Introduction and Dr. Pawluku2019s Background

– Alright 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 and the topic PEMF Dr. William Pawluk.

Good day. Thanks doc for taking your time. – Thank you Joel for having me on. I'm appreciate, 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 but you're both you know, well known as a holistic doctor but I emphasize your 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 gonna hear a bit more about herbals and energy medicine and homeopathy. And you really have extended the envelope into such a broad array um 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 PEMF therapy. So these are highly recommended and kind of the authoritative books that everybody listening will be fascinated to know about.

So uh any other highlighted 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 bunch of patients die or several patients almost die of G.

I. Bleeding. And the 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 pain, their pain wasn't killing them, but the ibuprofen almost did.

So I said, what can we do differently? And I looked around at my consultants and my peers and hospitals and literature etcetera. I didn't find any better solutions. But I did remember I had an interest a long time ago in premed even about acupuncture, but there was nobody around to teach me acupuncture.

So at that time that was 1970. So I said, so I wandered off al empathic conventional medicine. And then again things started happening where you start to get frustrated because you're not seeing solutions, you're seeing the same old, same old, you know, insanity doing the same things over again and hoping you don't kill anybody, right? 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, that cracked the door for me acupuncture.

And then magnets cracked the door even wider. And then I said, okay, what else is there out there? That could work because again, I couldn't believe that magnet therapy was like that be all end.

All the problem is the science with PEMF therapies and magnetic therapies was limited to basically eastern European languages. That's when I published my first book co authored with a guy from an MD PhD from the Czech Republic who did his PhD in magnetic therapy for for healing and he was a rehab doctor. Well that kind of really blew open the doors in terms of the science in terms of the credibility and the value and so on.

– Alright, so 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 PEMFS a natural and important match. But let's start at the beginning.

I mean tell everybody listening, break it down. You're the world expert. What are PEMFs and how are they different than EMFs. A lot of people are running away from EMF. So we're going to talk about running towards PEMF. So put that all in simple language for people like me.

What PEMF Is and How It Differs from EMF

– So EMFs are basically environmental magnetic fields, I call them environmental but they're electromagnetic fields there in the environment. They're produced by microwave towers and radio stations and television stations and radar and you name it so their broadcasts into the environment there what what I call open loop. They just keep going and they have a wavelength.

And those wavelengths depending on the size of the wavelength, can be absorbed by the body. The very long wavelengths go pass right on through microwaves. Cell towers five G.

Et cetera are very short wavelengths just like your microwave oven. And 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 radio frequency, so they actually destroy tissues that they do that on purpose and we do them on purpose for intended uses.

But P E M. F 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 that you separate that wire to allow that current to produce a magnetic field around 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 the pulses it goes like that it collapses back on itself.

It doesn't keep going. So it's not sure we can't design them for short wavelength. But for the most part PEMFs that we use our 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. There 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 PEMFs as a therapeutic or healing, you know, option for many conditions.

We're gonna try and focus on some of the known heart conditions given the nature of this summit. You've, you know, you've talked on your website, will 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 the healing center, might choose to rent, might choose to purchase and use at home every day.

And they produce PEMFs 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 PEMF work that influence, you know, heart seller. 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. Amazing life. So what's going on how do PEMF work? – Basically magnetic field ignores the 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 teachers to turn things on start jiggling leaves,

waving branches where magnetic fields essentially 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 equations. So this is science. This is, you know, physics there it is law says that magnetic fields as they pass into the tissues past any conductive medium of any kind, actually copper wiring etcetera, um than what it does is it induces charge. It makes more charge.

So the body makes its own charge, 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, different mechanisms Increasing circulation, decreasing edema, decreasing pain, acupuncture types, actions in the tissues, um decreasing inflammation, stimulating stem cells.

There's again, about 27 different actions that are in in the books and on the website. So, those actions then the magnetic field doesn't decide which actions are going to happen. The body decides not or does it decide what's going to happen? It decides how much is going to happen.

But but we know as physiologists, no, the physiology, knowing anatomy that different tissues have different rates of healing when you cut yourself, you break a bone, right?

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 periodicity, you know, Let's go on, There's a complex set of tissues involved and they're all going to hell at different rates. The surgeon, the Orthopod or the surgeon, or the primary care doctor focuses on the fracture.

Let's protect the fracture so you don't move it and then cross your fingers. The body will heal itself.

How PEMF Works in the Body

What is the surgeon to heal that? Help the body to heal? The factor all they're doing 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, you know, increase energy production manager, decrease inflammation.

Heard you say stem cells as a potential healing path in people with cardiovascular disease. You've written a brilliant article on your website drpawluk.com. Congestive heart failure.

I would call it man mandatory reading for medical students. Just and 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 want to give shout out to nitric oxide. It's really breathtaking. So let's focus a little bit on your experience on how to PEMF. These devices that somebody can buy rent using the healing center using 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 within the heart?

– I'm sorry to correct you. I retired two years ago. – Okay we will be we will be sorry that that is no longer an option to pursue. But at any rate. Tell us about, you know what what did you see and what 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. Didn't know the typical and 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. Right. 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, let's go back to the background and repair the causes of the heart failure, right? 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 in that blog is to say, well there's certain aspects of it that magnetic fields we can't 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 almost uniform at least unless you die of a lead poisoning or run over by a car.

So if you're doing magnetic therapy on an ongoing basis you can extend life dramatically much longer. Okay I have people with AF. I'll give you another example. – Atrial Fibrillation for those listening.

A very common disordered heart rhythm we talked about in other places in this summit, but atrial fibrillation. So what have you seen with, I mean given the millions of people that suffer with that you've seen response in terms of less frequent episodes with PEMF therapy at home. – You're asking you're actually telling my talk for me.

So I had a 70 plus year old nurse, very smart lady, um stubborn and feisty, I have to say. And she had been cardio overdid 20 times 20 times and the cardiologist said to her, no that's it, we're done. You can't do this anymore.

So I got she called the office and heard about magnetic 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. – Wow – Zero, – Wow. And just 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 that's remarkable.

– There's a blog on the website about atrial fibrillation as well. So PEMFs 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 it's got its own vascular system, it's got muscle. And if that muscle needs energy it produces ATP. As we know, ATP. Is necessary for the energy production of the of the of the heart. The heart uses up about 200 g of ATP a day in the heart itself.

There's only about.5 g of ATP. But it uses up about 200 g of ATP throughout the day. Every beat of the heart requires ATP. So you have to regenerate this ATP constantly so that if the heart's failing and ATP is one of the causes of failure, mitochondrial dysfunction, then you magnetic field therapy can help temporarily with that. The problem is ATP production by PEMF.

Something needs to be done regularly because again it's used up so rapidly. – I was gonna ask you this woman case study or any person like that that goes to your blog reads about H Fibrillation. Access is a device that emits PEMF safely.

How how much of a day and how many days a week would a protocol be that resulted in the dramatic reduction in atrial fibrillation and in that case study you gave me, are we dedicating hours a day. – So as you 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, right? You can wear it all day because it's low intensity that is portable.

PEMF for Heart Failure and Atrial Fibrillation

So you can put it in a shirt pocket and just go on about your life uh for heart failure because you have to do deeper tissue stimulation. You have to work on producing 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 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 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 were doing a magnetic therapy, then they've been remodeling their heart. They've been remodeling the tissues and the re entrance circuits and the tissues etcetera.

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 need half an hour twice a day, but I started off typically with half an hour twice a day for the heart directly.

– Yeah, 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 bullseye underlying high blood pressure, risk of 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 cardiologist encounter patients with rather bad angina pain trying to avoid bypasses and stents are not capable of having bypass or stents. Any comments on even a single case you've seen of angina frequency decreasing? – Totally. That's that's actually pretty routine. So if you're doing magnetic therapy sort of holistically both of the whole body because, you know, angina is not a heart problem.

– It's a cellular energy problem. – Well it's a cardiovascular problem, right? It's in the heart angina, it's vascular heart, it's also vascular everywhere else? Typically in various to various degrees.

I had a patient come to see me one time who actually was uh being told by his vascular surgeon he had to have below knee amputations, both legs, they were purple, literary 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, you know, 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 magnetic magnetic therapy to help them stop smoking, stop drinking.

Change his diet. Came back a week later, a little capital return. Long story short, I followed him weekly basically. Three months later. It 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 in the 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 end the thallium 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 PEMF therapy is it through through nitric oxide, but it also has a natural anti coagulant effect. It's equivalent research in in my uh European studies book showed that PMF therapy can be equivalent to aspirin in terms of the extent of anti platelet effects. But on top of that it's it's fiber politic safely fiber analytic. So if you're doing both of these actions and the tissues and the circulation constantly, then not only are decreasing progression and development of new plaque formation, but you're also decreasing fiber analysis that may be coincidental with it and decreasing inflammation, which also contributes to both of those – Powerful. And again, kind of segue 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, uh 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 and also on blood pressure in subjects with something called the metabolic syndrome. And it's rather encouraging that they did see, you know, significant drops within 12 weeks in these volunteers um with high blood pressure, perhaps through endothelial improvement.

Perhaps the 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 PMS – Well simplistically speaking, let's say there are two let's say two causes of blood pressure, fundamental problem. Blood pressure elevations.

One a sympathetic overdrive. Right? And you tend to see this and other people with high systolic diastolic are okay but they have very high systolic so they bounce around a lot.

So that's sympathetically over driven individuals. And then you have sort of the diastolic hypertensive. So they are the people who have a lot of in the theater dysfunction I think primarily as a cause and uh atherosclerotic development um that also tends to cause um increased thrombosis risk because they're crts are elevated typically and also they tend to have more sluggish blood. Their blood flow is not as good, so viscosity is 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 in terms of its actions than sympathetic dominant.

So it tends to reduce the systolic excursions because it relaxes people, it relaxes the brain 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 helium that contribute to this cascade of of events.

So the hypertensive you get a very often a very rapid response. Sometimes some people are exquisitely sensitive and they can get hypertensive. So you can actually see them overreacting basically to the magnetic 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 stimulation 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 are studies about that. – So just talk a little bit about again, somebody gets excited as they really should on this topic.

I'm frankly I'm 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 who works, gonna steal their dream that they've got a healing path.

So what about the safety of the variety of devices out there?

PEMF for Angina, Circulation, and Atherosclerosis

– Safety has been something that the FDA clearly has been concerned about for a long time. So there are very high intensity PEMF 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 still letting 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, – 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. Right?

So most of the PEMF systems, almost all the research says safety is amazing for PEMFs. It's just not understandable why it could be so safe. And probably one of the reasons is that magnetic field therapy is multi factorial in its actions. It's not a single mechanism.

It's not used for a single purpose. And since the body is 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 the couch and run a marathon tomorrow. You have to 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 that, all those people are off the table. They know, Tell us about that.

– It used to be the case. And in the older books that was always a contra indication, Right? And the reason it isn't so much today is because they're m are conditional.

– 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 PEMF. – Exactly. So as a result, as long as you're staying under about 1.5 Tesla, which is what M.

R. conditional is 1.5 to 3 Tesla. And you're not 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 M.

R. I. Women get pregnant who work in M. R. I. Units and they continue to work in those units surrounded by these high high intensity magnetic fields. And the M. R. I.

Units are somewhere between 2 to 5 Tesla. Let's say even one test. So that's 10,000 goes to 50,000 goes. And most of the PEMFs that we're using for therapeutic purposes are under that. Some of the top ones get to about 10,000. – Alright. So is there is there a contra indication list anymore? What is that? – Transplant?

– Of what organ, or any organ. – Why? Because you're on suppression and magnetic field therapy stimulates the immune system and it can do it both ways you can quiet down or can stimulate it. So we don't know with an immune suppressed individual. There have been no research to support this.

We don't know what happens to their immune suppression and the last thing you want is a rejection and an older pacemaker, not every pacemaker is MR conditional. – 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 if you're treating a big toe? There's no problem.

For example, 4000 gauss magnetic field will drop down to 15 gauss in four inches. So 4" away. You've already lost most of your field that it takes a lot more than 15 counts 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 should be using a magnetic therapy.

Either at least not above the waist or at least not certainly above the diagram. Alright, so they can be used conditionally. – So let's chat for a few minutes about, you know, picking your very experienced brain before somebody rushes out and spends hundreds or potentially several thousand dollars on a top of the line safe PEMF 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 drpawluk.com. D R P A W L U K dot 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 and you know it's 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.

So you mentioned the atrial fibrillation patients and one that might be a device to slip in your pocket. Of course we teach patients not to put their cellphone necessarily in their pocket right over the heart.

That EMF. But here we've got PEMF. So are we talking like a flex pulse? Is that 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 it's not 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 kind of sort of 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 a f to be triggered. Right and then it provides some degree of anti inflammatory action.

Blood Pressure, Safety, and Contraindications

– 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, shocked or heart, you know, dozens of times. Each one probably cost between 5 to $10,000 hospital bill with anesthesiology charge. So if you can actually limit or eliminate these episodes as a very cost effective investment in one's health.

– Let me caution you about that. Okay. That is the reason. 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 have AF have other health conditions as well. And so really the goal is not only to think about that problem solving that problem, but the goal is to look at the person and say, what else do you have going on?

So if they have osteoporosis then any system that you're going to use to help them with the osteoporosis is also going to 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 bio balance and the medi thera on your website in the store. Would that be where you direct a person again, recognizing the hypertension. You got 50,000 miles of arteries on the top of your head to bomb 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 gonna have to pull you back from your limb.

– Okay? – So the problem here, those low intensity systems and the bio balance is stronger than many of the

whole body magnetic systems that are out there, some of them are sold by multilevel marketing companies and these are all legacy systems and 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, right? As a result, you have to go to go through all the blood vessels in the body and you need about 15 gauss and all the blood vessels in the body At a minimum 15 gauss.

So, if you have a magnetic system, that's only one gauss, or in the case of the bio balance, 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.

So in my book, supercharge your health, the website is good but it's not as good as the book is and 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 which the optimum magnetic system for that condition.

And then how do you start using it? And then I provide um 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. Pawluk's website at drpawluk.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 and case studies.

So I think I'm going to go that route. Right. 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, 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 tech the concepts are not different.

There are physics refinements and depending on the condition, you know, we tend to 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, the body. We have 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 PMF signal or one particular PMF 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. – So 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, you know, many mechanisms of micro circulation stimulation by PEMF.

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 microvascular. Sure is one of the topics in the book.

– Yes, there's some some information about that circulation, basically. The concept 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 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. You know, people typically don't have one problem, one health problem. Especially when we go beyond age 40 or 50, right?

Choosing the Right PEMF Device and Getting Help

Then we 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 we finally get to a point where saying, okay now I need something and they go to the 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 might go through all these different therapies because people make so many claims about alternative therapies, which is a big problem for doctors, you don't you can't trust all that cause 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 drpawluk.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 recommended all the time to charge for this. So 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 PEMF System or to go somewhere where you're gonna get appropriate therapy.

So that's what 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 to put on a schedule and will advise you on what the best route for you would be for your health.

– Something sounds 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 if absolutely fascinating conversation. You know, 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 gonna be flying off the shelves because people are gonna 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 gonna happen next, Right? It's something really predictability.

But generally speaking, we really don't because things fly out of the out of the edges of our vision that we're not aware of. So we're removing PEMF 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 PEMF device.

I really strongly recommend everybody who's interested in the technology to 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 I as a family physician, holistic physician, I had too many people doing buying devices that were useless and they didn't use them. Right?

Because there's some manufacturers out there that who saw the whole body system, all you need is eight minutes, just eight minutes. Right? You're not going to solve all problems with eight minutes. Right?

So choosing and using the right way or the key to success getting results. – Thank you for you know, 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.

So thank you for all the listeners. I found it fascinating and we really, really, really appreciate your time.