Oh, totally. That's that's actually pretty routine. So if you're doing magnetic field therapy, sort of holistically, both to the whole body, because, you know, angina is not a heart problem.

It's a cellular energy problem. Well, it's a cardiovascular problem. If it's in the heart, angina, if it's a vascular heart, it's also vascular everywhere else, typically to various degrees.

I had a patient come to see me one time who actually was being told by his vascular surgeon he had to have below knee amputations, both legs. They were purple, literally purple.

I had no capillary refill. I tested his legs, no capillary return. And I was really reluctant to take him on as a patient. because he's being recommended amputations.

The last thing I needed was for him to get infected and septic on my watch. So they convinced me and I put him on a nutritional program, got him on a bunch of supplements, started him on my magnetic field therapy, helped him stop smoking, stop drinking, changed his diet, came back a week later, a little cap of the return.

Long story short, I followed him weekly basically. Three months later, he goes back to the vascular surgeon. Oh, I guess we don't need to amputate. So there's an example of vascular improvement, right?

Not only improving circulation, but decreasing the amount of endothelial dysfunction, the dysfunction inside the blood vessel wall. And when you talk about reversing atherosclerosis or decreasing the progression, what you're doing is you're reducing inflammation in the endothelium and cholesterol is being deposited because of the amount of inflammation.

So if you decrease the inflammation, then you decrease the progression of development of cholesterol. Can you reverse plaque? One of the key elements of PMF therapy is it through nitric oxide, but it also has a natural anticoagulant effect.

Its equivalence research in my European studies book showed that PMF therapy could be equivalent to aspirin. in terms of the extent of anti-platelet effects.

But on top of that, it's fibrinolytic, safely fibrinolytic. So if you're doing both of these actions in the tissues and the circulation constantly, then not only are you decreasing progression and development of new plaque formation, but you're also decreasing fibrinolysis that may be coincidental with it and decreasing inflammation, which also contributes to both of those.

Powerful. And again, kind of segueing back to the literature, number one killer in the world is high blood pressure. And we are spending a fair amount of time in the summit talking about high blood pressure.

The Mayo Clinic, interestingly, certainly a prestigious cardiovascular center has published two papers both in 2020 on the impact of pulsed electromagnetic field therapy on blood pressure in hypertensive individuals.

also on blood pressure in subjects with something called the metabolic syndrome. It's rather encouraging that they did see significant drops within 12 weeks in these volunteers with high blood pressure, perhaps through endothelial improvement, perhaps through nitric oxide pathways.

I mean, many, many people would like a natural therapy of elevated blood pressure that they can't seemingly resolve with diet and stress management and sleep therapy.

So again, your broad experience with blood pressure and devices that emit PMFs?

Circulation, Angina, and Atherosclerosis

Well, simplistically speaking, let's say there are two, let's say two causes of blood pressure, fundamental problem, blood pressure elevation. One is sympathetic overdrive.

And you tend to see this in older people with high systolic, their diastolic are okay, but they have very high systolic, so they bounce around a lot. So that's sympathetically overdriven individuals.

And then you have sort of the diastolic hypertensives. So they are the people who have a lot of endothelial dysfunction, I think, primarily as a cause, and atherosclerotic development.

That also tends to cause increased thrombosis risk because their CRPs are elevated, typically, and also they tend to have more sluggish blood. Their blood flow is not as good.

So viscosities are an issue. So with both of those situations, people start doing magnetic field therapy, it affects the parasympathetic system. It tends to be more parasympathetic dominant in terms of its actions than sympathetic dominant.

So it tends to reduce the systolic excursions because it relaxes people. It relaxes the brain and it relaxes the whole nervous system by itself. It stimulates the vagal nerve essentially.

That the second group of people is you're decreasing inflammation. If you're decreasing inflammation, you're decreasing all the hormones that are also produced by the endothelium that contribute to this cascade of events.

So the hypertensives, you get a very often a very rapid response. Sometimes some people are exquisitely sensitive and they can get hypotensive. So you can actually see them overreacting basically to the magnetic field therapy and there you basically have to go low and slow.

You gradually increase the magnetic field exposure and then their body through homeostasis adapts to that simulation and they even out. So if a patient is monitoring their heart rate variability, so many people are wearing rings and bands and even phones now can do that.

You might actually see an increase in a better balance in the HRV. There's plenty of studies about that. 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 let's talk a little bit about, again, somebody gets excited as they really should on this topic. I'm frankly and very honestly excited. And they do the research and we'll talk about that in a minute.

And they have a device now, but the question of safety, you know, their brother-in-law or their child or somebody at work's gonna steal their dream that they've got a healing path.

So what about the safety of the variety of devices out there? Safety has been something that the FDA clearly has been concerned about for a long time.

So there are very high intensity PMF devices approved for treating treatment resistant depression. So they're doing transcranial stimulation, strong enough to stimulate the motor cortex to cause a contraction of the hand.

That's powerful. You're stimulating the motor cortex to cause a contraction of the hand. In a sense, you're creating a seizure. But we're not buying that for our home.

That's not what we're talking about. Not that machine. We have comparable equipment that could do similar sorts of things, not as powerful, not tuned like that.

So even those devices at that level of intensity to the brain are safe. So most of the PMF systems, almost all the research says safety is amazing for PMFs.

It's just not understandable why it could be so safe. And probably one of the reasons is that magnetic field therapy is multifactorial in its actions.

It's not a single mechanism. It's not used for a single purpose. And since the body's reacting to it, it's basically it's the body's ability to react to that stimulus.

And what you have to do in terms of safety, I tell people to go low and slow, because you don't know how a body is going to react. In a sense, you don't get off a couch and run a marathon tomorrow.

You gotta train. So you're pushing the tissues, you're pushing the physiology, and you try to test and see what the physiology can handle. A healthy body will do the maximum intensity, the maximum time, and have no reactions.

Now we have patients with pacemakers, defibrillators, now there's brain, deep brain stimulators, all those people are off the table. Nope. No? Nope. Tell us about that.

It used to be the case. And in the older books, that was always a copper indication. And the reason it isn't so much today is because they're MR conditional.

And that's true. Used to be unable to get a magnetic resonance imaging study with a pacemaker in place, and now the modern devices permit that. So they also permit PMF.

Exactly. So as a result, as long as you're staying under about 1.5 Tesla, which is what MR conditional is, 1.5 to 3 Tesla, you're not overstimulating the tissues.

So the issue is not overstimulating, the issue is the physiology and how the physiology reacts to the magnetic stimulation. So it's safe enough there.

And we know with MRI, women get pregnant who work in MRI units and they continue to work in those units. surrounded by these high intensity magnetic fields.

And the MRI units are somewhere between two to five Tesla, let's say, even one Tesla. So that's 10,000 Gauss to 50,000 Gauss. And most of the PMS that we're using for therapeutic purposes are under that.

Some of the top ones get to about 10,000. All right. So is there a contraindication list anymore? What is that? Transplant. of what organ or any organ, any organ?

Why? Cause you're on suppression. Okay. And magnetic field therapy stimulates the immune system and it could do it in both ways. It could quiet it down or it could stimulate it.

So we don't know with an immunosuppressed individual, there've been no research to support this. We don't know what happens to their immunosuppression.

And the last thing you want is a rejection. Okay. And an older pacemaker, not every pacemaker is MR- Conditional. Safe. Conditional. So what you have to do then is that you have to know your magnetic field, how strong is it, and what are you treating?

Blood Pressure, Safety, and Contraindications

If you're treating a big toe, there's no problem. For example, a 4,000 gauss magnetic field will drop down to 15 gauss in four inches. So four inches away, you've already lost most of your field and it takes a lot more than 15 gauss to stimulate a pacemaker.

the systems at the airports probably are even higher intensity than that. So if you can't go through an airport screening system, then you probably shouldn't be using a magnetic therapy either, at least not above the waist or at least not certainly above the diaphragm.

So they can be used conditionally. So let's chat for a few minutes about picking your very experienced brain before somebody rushes out and spends hundreds or potentially several thousand dollars on a top-of-the-line safe PMF system for their home or before a clinician might rush out and buy one to use in their office on their patients.

We need to pick the right system. I will point out and I urge everybody to go over to drpaulic.com drpawluk.com really is encyclopedic. That's where I've been getting these articles that I've been reading along with there's podcasts, blogs, education, and videos, but there is a store.

These are pricey devices. I guess the price of health, one can question is it ever too high to invest, but you might spend a couple thousand dollars. You mentioned the atrial fibrillation patient and one that might be a device to slip in your pocket.

Of course, we teach patients not to put their cell phone necessarily in their pocket right over their heart. That's EMF, but here we've got PMF. So are we talking like a flex pulse?

What's a pocket device if there is one on your website that pertains atrial fib? The one I would normally recommend would be the flex pulse. And the flex pulse has a magnetic field intensity of 200. So by the time it reaches into the heart, the magnetic field intensity has dropped dramatically.

But even if it's stimulating some of the electrical charges in the superficial areas of the heart, it's enough to cause that electrical system reaction in the heart as an anti-sympathetic action.

So it's more of a parasympathetic action. So it makes the heart less susceptible to all the stimuli that cause AF to be triggered, right? And then it provides some degree of anti-inflammatory action.

Now that Flex Pulse costs a little more than a thousand dollars, but you gave a case history of a woman who had a cardioversion shock to her heart, you know, dozens of times, each one probably cost between five to $10,000 hospital bill with the anesthesiology charge.

So if you can actually limit or eliminate these episodes, that's a very cost effective investment in one's health. Let me tell you about that. The reason I caution you is that we tend to think single problems.

We tend to think AF, but AF doesn't happen as a single problem. Most of the people who have AF have other health conditions as well. The goal is not only to think about that problem and solving that problem, but the goal is to look at the person and say, what else do you have going on?

If they have osteoporosis, then any system that you're gonna use to help them with the osteoporosis is also gonna help the heart. Interesting. Let's talk about that.

We mentioned the potential through many mechanisms of helping both systolic and diastolic hypertension. You have two full body pads, maybe more. I see the BioBalance and the MediThera on your website in the store.

Would that be where you direct a person? Again, recognizing the hypertension, You've got 50,000 miles of arteries from the top of your head to the bottom of your toe.

It might take a pad. I'm going out on the limb. I don't know that. But is that where we'd be looking? Well, thank you for going out on a limb. I'm going to have to pull you back from your limb.

OK. So the problem here, those low intensity systems and the bio balance is stronger than many of the whole body of magnetic systems that are out there.

Some of them are sold by multilevel marketing companies. These are all legacy systems. They were developed 30 years ago, using science available at the time.

So most of the time, that's not good enough for hypertension, because you're trying to deal with the entire vascular

system. As a result, you have to go through all the blood vessels in the body, and you need about 15 gauss in all the blood vessels in the body.

At a minimum, 15 gauss. So if you've got a magnetic system that's only one gauss, or in the case of the biobalance, which is 10 gauss, It's still not good enough.

So those systems tend to be much more effective for acupuncture like actions and superficial circulation stimulation. They're not good enough for basically medical types of issues or medical needs.

So you need something stronger. And there are several devices that are stronger above that. In my book, Supercharge Your Health, the website is good, but it's not as good as the book is in helping to guide you to the right equipment.

So the book has more parameters for what you're treating, where you're treating, how you're treating, and it gives specific advice for about 80 different health conditions.

What's the optimal magnetic system for that condition? And then how do you start using it? And then I provide some recommendations for supplements to use.

So for hypertension, you need a stronger magnetic system than that. Okay. And everybody there is on both Dr. Pollock's website at drpollock.com and I'm sure major booksellers, the book is called Supercharge Your Health with PEMF Therapy.

And if you order it on his website, you get access to hours of additional training in case studies. So I think I'm going to go that route. I have a copy of that book somewhere in my life, but I think it's time I go through it again and encouraging others to do the same because this is so interesting.

Is this a field that's dynamic and there's new devices coming out every year? Yeah, I get asked that question fairly regularly. The concepts are not different.

There are physics refinements and depending on the condition, we tend to think of one problem and one solution. So if you give it to a physicist or a biologist who's looking at a particular mechanism, then they will say, well, this is the magnetic field that you need for this particular mechanism.

This is the optimal magnetic field. The challenge for us with magnetic field therapy is the body, other than one mechanism, we have what? 100 trillion cells in our bodies.

Every cell has about 100,000 biochemical processes per second, and they're all interactive. So to try to isolate it down to one particular PEMF signal or one particular PEMF device for one particular problem may be appropriate, but I think if we're really thinking about general health and for cardiovascular disease, we should be thinking generally.

And that means that, you know, a lot of different devices will do many different things in the body. Getting the right intensity is the most important thing from the beginning.

Choosing the Right PEMF Device and Getting Help

It sounds like the advice for the curious listening is do your research, go to the website, read the articles, get the book, and be specific because I'm still also fascinated by the case study you mentioned of poor circulation, perhaps peripheral arterial disease, a very, very challenging condition that can lead to amputation and a case of improvement due to many mechanisms of microcirculation stimulation by PMF.

But before rushing out necessarily and picking a device, go to the book and read about it. I assume you talk a bit about arterial flow and arterial microvasculature as one of the topics in the book?

Yes, there's some information about that. Circulation, basically the overarching concept of circulation. Well, this has been fascinating. Why don't I give you a chance to direct everybody to where to find you and more information.

Thank you. So if you've done your due diligence, you've read the book and you've looked at all the different devices and you still don't know what you should have, especially if you have multiple conditions, as we discussed, people typically don't have one problem, one health problem, especially when we go beyond age 40 or 50. right, then we start, like barnacles, we start accumulating.

And by the time we, there's a saying in Pennsylvania, too soon old, too late smart. So we finally get to a point where we say, okay, now I need something.

And they go to a conventional system and they get recommendations and they work or don't work or they got side effects or problems. So now you started to look for alternative therapies and you may go through all these different therapies because people make so many claims about alternative therapies, which is a big problem for doctors.

You can't trust all that because everybody's making outrageous claims. So you do your due diligence, and if you're still not sure, and you're willing to invest in your health, and if all you're willing to spend is $100 or $500 for your health, don't bother asking for a consultation from drpawlik.com.

So I have a group of health professionals, and we do free consultations. We allow you to do it for free. I should be charging. I've been recommended all the time to charge for this.

I don't want to charge for this because I would rather you take the money that you would have spent on a consultation and apply it to your purchase of the appropriate PMF system or to go somewhere where you're going to get appropriate therapy.

So that's what you should do then is to end up on the website. There's a tab in there about consultation, fill out a form, get put on a schedule, and we'll advise you on what the best route for you would be for your health.

Some things sound too good to be true, but this one is as good as it sounds. So we thank you for that. And I gotta tell you, absolutely fascinating conversation.

I have an integrative cardiology clinic, it's very busy, but we're not accessing this technology and clearly that's gonna change in 2023. And I personally thank you for that.

I'm sure every listener will thank you for that. And I think your books are gonna be flying off the shelves, because people are gonna wanna dig deep in this use it and use it intelligently and use it the right way.

I did this. So why do I do this? But when we as doctors prescribe something, or we do a procedure, we always do this. people leave the office and you don't know what's going to happen next.

There's some degree of predictability, but generally speaking, we really don't because things fly out of the edges of our vision that we're not aware of.

So we're removing, PMF therapy basically removes chance to a great extent if people buy the right equipment and use it the right way. In fact, on that product comparison chart that we have on the website, there's a video It's a 20 minute video on how to choose and use a PMF device.

I really strongly recommend everybody who's interested in the technology to look at that video. Because again, making that proper choice and then using it appropriately.

And that's why we spent so much time doing this. Because as a family physician, holistic physician, I had too many people buying devices that were useless and they didn't use them right.

There's some manufacturers out there who sell whole body systems. All you need is eight minutes, just eight

minutes. You're not going to solve all problems with eight minutes.

Choosing and using the right way are the key to success, getting results. Thank you for taking the high road and sometimes even the financially not reasonable road of doing this for free, but I know people are going to benefit.

Thank you for all the listeners. I found it fascinating and we really appreciate your time. Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights, and inspiration to take control of your health.

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

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

you