Using PEMF For Hypertension: A New Approach Transcript

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Introduction to PEMF Therapy

So even though fracture hadn't been actively healing for even seven years or more, all of a sudden you put magnetic fields into that tissue, just wakes everything up.

You start to introduce energy into that tissue and all of a sudden the fracture starts healing. And a non-union fracture can heal in three months with the right magnetic field treatment.

Something that's been there for six or seven years already, now all of a sudden activates and starts to heal. But you have to have the right intensity of magnetic field, you have to have the right treatment time and so on.

Welcome to the PEMF Effect, where breakthrough science helps take control of your health. I'm Dr. William Pollack, and I'm here to guide you in tapping into the power of PEMF therapy for recovery, vitality, and total body wellness.

From overcoming chronic pain, optimizing brain health, boosting energy, and aging with strength, this podcast is your path to cutting edge solutions for lifelong well-being.

If you're ready to move beyond symptom management and tap into your body's natural healing ability, you are in the right place. Let's dive in. Today's episode is a previously recorded session from a summit where I was a guest speaker.

Welcome back to the summit. And today I'm very excited to welcome Dr.

Podcast Welcome and Guest Introduction

William Pollack. And he's going to be teaching us a lot about PEMF and EMF and how this can also help with hypertension. It's a really nice way to look outside the box of traditional care.

How are you today, Dr. Pollack? Perfect. Thank you. How are you today? I'm very good. Thank you so much for joining us and we're gonna we're gonna elevate you to perfect.

That's fantastic. I love that. But yeah, I'm excited to learn about your topic, you know, topic experts like this, because there's something about this that I think is so intriguing.

And again, I'm excited to learn too. So can we start with just the basis? Can you explain the difference between what a PEMF and an EMF are exactly? Sure.

And that's a critical difference. And that's the elephant in the room, because everybody's worried about EMFs, like 5G, 8G, 10G, all of that G stuff that's around us.

And basically, EMFs, so EMF stands for electromagnetic fields, but I call EMF environmental magnetic fields. The fields around us and they're in a sense more dangerous in some ways than the fields that are generated by an electric stovetop or a hairdryer or, you know, the electronics that basically is around us all the time.

So that's not EMF in a sense. It is. It's environmental, but it's not in the same way. and probably not quite as, in a sense, as dangerous.

EMF vs PEMF: Key Differences

So EMFs are basically designed to be broadcast. They're designed for communication. Because they're designed

for communication, they don't care about what happens to what's in the way, i.e.

bodies. Right. So basically microwaves, which is, you know, basically most of our communication with Wi-Fi and cell phones and so on is broadcast into the environment, just like radio signals, just like television signals are broadcast into the environment.

And as a result, they're designed to deliver a messaging in very short wavelength bands. And so basically the wavelengths that are broadcasting the environment are extremely short.

As a result, they are absorbed by the body. And that's sort of the premise behind a microwave oven. Because they absorb, then they heat. And they damage.

So they could damage living tissue, but they can also damage dead tissue or water or fruit or vegetables or whatever. So they basically work on the principle of heating because of the absorption.

PEMFs, however, are designed by a machine producing a current that's passed through a wire. So imagine that my thumb is the wire that's conducting a current in that direction.

But every time there's a pulse of current in that direction, there's a magnetic field automatically generated by it. Basic principle of physics is called the right hand rule.

Every time there's a pulse, there's a magnetic field and that magnetic field goes out and as soon as that pulse dies down, it comes back and collapses on itself.

So that's called a closed loop. EMFs are open loop. They're broadcast out into the environment. They don't come back. They don't collapse on themselves, you know, essentially.

So PMS are designed for healing purposes or they're designed for other applications, including in engineering and electronics and so on. But the PMS that we're talking about are designed for healing purposes.

And you control the current and you control the intensity or the strength of that current, which then produces the changes in the magnetic field. So a weak current is going to produce a very small current.

A very strong current is going to produce a pretty large magnetic field. and basically what we want is that we want a magnetic field is going to pass into the body and then do the work it does and then pass back out of the body.

So magnetic fields and the body are compatible basically and the body is basically it's transparent to a magnetic field. So if you take a body here and you have a magnetic field here and you have a magnetic field tester here or on the other side of the body.

Whether the body's there or not makes no difference to that magnetic field. Okay, so the way to think about a magnetic field is like the wind. It's the wind blowing in the trees.

You can't see it, and the only way you know that it's there is the leaves are moving, unless you feel it up against you yourself personally, right? But that's the way you find out is you can feel it by its actions, not by virtue of the fact you can see it, because you can't see it.

So the magnetic fields, you can't see them either, and they pass into the body, go right on through and come right back out again. And every time it does that, every time it waves into the body, like a tree, like branches, like leaves, it creates all kinds of activity in the body.

And that activity is based on something called Faraday's Law. So Michael Faraday was a scientist back in the 1800s, late 17, 1800s. And he discovered that magnetic fields as they pass through charge carriers, as they pass through anything that has electrolytes in it, anything that has ions in it, anything that has a charge and virtually all molecules of the body have charge.

So therefore the magnetic field is interacting with anything in its path, and that means everything is in its path. And that activation then, again, Faraday's law says the stronger that magnetic field is, the faster it ascends, the faster it goes to its peak, than the more dynamic action there is in the body.

So the intensity of the magnetic field drives the actions in the body. Now, magnetic field therapy was discovered originally and approved originally. Well, actually approved, it was not discovered, it was discovered way before that, Michael Faraday.

But it was approved by the FDA to heal fractures that didn't heal. We call them non-union fractures. So after six months, a fracture hasn't healed, it's called a non-union.

And so the options to take care of a non-union fracture, a non-union fracture is a disaster. It's a big problem, especially if it's a long bone, often they're in the hands or in the feet, but they're disabling.

And so surgery doesn't work very well for those, because the conditions that caused the fracture to be a non-union in the first place are still there, right?

So then you're operating again. I tell people that you can't grow a garden in a swamp. It's hard to fix something. And like we know with surgery, if you have wet tissue paper, you can't put a needle through it, you can't put a suture through it.

So magnetic fields have been discovered to actually heal those tissues. So even though fracture hadn't been actively healing for even seven years or more, all of a sudden you put magnetic fields into that tissue, just wakes everything up.

You start to introduce energy into that tissue and all of a sudden the fracture starts healing. And a non-union fracture can heal in three months with the right magnetic field treatment.

Something that's been there for six or seven years already, now all of a sudden activates and starts to heal. But you have to have the right intensity of magnetic field, you have to have the right treatment time and so on.

So that's all part of our discussion today.

How PEMF Heals Tissue and Fractures

Are you tired of living with chronic pain? Medication only masks the symptoms, but real healing starts at the cellular level. I'm Dr. William Pollack, the leading expert on PMF therapy.

The policy electromagnetic field therapy is a science-backed, drug-free solution that helps reduce pain, speed up recovery, and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPaul's.com PEMF systems. visit drpawuk.com, that's D-R-P-A-W-L-U-K dot com, to register and claim your savings.

This limited time offer is available only to registered listeners. Don't miss your chance to experience the benefits. Terms and conditions do apply. Don't just manage pain, transform your health.

Visit drpawuk.com today and let's get started on your healing journey together. Okay, well, I think that's a good segue to the next question is basically what are the basic physiologic actions, right?

So what you're saying it's exciting. So what exactly is occurring? Is this a cellular level? What hormone like what exactly is going on? And then what can actually this be used for besides, you know, fractures and stuff?

Sure. So because it's physiologically activating, essentially, it's increasing charge, it's increasing energy in the tissue, then the body now has more energy to do the work it should have done in the first place.

So for example, if you cut yourself, the body has to marshal its resources to be able to heal that wound. It has to defend itself from the intrusion that it had, from the injury that it had, and then it has to initiate repair processes.

And we rely on the body to do that on its own. But the body's not efficient in doing that. The energy that we use to create healing in the body is inefficient.

So that means the body's wasting a lot of the energy. it's not as efficient as it should be, but you can increase that efficiency by almost double with magnetic field therapy.

So the wound starts to heal faster, because now you decrease the swelling in the wound, number one, you increase circulation to the wound, number two, you decrease inflammation in the wound, number three, stimulate stem cells, number four, nitric oxide is produced, all sorts of activities.

So basically in my first book, Power Tools for Health, I outline 25 different mechanisms of action of magnetic fields. 25 different actions of magnetic fields in the body supported by science.

So that book has like 500 references that show you there's good science there to tell you why magnetic fields work and how they work in the body. So I can't dial, I can't make your body dial up any particular mechanism.

The magnetic field is a nonspecific stimulus to the body to start to activate processes. Because it's nonspecific, the body decides what it's going to do first.

So one of the first things the body will do with a wound or an injury is to reduce the swelling. Because you can't grow a garden in a swamp, you can't get circulation into that tissue until you reduce the swelling.

So anti-inflammatory action first. Then the second lead becomes a circulation action. Then the stem cells come in because circulations improve stem cells come in.

Magnetic fields also have an automatically natural painkilling effect. It's called an anti nociceptive effect. So it's been found even in snails. So snails treated with magnetic fields.

We put a snail on a hot plate. What does a snail want to do? Get off the hot plate. Silly. Right. Right. Right. Get off the hot plate. Silly. So what happens if you give magnetic field therapy to a snail, a snail say, oh, I'm laudied on it.

I'm going to take my time getting off this hot plate. Really? Even with the, is there a tissue damage and such? Well, it depends. Well, hopefully you don't have a hot plate too hot.

Right. Otherwise the snail will get cooked. Right. Right. That's curious. Okay. Awesome. And then acupuncture. So the first things that I did when I started working with magnetic fields, I started using it to do acupuncture because I was trained in acupuncture.

Yeah. And that was in 1990 when people didn't know what acupuncture was. Right. And said, don't come at me with those needles. Stay away from me with those needles.

And so I said, well, how could I do acupuncture? I had two years of training in acupuncture. So how can I use acupuncture if I can't do needles? So I discovered in the Orient, they were using magnets.

So I started working with magnets, started working with them extensively and discovered they were doing all sorts of things in the body that I couldn't understand.

Sponsor Message and Healing Offer

I didn't understand the mechanism. So finally I met with an MD PhD from the Czech Republic who got his PhD in electromagnetic therapies for rehab purposes.

And he had translated a lot of the Eastern European science. And so that manuscript, we published that manuscript, it's called Magnetic Therapy in Eastern Europe, a review of 30 years of research.

So at that time in 1985 or so, 30 years of research. They'd already been doing it for 30 years. Wow. Okay. Right. And he identified the mechanism, all the different mechanisms of action of magnetic fields, and that just blew the doors wide open in terms of what magnetic fields could potentially do.

Okay, that is really fascinating. As far as when you think about things such as a systemic illness, which I do think of hypertension, right? It's affecting all parts of the body and different things.

A variety of different mechanisms could be at play. How have you seen that type of therapy be helpful for these type of situations? Well, two ways, two things.

So number one, the toe bone is connected to the head bone. Exactly. Right? So we sometimes forget that. But if you stub your toe, you'll find out very quickly how connected it is to the head bone.

So anything in the body, any treatment anywhere in the body is going to have a systemic effect. There was a study done in people with chronic wounds, where they did magnetic therapy to the arm or to the chest.

The theory being that the bigger the volume of blood that you're stimulating with the magnetic field, the more action is going to be in the body. And so they use the arm as a control.

Physiologic Effects and Mechanisms

versus the chest, what they found is that the magnetic field therapy either place, either place, healed these chronic leg wounds, even though they were not being treated directly.

It healed the leg wounds in the same amount of time it would took to use standard medical therapies to heal them. Okay. Just by stimulating someplace else.

However, we do know they didn't actually experiment to see whether magnetic therapy directly would have healed it much faster. We know that it would, because the indirect actions are weaker than their direct action.

Okay. So there's a systemic effect. So even if you stimulate your hand, we know there's a systemic effect. In fact, I did this experiment. I put a magnet on somebody's hand and the hand would turn red because of circulation.

Circulation starts to increase. I looked at the opposite hand. It got redder too. Not as red, but it got redder. I even looked at the foot and the foot got redder.

Okay. So that action caused the systemic reaction, systemic vascular reaction by increasing circulation to those tissues. Okay. All right. So they're all connected, but the best strongest effects are going to be local.

Now, if you're doing hypertension, then the question becomes, what's the cause of the hypertension? Right. A variety of things. That's the problem. That's the question.

Right. So hypertension is not just hypertension. It's what's the cause of hypertension. Right. And I think probably the most common cause of hypertension is stress.

Yeah. Oh, I think that's a very big part, especially this kind of grade one hypertension that's just not controls. And yeah, I get it. And so many people are doing some other things, too, and some resistance is an issue.

But yeah, absolutely. So how would you approach someone with hypertension. What would you do if someone is coming to you and say, can you help me? Maybe they have hypertension or diabetes and a few other chronic illnesses.

Where does that therapy come into play for the majority of many Americans? Well, as a holistic physician, Yes. As opposed to a toe doctor or arm doctor, right?

I tend to think of these things more as, you know, holistically, the toe bone is connected to the head bone. Right. So it's the whole body. Now, if you do have clearly vascular changes, say with diabetes, you still have to treat the whole person because it's a whole person problem.

So it's basically a hypertension is a whole person problem to me. Yes. You have to really treat the whole person. Now, if the cause is primarily systolic hypertension, and you can reduce their anxiety and their blood pressures come down, and you do that continuously and the blood pressure stays down, well, then you know that that's probably where you got to be treating more than anything.

With chronic illnesses, as you said, The problem then becomes, again, much more systemic. And with diabetes, diabetes is a whole body vascular problem.

It's not just a kidney problem. It's not just an eye problem. It's not just a leg ulcer problem. It's a whole body problem. So definitely you need to do whole body treatment.

So you can design your therapeutic approach based on the etiology probable cause in any given person. Now there are consequences to elevated systolic hypertension, right?

Chronic elevated systolic hypertension. So even though it's systolic and not diastolic, right? Then you still have to treat the consequences too, because that can cause cardiomegaly.

Right. Right. It can cause peripheral changes, Raynotes. If your blood vessels are constantly constricted and then you had smoking on top of that, then you need to deal with those consequences too.

But at the very least, at one point you just get just lower the blood pressure and you could do that with magnetic field therapy too. Your body was designed to heal, but illness, chronic disease, stress, injury and time can slow that process down.

What if you could restore your body's natural ability to recover, recharge and feel its best? The key to healing is giving your body the energy to repair itself.

PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals and helped thousands of people reduce pain, regain energy, and take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

Systemic Benefits for Hypertension and Chronic Disease

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com. That's P-R-P-A-W-L-U-K dot com, because real healing starts at the cellular level.

you know another one that might be partly responsible is like maybe chronic pain because you had mentioned early bone health and different things. So let's say someone has chronic pain maybe even it could be even related to vascular health right because you can get basically when someone's walking right they have arterial you know, the blood is not flowing to the lower extremities very well.

Or maybe even with diabetes, you know, there's diabetes and hypertension at play here that are destroying the vasculature of like, you know, the the farthest points to the body, like the feet.

And you worry about things like that. How does that come play? Because, you know, obviously pain can also cause

stress and elevate blood pressure in general as well.

So as I mentioned, I think magnetic field therapy has a natural anti pain killing effect. But I could just give you Tylenol if that's all I wanted to.

Right. Right. And maybe that's enough. But again, as a holistic doctor, that's not what I would want to do. I would want to figure out why the pain is there.

Right. So if I manage the pain and I manage the cause of the pain, then I'm more likely to take it away permanently. I see. So it becomes a cure and not a symptomatic treatment.

So that's the goal ultimately is to do healing and not just control the pain. So the pain itself then, part of the process then is to help to heal the tissue that's causing the pain problem, if you can't.

And if you can't, if you have a chronic pain problem that you can't fix, you can't cure, then you may have to treat the brain. So we have, I call it chronic pain brain.

Okay. But anybody with chronic pain, as you said, is going to have vascular effects, is going to have systemic autonomic effects because of that chronic pain problem, but they're also going to have brain effects from it.

Right. So the brain registers that chronic pain and then begins to change itself around that pain signal, that chronic pain signal. And what you have to do is you have to quiet down the brain's hyper reactivity to the pain signal.

And so a lot of people develop allodynia, which is chronic pain that's not actually caused by the problem, the original problem. Now you have a pain problem that's caused by the body's reaction to the chronic pain.

So again, PMF therapy can deal with that as well. Yeah, that's similar to, I know somebody does, they do like self-hypnosis and it's really been very helpful for chronic pain in that kind of disengagement, what you're describing.

So let's say someone has like, I don't know, maybe they are fairly healthy, but then suddenly they get an injury and now they see the blood pressurizing.

So there's not necessarily, you know, poor diet or maybe they're exercising and they had some injury. Like what does the actual therapy entail? Like are these pads or something?

Like how does, what is the physical nature of the actual intervention? Okay, so on drpawk.com, so drpawk.com, I have a number of blogs and a number of educational pieces on that website.

And one in particular, when you go to the homepage on drpawk.com, you scroll down the page, you can find product comparison. And that product comparison gives you a list of all the different devices that can be used for different purposes.

For hypertension, typically I'm going to most often recommend, especially in the setting of comorbidity, in the setting of multiple conditions that are present at the same time, something like what percentage of the population over age 65 has three or four chronic conditions.

It's like 70%, right. So it's there, it's a constant in the background for most of us most of the time. So you need a whole body magnetic system typically to do the best job with that.

Again, if all you have is an elbow problem or a shoulder problem, you have chronic shoulder pain or chronic carpal tunnel problem, well, you can certainly treat locally and hopefully that takes care of the problem.

But again, if you do have any comorbidity, any other conditions at the same time, then usually you're gonna need systemic whole body treatment. And besides, everything between the toe and the head is aging as well.

Right. Right? So we're constantly aging. I say that after about age 25, we start aging. We don't really notice it that much until after about age 40, then we identify with the creaks and the rattles.

Now, if you happen to be a professional athlete or a biohacker and just doing crazy things to your body, well, you need to start earlier, probably. But so all of us could use whole body therapy just for health maintenance anyway.

Okay. And if you have an additional condition on top of that, then you again, whole body therapy is going to help you in more ways than just a single therapy.

Single therapies tend to be cheaper. Okay. All right. So if you got an elbow problem, then you just use a magnet that's going to be able to help you with your local problem.

Again, if I do a history of somebody, if somebody talks to me, they tell me, well, I came in with my elbow or with my shoulder pain, but I had a history of cancer.

Wait a minute now, that changes the dynamic because my job then again, as a clinician is to look at the whole person and look at all the risks. And if you're gonna make the investment in a PMF system, make the right investment.

Because now you have an investment that's gonna work for you, the whole of you. Right. So does someone come to you in person to be evaluated this way or is this something that can be done telemedicine wise and you send them whatever they need?

Choosing the Right PEMF Device

Like how does that actually work? All right, that's a very important question and it's an important part of the process of getting the right equipment.

So on my books, my two books, Power Tools for Health and Supercharger Health, walk you through the thought process of what kinds of magnetic systems you should get and then how you could use them.

So in the Supercharger Health book, I have advice for about 80 different health conditions. Which are the right magnetic systems for you? What's the right way to use it?

Or people with more complex problems like COPD, heart disease, vascular disease, well, you probably need a consultation. Okay. Because the investment you need to make is going to be bigger.

So a bigger investment, you're typically talking somewhere around six, seven, $8,000. Wow. Okay. Right? Because you need a strong enough magnetic system that's going to take care of the whole body.

Right. Not just a particular problem. So for that purpose that we do have consultations. So on drpawlik.com there's an option then to get a consultation.

So I have a team, the three of us that do consultations. Okay. And we spend about a half an hour, it's free, spend about a half an hour for people to get them into the right equipment and then give them advice on how to get the best value from that equipment.

Gotcha. Okay, that's fantastic. So this has been really fascinating because you also mentioned just one final question I think just came to mind is the nitric oxide production, which obviously causes dilation of the blood vessels and then the endothelial cells.

So I'm assuming that's causing some type of the body to respond in that manner. oh yeah yeah enos and ethyl nitric oxide is one of the key aspects of magnetic field therapy okay so it causes the dilatation of the blood vessels locally but it also causes it systemically so again if i do my hand i'm going to get some systemic benefit even from local treatment gotcha but ideally you would do whole body treatment because then nitric oxide some of this

circulates but a large aspect of nitric oxide is local production So it's actually what you want to do is to stimulate nitric oxide production in the whole vascular system.

Gotcha. You don't know where the plaques are. You don't know where the inflammation is in that endothelium. Right. So basically, you really want to be doing the whole system.

right gotcha okay this is very intriguing i think i will dive deeper into the rabbit hole so thank you so much dr pollock for sharing your expertise and knowledge and thanks for stepping outside of a normal like we were talking before we started just you know, we get stuck in a silo as physicians and we may be missing out dramatically.

And I've had some really interesting, I don't do acupuncture, but I have seen it do some pretty cool things. And I did notice them using the little magnets when they did that.

And some of them do. Yeah, it was pretty amazing. Actually, the question because why did I quit acupuncture? Yes, why did you quit acupuncture? Magnetic therapy does a lot more.

Really? Okay. So acupuncture is working and I do a six-hour workshop for acupuncturists on how to use magnetic therapy. Oh wow. Okay. So you can combine it.

The acupuncture system, the whole acupuncture meridian system, the points in the meridian system are a DC current system.

Nitric Oxide, Acupuncture, and Closing Remarks

Okay. The electrical current, it's very low grade, very slow moving, but it's electrical current and you can stimulate it. You can augment that flow with needles or magnetic therapy or even light or in some cases sound for many ways to physically stimulate that DC current system.

But magnetic therapy has the principle of electro and magnetic. They always go hand in hand. So if you have an electrical system and you pass a magnetic field through it, what are you doing?

You're zooming it. They're increasing, amplifying it, increasing it tremendously. Okay. And so magnetic therapy does healing, acupuncture does less healing than it does physiologic management.

So you put a needle in here and it affects the system electrically, right? It affects the brain and so on, but it doesn't do direct healing. So in other words, it's not going to heal an elbow.

Right. It's going to make the elbow feel better. Right. But it's not going to heal the tissue. So magnetic field therapy heals the tissue and stimulates the acupuncture system.

Okay. Gotcha. Bless. Dual duty. Yeah. No, it's, it's, it's really fascinating. So, well, thank you again, Dr. Pollack for your time and we will have everything obviously listed here for everyone to look at your resources and your website, drpollack.com.

And I would encourage everyone to definitely check it out. So thank you again for spending time with us today. My pleasure. Welcome to the world of PMS.

Thanks for joining me on the PEMF Effect. I hope today's conversation gave you new tools, insights, and inspiration to take control of your health. If you enjoyed this episode, don't forget to subscribe, leave a review, and share it with someone who could benefit from PEMF therapy and holistic healing.

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

you