Uncover PEMF Benefits In Your Lyme Treatment Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to PEMF and Dr. Pawluk

Welcome to another episode of the Healing Lyme Summit. I'm your host, Dr. Myriah Hinchey. And today we're going to talk about pulsed electromagnetic field, or PEMF, as an adjunctive treatment for patients suffering from chronic tick borne disease.

I'm so excited to have with me today the leading authority on the use of PEMF in North America. William Pawluk, M. D. welcome, Dr. Pawluk. Please share with our audience a little bit about yourself and what got you interested in PEMF and using it to treat your patients in chronic pain.

Well thank you. Myriah I'm very pleased to be here with you. And Lyme is one of my interest, favorite and most interesting topics. It's always it's always mystifying.

It always is. That is for. Sure. Always is. so I'm, I basically I'm a family physician, an MD, as you said, a fine physician by background. I've been practicing medicine for over 50 years, and for the last 30 years I've been working with magnetic fields as a therapeutic modality.

And 20 recently, I retired from practice, after practicing holistic medicine for about 20 years in the Baltimore area. so now basically what I do is to, work with drpawluk.com, the website drpawluk.com and then working with, with the books and trying to introduce, PEMF therapies as a modality for people to become aware of and conscious of.

and I think it has a phenomenal value in Lyme disease. But, you know, people don't just have Lyme disease. I would guess that probably 80 to 90% of the people who have Lyme disease have stuff, lots of other stuff going on.

In fact, I probably I would say that I don't know about Lyme disease, but I know in general 85% of the population is positive for EBV, Epstein-Barr virus.

And where does Epstein-Barr virus end and where does Lyme begin? There's no beginning or ending for either, right? Once you have one, you are going to complicate whatever else you have with it.

How PEMF Works vs Environmental EMFs

Once you suppress the immune system and add in the inflammation and all of that, it's like all of those microbes just start to come out of everywhere, come out of hiding and reemerge.

Absolutely. In fact, I actually have training in acupuncture, and part of my training in acupuncture was because I was, having trained in acupuncture in 1990 ish.

I couldn't use needles. People didn't know what acupuncture was, and they wouldn't let me use needles. And so I said, well, how do I do acupuncture without using needles?

Well, in the Orient, they were using magnets on acupuncture points. So I started evaluating that and discovered that, lo and behold, magnets affect acupuncture points of meridians.

And that's where the light bulbs started going off. And I said, well, what's going on here? How is this working? Why does this do that? and so I discovered that magnetic fields actually stimulate acupuncture points and meridians.

So when you lay on a whole body magnetic system, you're actually stimulating the whole acupuncture system. And one of the reasons people get benefits from even very low intensity magnetic fields is because of the stimulation of the acupuncture system, and that what does that do to the act, to the immune system?

It improves the immune system and you balance the meridians, and then tissues and organs begin to function better. and then on top of that, the magnetic field therapy.

Then has a healing action deep in the body. So PEMF stands for pulsed electromagnetic fields. So what exactly are they. How how do you describe what it is and what it is doing?

Okay. I'm going to apologize from the get go for people who watch the summit, who have heard me say this before, but we need to get the elephant out of the room.

We have to recognize the elephant. The elephant in the room is EMFs, which Lyme people and people with autoimmune diseases and Lyme and, all these other chronic, whole body sort of systemic issues, need to try to avoid as much as possible.

EMF is what you try to avoid, PEMFS, what you should be attracted to. Pardon the pun. And what is the difference between the two? So emfs are basically broadcast in the environment.

emfs were developed for communication purposes primarily. And so what happens is that these microwaves are very short, wavelength, magnetic fields, electromagnetic fields are broadcast into the environment and they don't care who gets in the way.

Right. So they're called emfs, I call it. They are electromagnetic fields, but I call them environmental magnetic fields. So they're broadcast. And again, they're designed for, communication purposes in very short wavelengths which facilitate communication.

But they can be harmful to tissue. And we know as doctors we know that radio frequencies are be used in medicine for healing. They're used in medicine actually for burning tissue.

So that's the heating aspect of, radio frequency and microwaves. PEMFs are, on the other hand, have a completely different design. They're designed by virtue of a current flowing in a wire.

So I use my hand as a demonstration. So this my thumb is the current is the wire with the current flowing down. And every time the current pulses in the wire, the magnetic field is produced proportional to the magnetic to the, electric field.

So they are inseparable. When you have an electric field, you have a magnetic field. But this magnetic field only goes out with a pulse, and then it comes back.

So this is called a closed loop. It doesn't go on to infinity. It's constrained by the current flowing in the wire. And that's a good thing because then you design the system.

You design the magnetic field for therapeutic purposes. They're not designed for communication. They're designed for human human use or animal use or basically for biologic value.

So that's a huge difference. So PEMFs are not harmful. They're extraordinarily safe. Extremely, very high, extremely high magnetic field strengths. Whereas emfs at very high EMF strengths are harmful.

A microwave oven is a perfect example of an EMF, okay. It's designed to heat you, cook whatever's in the oven, right? Magnetic fields don't cook PEMFs don't cook.

And so, emfs will cause heating that will be absorbed by the body. So when you stand in front of a pulse of EMF, you will get warmed up. If you hold a cell phone to your ear.

That's microwaves. Right? So you hold a cell phone here. Doesn't matter almost how long you hold it, but the longer you hold it. The redder the ear becomes.

So what you're basically doing, you're cooking your ear. and therefore you're also cooking your brain and you're cooking the circulation you're affecting.

The circulation is flowing through that here or through that area of the body or the brain. So we try to stay away from emfs as much as possible, try to do more remote.

Do you use the speaker phones or use wired connections rather than the phone itself? You don't have that worry. You can hold a high, very high intensity for your brain safely.

In fact, there are enough devices that are approved by the FDA to treat depression treatment resistant depression called TMS transcranial magnetic stimulation.

And there are very high they're like 20,000 gauss. So Gauss is a measure of magnetic field intensity. It's the intensity of the field. It's also called Tesla, which we know about MRIs.

They produced like two Tesla, three Tesla, 5, 10 Tesla. So there's extraordinary high field strength in a Tesla is 10,000 gauss. Most of the magnetic systems that we use for therapeutic purposes are probably under about, 4000, 7000, 10,000 gauss.

Rarely do they get above one Tesla, and they're not found to be harmful. Even hours and hours of treatment to the brain directly does not cause harm. So they're safe and they're effective.

They're therapeutically valuable.

PEMF Effects on Healing and Inflammation

So how does this technology apply to helping out patients with Lyme disease? Can you get into the specifics, like what areas of treatment is PEMF affecting.

Critical question. So PEMF is basically the action of a magnetic field going into the body. Think of it this way a magnetic field is like the wind in the trees.

You can't see it and you only know it's there because the leaves are moving and the leaves can be moving gently. Or they could be moving very vigorously.

So the higher the intensity of the magnetic field, the more vigorous the action is going to be in the cells. So the magnetic field is moving into the body and moving out, moving in and moving out.

It's constantly in motion basically. And that motion is then inducing charge in the body. That's based on something called Faraday's law. So this is a law of physics.

So as a magnetic field passes through charge carriers and the ions and the electrolytes in the body are essentially, charged particles, they have charges associated with them as the magnetic field moves past, back and forth, pass these charge carriers, it produces a charge, produces electricity.

Faraday discovered that if you pass a magnetic field past a loop of wire with a light bulb connected in it, just the magnetic field, it's not connected to electricity.

The light bulb will light up. So the same thing is happening in the body. You're increasing charge at that. Increase in charge in the body, then gives the body more energy than to do what it should be doing.

When we have an injury, they'll cut the body has to then marshal its resources to heal that cut to close that, the that breaching of the barrier of the skin.

Barrier to the body. Well, any injury, any infection, radiation, dropping a brick on your toe, all of that as an injury

and that injury, then the body has to respond to that by marshaling all kinds of energy to the to and its resources to heal that wound.

Every damage cell has the same process, and it needs energy. And the body's not efficient in terms of producing energy. How efficient is the body in converting fuel into work?

Question. Most doctors don't know the answer to this question. Actually, most people don't know the answer to it. I don't know the answer either. Okay, well, let me ask you a different question.

How much? How efficient is a car engine in converting fuel into work? Pretty efficient. No. 20% failing mechanics as well. Right? It's 20%. Wow. 20% efficient.

The body is only about 25% efficient in converting fuel or energy into work. So our bodies are grossly inefficient. So anything we can do to amp up the body to increase the charge or energy in the body makes it much more efficient.

Even a healthy body becomes much more efficient. But a sick body, a body is damaged or injured in any way, then needs more energy to be able to resolve the problem.

And that's why we have to take a week or two weeks to recover from a cold. That's why I cut or a wound is going to take basically 2 or 3 weeks to heal reasonably well, and a bone will take months to heal.

So different parts of the body heal at different rates. So all of that needs energy. And so magnetic field therapy basically is giving the body the energy.

It's giving the stimulus for the body to produce the energy. So in other words, the energy is being induced by the body as opposed to putting an electrode on your skin, which transducers are basically as is electrocution to the body essentially.

So we're not electrocuting. We're letting the body do the work, but we're giving it the stimulus to produce the energy to do the work that it needs to do.

So that action then creates a whole synergy of reactions in the body, whole cascade of events. And you and I and the magnetic field don't control the cascade of events.

And those events include, at a minimum, reducing inflammation, increasing circulation, reducing edema, swelling, improving mitochondrial function, increasing ATP, increasing stem cell production.

So all of these actions have magnetic fields. And I outlined them in my book. Both of my books, Supercharge Your Health with PDF Therapy and Power Tools for Health and I go through the list of actions and then the Power Tools for health book.

I actually provide the evidence, the the, references to support each of those actions that we've found in science to be happening in the body due to magnetic field exposure.

And then in my new book, Supercharge Your Health, I added a couple more. Stem cell production is one of the most important factors. Leukocyte migration.

They look at the migration of leukocytes and white blood cells to areas of inflammation, and areas of injury, is critical to healing wounds and dealing with infections or magnetic field therapy.

Not only can kill bacteria and viruses. there's some evidence this is more recent evidence that I've come across. They can actually have that action on certain bacteria.

But in addition to that, it improves the migration of, white blood cells to the area of injury and influence and inflammation. So one of the key aspects that have magnetic field therapy is reducing inflammation.

And what in the body doesn't have inflammation. Not much. Especially when you have chronic tick borne diseases. Absolutely. Or any kind of infections for that matter.

Absolutely. So I have a question before we start talking more in depth about inflammation and whatnot. So are there studies that show, like for example, that wound healing increases, you know, by x percent of time when using PMA.

There's a there's a fairly significant body of research indicating the PMA accelerate wound healing. In fact, I'll give you our, audience, a picture and my supercharged super sorry in my Power Tools for health book, I actually have pictures of a little girl, a three year old girl, and I've told the story many times because it's so dramatic and graphic.

And as a doctor, I've never seen this happen before or since. Yeah, she tore off the end of her thumb in a doorjamb. Three year old doorjamb slam and just basically tore off the end of the thumb.

So unfortunately, the father called it before the plastic surgeons got at it. Or the orthopedic doctors, and so I said put put it back on. It serves as a tampon, serves as an occlusion.

Then to the wound, which is okay, basically becomes a Band-Aid to the wound. And what I've heard in, in Europe, at least, they discovered accidentally.

But it's not common knowledge that if you reattach it past the first, the first joint that the body can regenerate up to about age 11, we have the capacity of salamanders to regenerate limbs up to the first joint until about age 11.

After that, for some reason, we lose that capacity. So I said, well, I heard this. I've never seen it happen, never recommended it for anybody. But fortunately, the father got the doctor to sew the the tip back on.

And then we started magnetic field therapy. So an hour and a half to three hours a day. This little girl did magnetic therapy to her thumb locally with a small, magnetic device.

Because that's all she needed for something that small. and I have pictures to show this. Literally 12 weeks later, she's regrowing her. Now. Wow. So she's regrowing the rest of this.

and she's regrowing her now. Now it's the last thing to grow. That's regeneration. It's amazing. So yeah. So there's a there's a perfect example of a wound healing factor.

So there's plenty of research show wounds heal in about half the time. fractures heal faster. again, almost any injuries in the body heal better faster because of all these elements that, magnetic fields induce in the tissues and in the body.

So there's plenty. There's evidence to support that. That's great. So when we're talking specifically about inflammation, how does P. f decrease inflammation?

there are many ways, that it happens. So it's not a single mechanism of action to decrease inflammation. But one of the key mechanisms of action to decrease inflammation is the adenosine receptor.

So adenosine is part of ATP adenosine triphosphate. And there are receptors for adenosine in the body. And these receptors are responsible for reducing inflammation.

There are about 4 or 5 different adenosine receptors. And magnetic fields have been found to stimulate the adenosine receptor and increase the production of adenosine receptors and adenosine in the body.

Whenever you have an injury or inflammation anywhere in the body, the body marshals a response with ATP. We need energy to fight inflammation, right? So ATP increases dramatically in the area of the injury.

So magnetic fields by stimulating the adenosine receptor which sits on white blood cells. It's been found that about

15 gauss is optimal magnetic field intensity to stimulate the adenosine receptor.

And I show graphs of the graph goes up like this. And it plateaus up at the top at the peak, and there at the top of the peaks, 15 gauss. That's optimal for stimulating the adenosine receptor.

But the adenosine receptor sits on white blood cells, and magnetic fields lose intensity with distance. Just like with light and color and heat and sound and so on.

There's a sharp drop like what we call logarithmic drop, right of the adenosine receptor. and so what happens then? Or the magnetic field intensity rather.

So you have to match the intensity, the magnetic field to the target tissue. And if your target tissue happens to be safe six inches away, like across a brain, then you need to have a sufficient amount amount of magnetic field intensity to deliver 15 gauss across the brain.

And typically that needs about 4000 gauss to go that far into the body. And, on my, on my website, drpawluk.com, I have a blog about inflammation and adenosine, and I give our tables for the intensity that you need at the target tissue.

So try to treat inflammation in a lung. And I've had patients with cardiac disease from Lyme. And they need to stimulate the heart to decrease inflammation in the heart.

So then you have to calculate the distance of the heart from the skin to the back of the heart, so that you can then increase the amount of adenosine in that whole area.

And and so that's about 4000 gauss. Typically to get that level of intensity that you need. So the intensity becomes important. The adenosine receptor becomes important that he also flood the area with white blood cells.

For the healing process. You increase circulation. Inflammation injuries and infection almost always induce edema. That's a natural cell injury. And edema then decreases the production or the delivery of oxygen to the tissue, the delivery of nutrients to the tissue.

So you reducing edema is critical to that. And then you increase circulation. So by decreasing inflammation you decrease the edema. And then you increase the circulation to bring more healing energy into the area of the injury.

The cell injury. And that's kind of like the process that that happens at the body decides which of the elements of, of magnetic field stimulation, it wants to use or it wants to invoke.

So I don't control that. We don't control that the body decides it's got more energy. So where is it going to put that energy? Where is it going to put those resources?

It's going to pick the resources that it deems the most relevant and an appropriate and important. Okay. So so far we have increasing the receptors for ATP, which is going to increase energy.

We have decreasing edema which is going to increase the delivery of oxygen and nutrients to the cells. And then does it also affect like any of the inflammatory cytokines in the cytokine cascade?

Oh, totally totally. And so it's not only important for us and I got into trouble with the FTC because I had a blog on my website about using magnetic fields to reduce the cytokine storm for, Covid.

And they said, you can't say that. So they asked me to remove it. Fortunately, I published an article about it anyway, so they couldn't remove the article.

They just said, good for you, right? so yeah, cytokines are very important. So obesity, any any place in the body where you have a lot of inflammation, you have a lot of pro-inflammatory cytokines.

And what you want to do is to induce decreased pro-inflammatory cytokines and increase anti inflammatory cytokines and magnetic fields do both. Okay. So that's also part of the anti inflammatory cascade that we have with PMS right.

So is there another piece. Are those three pretty much like the main ways that it helps to decrease inflammation. Well as I said it it helps to migrate.

So for example with the injury example if you have edema you have to quiet that down because first of all you decrease inflammation. Then you decrease the edema. Then you increase the circulation.

Then you increase the migration of white blood cells to the area of damage or inflammation or infection.

Device Selection and Recommended Intensities

And once you've done all that, you can't fight an infection. You can't fight bacteria, you can't fight viruses when there's edema, right? Because there's no circulation.

It's just all swollen. So you got to reduce all that in order to be able to, to actually kill the organisms or have the body be able to fight the organisms more effectively.

Right. And so when it comes to actual fighting, the organisms fighting these infections, is there any sort of like direct killing property or is it by increasing white blood cells, you know, like increasing the body's immune system's ability to target these microorganisms that it has, like this antimicrobial effect?

Or is there like a direct killing effect of pumps? Yes, all of the above. You're going to have to elaborate. That's the problem. It's all about all of the above okay.

Can't separate these things in a test tube, you can set up a design of an experimental design to see which aspect is primary. But in the body, the body the body decides.

Right. But you're saying there's evidence of both. There's evidence of it being directly antimicrobial. But then obviously, if you're increasing the body's ability to fight itself, you're going to get that aspect of it.

To increase macrophage stimulation, you increase white blood cell production and stimulation in the tissues. You increase the migration of those white cells into that tissue.

But again, if you decrease edema, then all that stuff can get into that tissue better. And then you begin the killing process of bacteria and viruses, or at least the isolation process.

So the body can do a whole bunch of these different things more or less at the same time. It's amazing. So before we get into I want to talk specifics.

I want to talk about what devices work best and what patients should be looking for, you know, when they're evaluating devices. If this is an in-home therapy that they want to bring in.

And I would like you, doctor, to please tell our patients and our listeners, where can they find you? and if you have any exciting news to share. yes. So they can find us a doctor.

Polycom. Okay. And many chronic Lyme patients need advice. It's very hard to select the appropriate system for yourself. And unfortunately, what most people tend to do is they tend to buy based on cost and they want the cheapest products they can get the the cheapest avenues to treatment that they can get.

But that's not going to work with APS. Now, if you happen to have an infection or like that little girl that you have a problem with a specific spot in the body, that's one thing.

Lyme disease is, as far as I'm concerned, is a systemic problem. I would agree with you. Right? Because that cascading event that causes a systemic reaction and then you're dealing with problems all over the body, wherever it wants to wake up, it can wake up.

So it becomes systemic. So that means you need a systemic treatment. And Lyme disease is not curable once you've got it. It's like the immune system. Once you have lupus or what you have autoimmune conditions like rheumatoid arthritis, you can tone them down, but you can't turn them off because the body has initiated an immune reaction based on a stimulus, the infection, for example, and that memory is there for life.

And the body has been designed that way because we may encounter it again. So the next time it sees it, it could mount a faster, more vigorous response to getting rid of the infection or the problem so that we can rely on that memory, to be able to help us out in the future.

So magnetic field therapy is best used in the home setting. You can get temporary benefits in an office setting. You can get temporary resolution of an acute flare in an office setting, but then you're probably going to have to look at something that you're going to be able to do at home on your own.

So the intensity then becomes critical. In the Supercharge Your Health book. I have tables of different devices and their intensities, and whether they're local or their regional, I come along, for example, or ahead, or in a whole body so they can look those tables up there.

There's some kind of information on drpawluk.com as well. And for those people who are significantly ill with their disease, they may want to get a consultation.

And we provide free consultations. Now, if you're only interested in spending $25 for a machine, don't bother. I mean, you're using my time. I should be charging $1,000 an hour. Yeah.

You want to use my time to give you advice? You better be ready to buy what you need to buy, because I'm going to tell you what you need to buy. And if you're not interested in true healing, then you know, I'm not sure that we should be working together.

I understand. Right? So we do offer free consultations and you can apply for it on drpawluk.com The books are a great resource and you can download them as well.

And we will offer, there are bonuses that are offered as part of this program, and you can access one of those bonuses. We have an e-book on inflammation and PEMFs.

and as part of this podcast webinar slash summit interview, we will offer a discount. So for people who, will buy a Tesla Fit plus two, we'll give you a 10% discount and we'll put a code you can put the code on, on the, notes, show notes.

And, Lesley will help us out with all that. So get 10% off a test, a Tesla fit plus two. And that will be good for 90 days from the posting of the webinar of the, the interview, and then, we have access to, the books.

In fact, actually, if you buy a Supercharge Your Health book, whether it's on Amazon or on drpawluk.com, we offer a three hour course. Actually, yes, I think it's a three hour course and actually maybe even longer, maybe a 6 or 8 hour course, but it's basically a supplement to the book.

So it's a video course goes through all the different chapters of the, the Supercharge Your Health book, very good in-depth training on PEMFs and how they work and how to use them.

And so how can patients access that? Or you're saying that if you buy the book, then you would get access to that? Or can patients just purchase that in lieu of a book.

no. Okay. Now, so by the well, there's no point having to in the course if you don't have the book, because there

are tables in the book that aren't in the course.

Okay. Right. You have to have a resource that you can go back and revisit again, whether you buy it as an e-book or whether you buy it as a, as a paperback.

But if you go to drpawluk.com, you click on the book on drpawluk.com So that's a supercharge your health book. blue book on drpawluk.com It'll bring you to a page where wherever you buy it, whether you buy it from Amazon or from us, you'll have a code.

You'll answer that code. And the second part of that, page. And that'll take you right to the course. Perfect. And it's available then permanently. Wonderful.

So why don't you tell us in your opinion what p e f devices work? That would be the best. So go back to the point about inflammation. Yes. You need 15 goals optimally at the target tissue, no matter what else.

You do know what else you might need to for water for inflammation is key to virtually everything that we have happening in our bodies anyway, right? Okay.

So that means that you have to deliver 15 gulps at the target tissue. And for whole body purposes, I usually recommend a device. It's going to be probably a minimum of 4000 gauss.

And that's why I'm offering the Tesla Fit Plus two as a, at a discount to the people who listen to this, because we want to have 4000 gauss and the Tesla Fit plus two comes in a doctor recommended package, a whole body pad, and a small local applicator.

So the whole body pad is not as powerful. It's about 20 gauss. the smaller a, double loop coil layer on top of itself. The two wings of the coil laid on top of themselves go up to about 4000 gauss.

So if you could treat a brain Katrina heart, you could treat a lung, you could treat a gut easily enough with just just those two applicators. Right. So that's it.

And now there are other devices. There are other higher intensity devices that are very useful as well. But that's this what that is what I would say would be the minimum.

There's a warning. there are lots of people who are probably listening who have already like yourself. You have been you told me before we started chatting that you were approached by people selling PEMF devices.

you always, always, always, always ask whoever's selling the device, what is the Gauss rating? What's the peak intensity of the magnetic field? Would you buy a car without knowing the horsepower?

Nope. Would you walk away from a salesperson who would not? Who would not be willing to tell you what the horsepower is? Yes, of course you're not. You don't know how fast you're going to go.

You know how far you're going to go if you don't have the horsepower. So the horsepower is the intensity of the magnetic field. That's critical. So if you have a device that is very low intensity, you still going to get some benefit from it.

You may feel good with it, but it's not going to decrease inflammation deep in the body. And it's not going to do adequate healing. So you may have you're.

Saying and so you're saying to be clear that you need that range from 15 all the way up to 4000. 15 would work on that skin. Barely. Okay. All right. 4000 again has to go deep into the body.

Yeah. So if you're two inches into the body that you're treating. But the the the problem is that anybody with Lyme disease needs a whole body system, as I mentioned, because it's a whole body problem.

Yeah. And you're not just treating the elbow where you have your pain, or you're not just treating your heart where you have your problem or your lungs or your joints.

You really need to be treating you, you, the whole body, because you don't know where it's going to go next. And every time you have a flare or every time you have a flu or heaven forbid, a Covid, then everything goes haywire.

And so you really need to take care of the whole body. So what would be the minimum range then you're saying is or not minimum, but you're looking for a device that can go up to 4000 or better.

Or better. Or better. So you can spend you can spend 5000, $6,000 for a one gauss machine. So most of that money is going to go to the driver. It's going to go to the driving unit that drives the intensity.

So if you're going to spend $5,000 for that actually a good part of that is going to commissions. The real cost is a lot lower than what you're paying for. It.

So the better you're better off in general to deal with whatever may come up for you down the road to have the right intensity at the beginning. So if all you're treating is a knuckle or an elbow or your hands say you got some athletic changes in your hands that you don't need as much intensity, but you're still neglecting the rest of you, and the toe bone is connected to the head bone.

Absolutely. Yeah. So if you're treating someone systemically, what are you looking for? Like if you're treating the whole body, whole person, and if we're talking about thickness, like how does the size of a person, whether it's excessive adipose tissue or someone just has a lot of muscle, like do you have to take that into consideration when you're looking at a unit for treatment?

So the answer is yes. And so you can you could buy more than a 4000 gauss machine. And there are many people who have on top of Lyme disease have have a history of Covid.

Yeah. they have long haulers or they have osteopenia or osteoporosis or heaven forbid they have cancer. Anybody with cancer needs to be on a higher dose machine than that.

And preferably a machine that that provides you with what we call a magnetic sandwich. That means you're laying on a pad underneath you and you have a pad over top of you.

What that does is it provides a very uniform magnetic field between the two, applicators. that's ideal, but they're more expensive. Obviously, the higher the intensity, the more equipment that you have, the more it's going to cost you.

But that's in the long run. I'm going to get you the most benefit. And then in addition. To that, one of those that you recommend, like what is the name of that unit for our listeners that has the two layers.

The one that has the magnetic sandwich? Yeah, it's called PA meds, PA meds, PA meds. Yeah. Ultra flash kind. All right. And we can we can give we can provide a 10% discount for those as well.

Okay. And we'll get you the coupon codes for those. so when people, want to purchase it, they go to the store, they go to the shop on drpawluk.com purchase, purchase the device, put it in your cart at checkout.

You provide the coupon code and, we'll, be able to give you that discount at the point of purchase. If you need any questions or have any questions about usage.

I myself and I have two other doctors who work with me, who can give you advice on how to use it properly and which one is going to be best for you for your particular situation?

Sometimes, sometimes a Tesla fit is all you need. Right? But again, if you have a more serious, significant issue going on and you might need the magnetic sandwich.

I do a lot of practitioners buy these and have them in their office where they have patients come in and they do a treatment, or these are more considered like an at home patient use device.

Both, certainly both and practitioners in particular need to be able to deal with whatever walks in the door. So you have to be able to treat a whole range of issues that may or may need magnetic therapies.

And that means that you need the, the highest intensity system that you can get, or at least one that's optimal, such as the ultra flash. Okay. So I want to talk a little bit about treatment protocols.

And you know, so like how long should a session be, how many times a week, etc.. But I just I want to ask one question here just to finish up talking about, you know, what what devices are effective.

What would you consider to be in effective devices or things that people should just really stay away from when they're looking for a PEMF device? Well, again, the rule is the 15 goes at the target tissue.

Treatment Protocols and Practical Use

Okay. So, what we're trying to do with Lyme disease and the people who are listening to to this interview and, and the summit, your summit, are generally not going to be somebody who's got a tickle in their toe.

Yeah. With Lyme disease. So you're talking about a more serious piece of equipment. So I think if it's at the minimum probably should be 4000 gauss. Okay.

On the smaller applicator that means about about 2000 gauss typically for the whole body okay. So you can do you can get some benefit with less. But you're not going to be probably all that happy with your results.

And I'd rather you didn't spend your money. You're better off raising the capital, finding the money and get the right equipment, because you could be wasting your time, wasting money, wasting energy resources and so on. And mood, never mind mood and everything else by getting the wrong equipment. Right?

And if you already have the wrong equipment, then you can keep using what you have, as long as it's giving you all the benefits you want. But if you right.

What I found is that the people that come to me the most are the people who bought the wrong equipment. Yeah. Or being recommended the wrong equipment.

And then they go to drpawluk.com or they read my books and they oh, they say, oh, that was not a good idea. Right. So I don't like to just treat symptoms.

I'm very much to get to the root cause, treat the whole person, you know, help to heal the body. Right. As opposed to just attacking the microbes. but all of that being said, if somebody were to be using this, let's say, for pain management.

So I'm gonna ask that then a two part question. So for pain management, how many sessions a week and how many minutes per session would you say somebody would need to use a device to manage their pain?

So this is an answer you probably give people all the time. It depends on the person. It depends. Yeah. That doesn't just depend on the person. It depends on the problem. It depends on the cause.

It depends on the chronicity. It depends on where in the body the problem is. So I totally agree with you. My goal as a as a physician is not to put a Band-Aid on the problem and then cross your fingers and hope the body takes care of itself, right?

For chronic conditions, that's not a good idea typically. So magnetic field therapy can do pain management just by itself. Anti knows perception right from the get go.

Just put it in the magnetic system and you can get some pain relief. It even works that way in in salamanders it decreases pain just like that. And they don't they don't have a placebo effect.

Right. So is there any sort of generic like typically one session for 12 to 15 minutes would give you x percent of a reduction in your pain, and it would last for x amount of time.

So like does it reduce pain by 25% for the next 24 or 48 hours? Like is there any general sort of phenomenon that you. So no, you and I know that. No, you have to you have to do what you have to do to take care of the problem.

Okay. So it's a cumulative effect and it's resolving the underlying cause. There are essentially three phases to what you're doing with magnetic field therapy.

Number one is you can do symptom reduction. That's the anti no susceptible effect. You can basically dampen the pain fairly quickly. Not always but because it depends on the cause of the pain okay I mean if you got a spike sitting in your shoulder all right you're going to get some degree of pain reduction.

But you know, you got to remove the. Spike to pull it out first. Out and then your body has to heal itself. So you do some degree of symptom improvement right away.

That happens within hours to a day or so. So it depends on the healing cycles of the body. So the longer it's been there and the more chronic it is, the harder it is to get rid of it in terms of pain reduction.

So then what you're doing is you're improving the pain. You're probably the tissue responses to the to the problem by doing some minimal amount of pain reduction.

Then you have to do healing right. Then you can improve function. So you can take a shoulder or an elbow that is really painful. Start doing the treatment.

And then within an hour, two hours a week your body's going to tell you the function of the shoulder improves, pain's going away, the function improves.

At some point, you may find that the amount of benefit that you're getting doesn't seem to, match anymore. In other words, it plateaus. It plateaus because it's not working deep in the tissues, and you're now getting deeper and deeper and deeper into the tissues that may be involved in the pain generation process.

You know, you're doing really well when the pain is all gone and your function has improved, but you're not done yet. I'll give you an example. I had a, college goalie hockey goalie who lost his scholarship.

Because of a groin injury. If treated by conventional medicine, physical therapy, you name it. For two years. Got him on a PEMF device that he wore basically continuously in a week.

Gone. After two years. Gone. What did he do? He was a young guy. He went out and started, rubbing up the system, re-injured too much, too fast. The tissues weren't ready.

He thought he's ready because his perception was, I'm better. So I must be good. But we know it's clinicians, so you have to not only deal with the symptoms, but you have to deal with the functional problems and then the healing that you need in the tissues and different tissues heal at different rates.

Right. So skin heals much faster than ligaments or bones and muscle heals faster than, than a bone as well. So all the tissues then determine the rate of healing and how much healing has to be done deeper into the tissues.

So it's like athletic training that. Right. Well, you've injured yourself, you've gotten treatment, and then you try to train and you discover what you can't do yet.

So you go back to doing more treatment and you do it for a while and then you test again. So it's treat, treat and

test and treat and test. And so gradually you're moving up the ladder in terms of the functionality that you get depending on the healing that you've been able to achieve.

So it depends. It's a process. And magnetic field therapy is a physical therapy modality. So then we have to respect the physicality of the body and the nature of this particular therapy to produce the benefits that we're looking for.

That makes sense. So would patients expect to use this every other day daily? Twice today. What is the very basic, let's say, minimum recommendation if you're going to add this therapy in?

Well, again, it all depends on the constellation of issues that are going on right. So I recommend at a minimum a half hour twice a day okay. Minimum because you want to start a process of healing.

And then what happens is magnetic field therapy will it's like throwing a rock in a pond. Some problems will react and respond very, very, very quickly.

And they're gone. So if you have a pain circuit in the tissues due to an injury, but the injury is long gone, the healing is long, long done. But you still have this memory of the pain.

You can do one treatment and it's gone. That's rare. Most of the time you have to keep treating. So as you get better and better and better, then you know you can begin to back off.

So if you start with half an hour at a time and you're getting the resources, the benefits and resources that your body needs, that within a week or two weeks or three weeks, you could be better.

But again, every individual is is unique. And they not only have Lyme disease, as we discussed, they have a whole lot of other things potentially that are contributing to the problem.

So what do you need to treat? Everything. Well unfortunately everything. Ultimately you can focus on specific areas and do intensive therapy for those areas.

If you have ten different problems in your body, but choose the ones you want to treat or focus on that are the most important to you. Do them intensively.

Then when they're better, begin to back off and see how much you can back off, and then add another 1 or 2 areas that you do intensively while maintaining the others.

The previous ones, to whatever extent that you need to maintain. So it's an iterative process. It's a gradual, progressive process. Okay. So everything else and everything else that you do, including nutrition and supplements, all of this is necessary.

Can't build a house without bricks and mortar. Oh 100%. Yeah. And I think that that's a very good point that, you know, it sounds like you agree with, and that's why I started this interview by saying like, this isn't adjunctive therapy.

This isn't something that, at least in my opinion, right? It's not a standalone therapy. This is something that can be used to accelerate the speed in which a patient's body can heal.

But, you know, you have to have the foundation. You have to be addressing lifestyle and nutrition and the immune system. And, you know, ever in the gut in detoxification and, you know, everything else in the body, you know, that needs to be fixed, for lack of a better term, in order to get this infection into remission.

The infection never the never mind the infection. So I actually, from my perspective again, as a, holistic doctor, it's not the infection. The infection is probably long gone.

Now, there may be organisms or components of organisms in cells that could reactivate down the road, depending

on stimuli that happen, stressors that happen to the body.

It's an immune problem. And because it's an immune problem, it's a lifetime problem. I try to emphasize to people, this is not a short term fix. And then on top of that, you're still aging, right? Right.

So no matter what you're going to, you're going to age for the rest of your life. So you want that slope like this, or do you want the slope more gentle.

So you're going to be able to not only treat the infection and the consequences of the infection, but then you're also helping the whole system to support itself to be healthier, which also then adds to the benefit to the infection.

Right. So, Dr. Pawluk, anything that you would like our listeners, to know before we conclude our interview, any last pieces of advice? Well, I think you need to see a good a good practitioner you really need to have.

I recommend everybody should be seeing a holistic doctor or a functional medicine doctor naturopath. Anyway, that's your standby. I'm not there with you all the time and you kind of just I can't adjust your protocols for all these other things, which you're probably going to need anyway.

So you try things, you see what the response is, and you either add things or you take it away and do something else. This is an iterative process. I want one step at a time kind of process.

So you do need adjunctive therapies. You do need adjunctive, assistance as well. And hopefully you have a clinician that understands magnetic field therapy and how to put those together to get even better results.

Right. Okay. Well, thank you so much for joining us. It's been an absolute pleasure talking to you. one more time, please tell our listeners where they can find you.

drpawluk.com, drpawluk.com or the books supercharge your health with PEMF therapy or the other book, Power Tools for health. So power tools for health.

I don't recommend too often to people, but if you really want the science, you want the references. It's got over 500 references, and combining the two one is more practical and one is again more conceptual.

Okay. And then also don't forget you get that three hour course complimentary if you buy one of Dr. Pawluk's. Books, Supercharge Your Health book. Okay. Wonderful. All right. Well, thank you.

Thank you everyone for joining us. And we will see you next time.