The Heart’s Magnetic Miracle: Unlocking PEMF Therapy Transcript

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Introduction to Dr. Pawlak and PMF therapy

Well hello, everybody. Welcome back to another supercharge. And I'm using that word on purpose. Supercharged interview education pack. The episode of Reversing heart disease.

Naturally summit third year. We have Doctor William Pawlak. B a w UK is a medical doctor and academically trained medical doctor, in Baltimore, where he is now, and the John Hopkins system.

And he saw the light a long time ago that there were approaches to health and illness. There weren't just necessarily what you hear in medical school lectures.

There may be some good information, but as I recall your story, doctor Bob wise, you saw some patients in your academic family practice clinic that had side effects to very common pain medications, and you went off on a search of alternative pain treatments, at least alternative in America.

A little bit more conventional in Europe and China and Japan, like acupuncture. But you're certainly most known for pulsed electromagnetic frequency therapy.

P e a m f p m my mouth is, stumbling. And number one, welcome. And thank you. Thank you very much for having me on again. And maybe let's just get you back.

Let's just get out of the way. People are being warned, of course, with their cell phone and electronic devices, to be cautious about EMF, electromagnetic frequencies.

And here you are the world expert on using EMF. So just quickly clear the air up. And why 1st May be a danger and the other is a therapy. Very important.

And it's good to get the elephant out of the room, as the emfs are designed for communication. Right. That's that. So that's there. It's a completely different set of technology in terms of what it's not only designed for, but also how it's used.

So basically an EMF, an electromagnetic field that's pulsed through the atmosphere, it's sent into the atmosphere like microwaves for cell phone communication or other forms of communication through the air, including radio waves, television waves and so on.

All of those are what I call environmental magnetic fields.

EMF safety vs therapeutic magnetic fields

They're designed to communicate. And as a result, what they're what they do is they use microwaves as a carrier signal for them. And so I because they're microwaves, microwaves because of their short, very, very short wavelengths are absorbed by the body.

I mean, that's the whole purpose of behind a microwave oven, right? Using these extremely short waves that get absorbed and whatever we put in a microwave oven gets heated.

It's the heat causes the damage. So then when you think about dosing of anything in life, the dose then determines the extent of the damage. People are sensitive.

So people who are very sensitive and usually they're sensitive because they're already inflamed. They already have all kinds of other health issues going on.

They have autoimmune diseases, but they've had neurological damage of different kinds of insecticides, pesticides, you name it. Covid is a good example of things that really set off the immune system of the body and set off the inflammatory processes.

So these people who are very, very inflamed when those signals hit them, they react because those the reactions are because the signals are absorbed by the body.

They short wavelengths broadcast in the environment. And so what we call them is open loop. They're open signals. They just keep going into the environment and they can cause risk to vulnerable people.

Now, Pmfs, on the other hand, are designed to, be produced by a current fly through a wire. And the example that I use typically is my hand. So my thumb is the wire and it's conducting current.

And as the current pulses in the wire with every pulse of the current, they get a magnetic field. And that's the principle of physics. So and that magnetic field is as big as the intensity is being delivered by the system and designed on purpose to deliver certain levels of intensity and therefore certain strengths and lengths of the magnetic field.

They're really not wavelengths, not like the other magnetic fact. The microwave fields are. They are pulse and it with every pulse of the current, there's a pulse of the magnetic field and they're proportional and happen every single time.

So what we do then is we take a we take a control unit. We take a unit that delivers an electrical charge through a wire, down that down the wire into a coil.

So this is a good example of such a unit. Sorry about that. This happens to be a very small unit that's designed for local treatment as battery operated.

So this chamber has about a nine volt battery in that chamber. And that unit that produces a small DC current that's transferred down the wires and those wires that go into coils.

Some people call these Tesla coils, but they go down into the coils and then the coils are applied to the body, wherever that they might be, to the heart, brain, shoulder, whatever.

And the coil then emits the magnetic field. This is not doing the work. This is doing the work. It's the magnetic field produced by the coil that's doing the work in the body.

This is the product the producer B will, but this is the effector. This is where the action happens. And so magnetic fields then by the virtue of the way they're designed are completely safe.

They're not they're not wavelengths. They're not microwaves. So they don't get absorbed by the body. The body does nothing to the magnetic field. The body completely ignores the magnetic field.

I take that back. The magnetic field completely ignores the body. The body doesn't ignore the magnetic field because as the magnetic field passes through the body, it starts to, stimulate all kinds of activity in the body.

And that's like the wind in the trees. We don't see the wind, but we know the wind is there because the leaves are moving or the branches are moving in the trees.

So as the magnetic field passes through the body, it's essentially like essentially the wind is starting to activate processes in the body in the tissues.

And that's called Faraday's law. A past magnetic field moved past conductors not known as charges. Charge carriers. Like the molecules of, atoms. The molecules of molecules are the atoms of molecules.

And so on. They have a charge, and the magnetic field pulsates that charge and creates an energy. And then that energy then is used by the body to do whatever it wants.

So that energy causes physiologic reactions. And among those physiologic reactions are the production of the oxide, the production of energy ATP in the body improvements is circulation stimulating repair, stimulating fibroblasts, stimulating stem cells, and then all the repair processes in the body.

So there in the in my, book Supercharge Your Health with PMT therapy, I reviewed 27 different actions of magnetic fields in the body. And that's what's important.

It's not the disease that's important in a sense.

How PMF supports heart failure recovery

It's it's the different components of the disease that the magnetic field then begins to address, whether it's for circulation, whether it's blockages, whether it's damage caused by an MRI, whether it's cardiomyopathy, whether it's a, an irritated nerve pathway in a heart or the circulation in the body in general.

So all of that is impacted by the magnetic field. So those are the differences between those two types of signals. What is very, very safe and nontoxic.

And it's very, very helpful to the body. The other is basically designed for other purposes. Well thank you. I think that really did a great job of clarifying it.

And for those that are listening, when this conversation is over, go over to Doctor Pollock's website, DARPA. A look that, and you can see a variety of products that can be, you know, circles, Tesla circles, loops.

They can be pads, they can be whole body pads and other ways to provide these, magnetic fields to the body for healing and take a look at it. Now, I'm intrigued, since we are a heart disease summit, one of the dropdowns on Doctor pollock.com, our ebooks, you have a product comparison e-book.

Cancer, a pain and inflammation, a sleep, a multiple sclerosis, a neurologic disease. Stress management, and energy healing. I mean, Parkinson's disease.

And many people will want to approach that. But you have an e-book, the Potential of pulsed electromagnetic field devices for slowing or reversing heart failure.

And you know, we talked about a whole variety of cardiovascular conditions. Heart failure sometimes isn't the first we talk about, but it's a devastating disease and very common.

So maybe chat with us. During all your decades of experience about PMF devices for heart failure, slowing and reversing? Sure. So one of the, again, magnetic fields increase circulation for sure.

They help with repair. Of the tissues. If you had a heart attack, then the body has to repair that heart attack. And as soon as you get the magnetic field therapy to the heart muscle, you begin to repair.

You stimulate the repair processes. You're stimulating the, stem cells that are necessary to repair that tissue. But you need to add circulation because circulation is missing in a heart attack or certainly in heart failure.

So heart failure is caused by a lot of things, right? There's different components of, the causes of heart for heart failure in the body. Heart attacks are clearly one cause chronic, hypertension is another cause where you get cardiomyopathy, where the heart becomes very thickened, enlarged.

And when it does that, the heart is not pumping adequately. So it's an inadequate pumping of the heart that then ends up causing the heart failure because you're not moving, circulation through the body adequately.

You're not delivering oxygen adequately. So magnetic fields helping so many different components of all of that, that whole process. And for heart failure.

One of the things that magnetic fields do to the heart, and they do it to all their muscles as well as they increase the function of the muscle. So muscles with magnetic field therapy work harder, they work longer, and they recover faster.

So in addition to everything else that we're doing with magnetic field therapy, it's not one solution. Is that one sort of aspect of a of a solution to a problem.

So many pharmaceuticals have one action that you're relying on to produce certain benefits to the heart, or you have to use multiple medications to do multiple things to the heart.

The good thing about PMF therapy is the body does it. What we're doing is we're encouraging the body to do something that it has not been able to do. So for example, if you break a bone or if you cut your skin a few tear a muscle magnetic field therapy stimulates the body to do repair faster than it would normally be repaired, so any injury in the body causes a huge demand on energy, a huge demand on ATP.

So ATP is the source of energy that the body produces. And every single cell from the mitochondria, well, a heart that's in failure doesn't have enough ATP production to keep up with it.

In fact, actually, interestingly, Joel, I discovered this in my research. The heart has to reproduce ATP with every heart beat, every heartbeat requires its own supply of ATP.

And so when we fail, when the heart is failing, it doesn't produce enough ATP. And there's again, all this physiologic responses that happen with injury of whatever kind, causes that ATP to be decreased.

And so magnetic fields increase ATP production by upwards of 100 to 600%, in addition to all the other things that are happening basically around the same time.

So to me, a little granular, somebody is watching this interview, going to your website, reading your e-book. There is a device that one would place over the heart.

Would it be similar to the battery driven one or we need a little more powerful. BMF device. Much more powerful. Okay, so the, inflammation is at the root of a lot of things, a lot of problems.

And, because it's at the root of all the injury, essentially, it's part of every injury, every cellular injury, every tissue injury, organ injury, inflammation is a good part of that.

What research has shown is that you need optimally about 15 gauss. So Gauss is a measure of magnetic field intensity. The Earth's magnetic field is about half a Gauss.

Just so we need 15 gauss optimally at the target tissue. And what it's doing is it's acting on the adenosine receptor. So adenosine again is the part of the model, the ATP molecule.

But the adenosine receptors are, activated in the body whenever there's an injury, whenever there's inflammation, whenever there's damage. So what we need then is a lot of stimulation of those ATP receptors and adenosine receptors to repair and decrease the inflammation.

And where is the adenosine receptor? It's on white blood cells typically. And where our white blood cells in the body everywhere. Right. So any injury recruits white blood cells to the injury process or to the damaging process or to inflammation.

So the rule of thumb that is that you need 15 gauss at the target tissue.

Device strength, dosing, and treatment protocols

So in the heart how deep is the heart from the anterior part of the chest to the back of the heart, you're typically talking between 4 to 6in of depth, depending on the size of the person and the size of the heart.

So if you need to deliver 15 gauss to the heart tissue from the front of the heart to the back of the heart, then you're going to need somewhere around 4000 gauss to deliver 15 gauss at that target tissue.

Well, now, if you have more than you need, the body basically ignores it. It doesn't need it, so it just ignores it. But the tissues, the parts of the tissue that need it now are getting a sufficient amount of ATP production and a sufficient amount of stimulation of the, identity receptors to decrease inflammation.

So that's the key is you need the right amount of intensity to treat the heart. And so if you use a little device like this, which I have used actually in people with, atrial fibrillation, and it's small but it's not, it's not going to deliver a strong enough signal, but is enough to cause the heart to be sort of less in, in need of oxygen and less irritated by whatever's causing the heart to go into AFib.

So then, you know, a parasympathetic or sympathetic, stimulating stimuli to the heart activate the, the atrial fibrillation. We do treat the heart with this.

Then you decrease that, but you're not repairing the heart because this is not strong enough. It may help you temporarily, but it's not strong enough to do repair.

So high intensity devices are really the key. Okay, that makes me feel good because I have a 14,000 Gauss unit at home and I have had it for a few years and use it regularly.

I think you actually advise me to go even higher, but I guess I just learned that that would be enough for heart therapy. Actually, I think I have, you said 4000, right?

Yes. Typically. Okay. For a heart therapy. And now, heart failure patients might use a properly selected PMF device. How often? For about how long, you know, in your clinical experience.

So, that's always a question. And ultimately the subject, the person with the problem is going to tell you how much you actually need to do the treatment.

I usually recommend a half an hour to an hour twice a day. So somebody with heart failure, what happens, you might say, well, okay, I do a treatment and I'm less short of breath.

Or once you become short of breath again, if you're short of breath again in four hours and you do another treatment for hours, the more you treat, then the faster the the the heart, the heart or the body begins to heal itself.

And then therefore then, you eventually, over time, be able to cut back the amount of time that you're spending with treatment. So with repair and recovery regeneration, you need less stimulation.

So your body's going to tell you, I suggest starting half an hour to an hour twice a day. And on the doctor podcast, I have a, a blog called Going Low and Slow.

You don't want to go Max right now because you don't know how much the heart can take, how much stimulation the heart can take. Because again, you're going to increase the pumping action of the heart.

But that heart's struggling to survive, and it doesn't have enough oxygen. And it doesn't. It has too much inflammation that all of this has to be sort of wound back.

And you're going to have to do this gradually and slowly, just like you would with training for, running a marathon. You don't get off the couch and run a marathon tomorrow.

So we're doing the same thing. We're kind of training the heart to, decrease the inflammation, work better, work longer, and recover faster. And as long as we're talking, protocols, you brought up a different cardiovascular condition called, atrial fibrillation.

And many, many of the viewers are dealing with that. And so many of them are searching for natural approaches. So, give us again, you have articles on your website.

I have read them there. Incredible. But, what would a listener do in addition to going to your website and what could they anticipate? The unit you're holding, you could just potentially put it in your pocket over the heart.

Well, not for healing purposes. Okay, so there was a study done in dogs. Where they were doing an open heart surgery on the dogs or open chest surgery on the dogs.

And what they did is they stimulated the heart electrically in these dogs. So these dogs did not have a problem. I did electrical stimulation in the heart, and the heart developed arrhythmia.

Then what they did is magnetic field therapy to the heart and then tried to re stimulate the arrhythmia. And it didn't happen. So the magnetic field then decreased the sensitivity of the heart to be activated to produce arrhythmia.

All right. So that's what essentially this could do to some extent. Because part of the benefit is going to happen through the acupuncture system as well, which has its own benefits to the heart.

Right. But this is not going to heal the AF. The cause of the eye, the cause of the AF is typically inflammation, and the chronic inflammation in the heart then leads to fibrosis.

So in other words, the damage of the heart tissue leads to fibrosis. And that fibrosis is what interferes with conduction of the heart. And that conduction then leads to the to the arrhythmia.

So then you need a strong enough magnetic field used over a long enough period of time to be able to repair the inflammation, to decrease the inflammation, and then to initiate repair of the damage.

That was the fibrosis. So that's a long term problem. The short term solution is to decrease the sensitivity of the heart to the triggers of AFib. Right.

And that could be having a hard bowel movement. It could be coughing a lot. It could be just emotional stress. So it could be parasympathetic or sympathetic, discharges that stimulate the heart to go into AF.

So you you can do that. You could treat the heart to, to stop that activating process. But then the long term goal is to reduce the inflammation so that so hopefully the AF will resolve the more damage that's been caused to the heart, the less likelihood of resolution or reversal.

So the sooner you can catch the, the AF problem and, and the sooner you start with the proper magnetic field intensity treatments, the more likely you are to have a reversal of benefit to the heart.

All right. So there is hope for some of you out there with atrial fibrillation, particularly if it's a recent diagnosis.

PMF for atrial fibrillation and arrhythmia

Before all this chronic fibrosis, that's and I, do want to give a shout out back to our beginning topic there. Actually, I just happened to be searching the web, earlier today for a newsletter I write.

There is a brand new article October 2024, you know, so in the last recent period and the impact of mobile phones and heart measurements, and they just took volunteers having to be in Saudi Arabia, but their phone rang just standard mobile phones.

Now that's EMF. Remember that same microwave, bolus of energy that's there to travel and it has an impact on, you know, variables of your heart between heart rate and heart.

Rate variability. And variability. So, you know, we all kind of go squirrely do when we see people with their cell phone in their front pocket, or women that tuck their cell phone in their bra, which is probably a crazy idea, both for breast tissue.

Right. As for cardiac tissue. So I just wanted to indicate how different BMF and its safety of, exposing tissues to magnetic fields is from, the EMF we should be properly warned about.

Now maybe way of somatic checked with it with an example, a case example of somebody with heart failure. So there was a woman who was in her 60s who was an avid golfer, and she developed heart failure.

She went to treatment to a specialty center that had a big machine, and it was a more of a static machine than a pulse machine, but it was basically pulsed magnetic field therapy.

And she was in that machine 12 hours a day, getting treatment directly to the heart, 12 hours a day. So it's like 3000 gauss, 12 hours a day, literally within about three weeks, she was back to playing golf again, you know, but 12 hours a day of stimulation.

So even that amount of stimulation seven days a week for three weeks. And now she's back on the golf course. Incredible. We don't see that in medicine too often.

Let me ask you, you know, there has been data over the years that a significant component of heart disease, whether it's atherosclerosis, congestive heart failure, hypertension is the accumulation of heavy metal toxins from the Mercurys and the LEDs.

And these are in standard medical journals, but they're largely forgotten and not taught in medical school. Is there any impact of PMF therapy, like the extreme example you just showed on, eliminating, these toxic accumulations?

So what are the functions of magnetic fields? One of the actions of magnetic fields is open cell membranes. So when you open a cell membrane, then the membrane is able to breathe or the cell is able to breathe better.

So if a cell is loaded then with toxins including heavy metals, it has a chance then to detoxify. Now, I don't believe that PMA therapy is often adequate in the short run, as much as it could be or should be.

So sometimes you have to add ki lation, particularly for the heart or the vascular system. You may lose ki lation to grab those molecules and get them out of the body.

So the help to get them out of the body and then help to repair the damage that they caused. Subsequently. All right. So magnetic therapy could potentially help with detox, at the very least, what they're doing in the cells and in the heart is they're inflaming it.

The causing inflammation, the calling causing cellular damage and breakdown. So the heart's not able to function adequately. So I think you could start with PMF therapy to the heart.

You have to go somewhere to do that. And it's expensive. But if you want to start on your own, just with a higher high enough intensity magnetic field, you could probably get some benefit from that.

Never mind all the other things that magnetic fields do. So it's not just a one pony show, because the magnetic field is doing so many different things in the body at the same time that you're going to, you could potentially get a benefit just by doing the PML therapy.

But if if the causes of the, the results of the toxicities are due to cardiomyopathy or myocarditis or inflammation, again, which then compromises the ability of the heart to function, you can improve the function of the heart while

at the same time you're doing detox one, molecule that I do recommend for people who are are dealing with toxicities is called zeolite.

And and the zeolite form that I use is called Gnat. ACG nano. So I don't sell it I don't have it. But you can go online. You can get it on on Amazon in fact Axi nano.

And you do get ten sprays at the back of your throat. And you do that, say twice a day, you may have to go low and slow because you may detox from the reactions to that detox for the heart.

The nice thing about zeolite is that it's like it's like a Swiffer. It's it's a basically molecular binding. It takes those heavy metal molecules or any other heavy charge, heavily charged molecules, binds them to the zeolite cage and kind of little nano sized cage and bite into the cage and doesn't let it go.

And because they're nano sized, they enter the circulation.

Detox support, whole-body treatment, and device options

And then it gets circulated through the kidneys and the bowels and even perspiration and so on. So they can help with detox. But this is a long term process.

So you can combine these nano with PMF therapy. And in fact I just quickly jumped over. And one can buy a two ounce bottle of ACG nano, zeolite, which is an earthy, earthy product that binds metals for about $40.

Now I just want to be real with the audience. If an audience member goes your website, studies up, says, I want a 4000 gauss US, unit capable of reaching the back of my heart, with a controller and a bead pad, as it's called.

We're going to spend $1,000. So there there are varieties of these devices, and they range in price, typically from oh 7 or $8000. Right. And a big coil is the wrong machine that I would I would not recommend that man.

Right, right. So we have to think holistically as well. So when we do magnetic field therapy, the people who have heart problems very often have multiple other health issues.

And what we're doing with is not just to help the heart, because when you do magnetic therapy to the periphery of the body, you're dilating blood vessels.

And from a cardiology perspective, what we're doing is we're decreasing afterload. So you're not only helping the heart, but you're also decreasing the work of the heart by opening the blood vessels peripherally.

And many people who have heart disease and heart failure have lots of atherosclerosis, not only in the heart but in other parts of the body. So a whole body magnetic system is really important, not just our local heart rate system.

And so you would normally combine a whole body treatment at least half an hour twice a day, along with another half an hour or twice a day directly to the heart.

With that, that stronger magnetic field, most of the systems that have whole body parts to them, the whole body pads are significantly weaker than the individual coil.

So that coil that you described with, with about 2500 2000 gauss is adequate locally, but it's not adequate systemically because it's too weak for the whole body.

So devices that I recommend are in what we call the flash family of units. And one of those is called the pyramids premium flash, the apartments premium flash.

The doctor recommended package gives you a whole body pad, which is adequate intensity to treat the whole body. And then a, about a 4,007th between 4000 and 7000 goes to the heart.

So you can treat locally to the heart, but it also the trigger locally to, the brain or the or the kidneys or other areas of the body that need help to.

All right. And, these are all available for people to, you know, take a look and learn more. And Doctor Polycom, the last thing I just want to mention, maybe I don't recall it from last time I was on your website, but you now have a PMF training academy where a practitioner can, take a course and learn really in a deep academic way and other topics.

Is that, something you've been putting together for a while? That course was a six hour workshop that I did. There's a there's a basic course which gives you a lot of the basic information about Pmfs.

So I do recommend that for clinicians to take that, to take that course. There's another, course, if you will, on the website called Supercharge Your Health.

That's one of my books. That's the book that we that we just talked about. So the book is a book, it's written words. So the course has all kinds of slides with all kinds of visuals.

And I go into a bit more depth in each of the sections or the chapters of the book, so you can actually access that supercharged course as well. And of course, you really should have one of the books, for doctors in particular, or clinicians or those who really want the science, I recommend the Power Tools for health ebook, which gives you those 500 references that we discussed.

And also the supercharge book is more of a how to it's a manual, more of a manual. There are no references in there. You're not going to get the science so much.

So you really need to get both if you're going to be erudite and to really understand the the technology. Okay. Well, we sure all want to be here. I that's for sure.

You've given us a lot of information here about the background, physics of EMF. It's application in a very important cardiac condition called heart failure.

And I think, again, people can learn more on your website. This, pervasive. In fact, they research article in the last few months, there's three times more cases of atrial fibrillation in the United States than previously measured.

There's about 10 million cases. So we're in need. Not everybody can have an ablation. Not everybody gets well within ablation. And here we have devices like the pyramids, premium flash, high intensity PMF that you talked about on your website.

People can read about it and see if that's an investment they can make.

Training resources, ablation cautions, and closing remarks

And, coupled with, as you said, this, zeolite, the nano X nano zeolite, all available, for them to study more on. So I think we've learned a lot. And, it isn't all about eating broccoli and apples.

There are, these high technology that we want to use and benefit people for. So I think you if I could have just interject for a second about a relation because I think ablation is a very key issue.

Research is showing that the people who have ablation become resistant to medication. So what happens is the ablation itself causes some damage to the heart, which then makes the medication.

It's harder for the medication to work. So you may need a second ablation. You may even need a third ablation. My recommendation is that before you do ablation, unless it's life threatening, you got to do it right now.

My recommendation is to do magnetic field therapy for a while before you do ablation, because the magnetic field

therapy doesn't cause any harm to the heart.

Excellent. Excellent, right. And so it helps the heart to, well, do the same thing the ablation does in many ways. It's not a specific it's not as targeted as ablation is.

But there's also not damaging. All right I do not have one in my clinic at the present time. But I'm going to talk to you a little bit. And maybe I have room to put in this premium pad and, offer to patients as an additional treatment option.

So. And thank you. I've learned a lot. I know the audience has learned a lot. You're always a fascinating, and intelligent clinician to talk to. So thank you for your time, doctor.

Thank you Joel. Appreciate it. I will thank you, everybody, for listening. Okay. Well we're fascinated. It May 1st more time just hold up your book one more time, sir.

I have a book. It's sitting on my credenza right in my office when I see patients. And again, I've read it and I encourage everybody. Get yourself a copy.

Very good sir. Thank you. For 30 bucks. It's worth it. Now, if you're going to make an investment in a PMF device, you're better off reading this first, or at least certainly having it available in your library because it provides you with evidence of all the other things that magnetic fields do in the body as well.

All right. Excellent. Thank you. Be well.