Vagal Nerve Reset and the Use of PEMF Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to PMF Therapy

Hi, this is Rizla Carney with the Doctor Polycom team. And today I'm here with doctor Jennifer Nelson Hawkes. And Doctor Nelson Hawkes is the founder and director of Simply Health Collective, which is a very cool, place that offers a lot of innovative therapies.

And among those therapies is PEF therapy. So we're here today to talk about, all things PMS and Doctor Nelson Hawkes. Welcome. And thank you so much for joining us on this, conversation today.

Thank you so much for having me. Yeah. So, we are both practitioners who use PMS with patients in our day to day practice. So that kind of gives us a cool perspective.

But, before we talk about that, I'm very curious in how you became involved with PMF therapy and how you learned about it, because it's one of those things that it's still not really widely known in the public.

Is that right? No, that is so true. You know, and people but people are finding out about it more and more. So, I came across, I came across it actually through a different device called, the Hockett, at that time.

So I've, I've owned my own practice for the last, going on ten years now. And when I started out as a practitioner, I knew that I wanted to have that one on one with with my clients.

But I also knew that I couldn't just do everything by myself. It's not just about, you know, offering a supplement or changing their diet. I the the way that our day and age is, sometimes we need that extra boost of something to, you know, create that, create the body to be able to do what it's designed to do.

And so what I was looking at starting my wellness center, I was looking at, devices that I could use that that could really be utilized for everyone. And, at the time, I didn't have I needed to have the biggest umbrella, the biggest bang for the buck, when I started.

And so I started out with the Hockett, which is a full body detox machine that has the Hugo attached to it, which is the PMF. Right. But as time has gone on, I love the device.

How Jennifer Hawkes Discovered PMF

We found that the the, the Hugo, the PMF that we have is even more supportive for the body and variations of client. Different ailments that that people have.

They don't just need to be in the pocket for the detoxification purposes, but we use it daily in and out and, you know, separate from that machine now.

So that's been very, eye opening and very cool to see. Very cool. Okay. So you kind of, made your way and found, PMS after, starting off with other wellness devices, and looking to support people with detox and health, which, interestingly enough, PMS therapy also does sort of help facilitate detoxification in the body.

That's exactly right. Yeah. Yeah. So that that's one of the things I always find myself telling patients about in the beginning when we start is, you know, of course, when we do high intensity PMF therapy, you will feel it working in the body.

But what to expect afterwards can sometimes involve detoxification, and you have to be really well hydrated. So. Very cool. And so, how long have you been actually using the PMS therapy in your clinic?

I, I've been using it for the last five years. So it's been, you know, and now it's a it's it's truly one of those puzzle pieces that I can't be without.

I mean, if I were to dissolve my entire practice, it would be one of those pieces that come with me. You know, I have a couple of those gems, and that is one of them.

Just because it enhances everything, you know, you've got the cell you've got, you've got cellular enhancement, you've got the recovery, you've got, increasing metabolism.

I mean, it really does so much. Yeah, yeah. I, I find that to be the case as well. You know, I think it's cool how you described looking for things that provide a lot of value.

You know, when you may not be able to be there in person. And so, you know, my background is more in acupuncture. And, of course, we have to be there, present with the patient to place needles and remove absolute.

But when I started to add in PMF therapy, I was able to do more for folks and actually help more people. By combining the two treatments and have something that could be a little less, you know, unattended.

Right. Well, and that's the one thing I do love about it is because not it can be used in conjunction with everything. There's not anything that, you know, whether it's a detoxification or whether it is for, you know, that electrical charge, that stimulation of the cells.

Whether it's for someone particularly for me, I work a lot with the nervous system. So if I can use that, that that device specifically to calm the vagal nervous system down, I can find that the responses to my clients, different ailments are, are are truly incredible.

I mean, it enhances it so much. But the key piece you said this just a second ago is the hydration piece. Yeah. They've got to be hydrated. Indeed. Yeah, yeah, yeah.

And I have to tell you a quick funny story. It's not really funny, but I had a, an individual come in, and she just. She was like, I'm just not been feeling well.

I want to do the the Hugo, the PMF. Matt. And I said, no problem. And, you know, I asked her a couple little questions. I mean, what I failed to ask her is, what did she do last night?

Because what happened is she got on the PMF mat and it it started to researchkit like it. It created that electrical charge, started to recirculate the lymphatic system, calming the nervous system down.

And she actually left here feeling rather ill. And I thought, what did I do wrong? What happened? She had been at a major party the night before and it just recirculated all of those toxins.

Yeah. And she, you know, we weren't prepared.

Daily Clinical Use and Detox Support

So lesson learned. You know, I had to learn that lesson a little bit. The hard way of, okay, it's doing way more than we see up at that surface level.

Yeah, it's going much deeper than that. Right? Right. Yeah. It just, does a lot of deeper work in the body during. But but it was then that detox and her body wasn't prepared for that.

Yeah. You know, so that that hydration piece came into play. Right. So now everybody is is told, make sure you drink water. These are the multiple times they probably get sick of it.

But you know we got much. Yes. Yeah. Absolutely. Yeah. So now do you also use PMS therapy yourself at all?

Absolutely. It is the I mean, the reality is, is our our Hugo mat is a 12 minute session.

You know, there's there's many different variations of, of PMF out there. But our specifically it's so convenient. It's so easy. In fact, every single one of my staff members we use, we use it on a pretty much day to day basis that we're in the office.

And for variations of reasons, I mean, it doesn't have to be for anything other than for me when I get on it. I just get that. I get that energetic charge.

I feel amazing, yeah. You know, other people get on it and they their entire system just calms right down and they feel more of that Zen state. So it's, you know, it does it does increase.

And I love it. Yes. Yeah. I think, it's one of those very unique things like it's almost hard to describe and people just have to come in sort of experience it to feel what it's like. Yes.

And of course, with the device, like the Hugo, it's something that's actually strong enough to get your muscles to jump and move without you actually making that movement happen.

Right. That's always really interesting and fascinating to see the areas that are more responsive in the patient, because oftentimes they might be they're wanting to work on a particular thing.

But then the magnetic field therapy reveals other areas of distress or inflammation. Yeah. But have you ever encountered that at all. Yes, actually that it happens nine times out of ten where they come in and they're, you know, they've got some back pain or they've got something else going on, but it always nine times out of ten it goes to their stomach.

Right. It just that's why I feel it. They feel it in their liver or they feel it in their, their large intestine or small intestine. And they're like, why is it over here?

When I feel pain, you know, mentally I have pain in my right arm. Why am I feeling this in my stomach? And, you know, explaining to them that that there is some dysregulation going on there and, you know, we call it our scavenger.

It's scavenger and it's it's going through the body looking for where there is disruption, where there is inflammation, and it's going to go there before it goes to where we mentally feel that it needs to go to sometimes.

Right, right. Yeah. And and so like that's actually one of the things I so love about it is like you get the opportunity to work on the exact thing or issue that you want to, you know, give treatment to, but then you can also do full body treatment, which just kind of takes care of everything, everything at once. Right?

And then absolutely, it's almost like insurance, you know, you're kind of staying ahead. You're not waiting for things to break down. You're just regularly doing this self-care that works down to the cellular level.

So all of your tissues benefit and you're able to function and perform, more, you know, closer to peak level. Absolutely. Because they feel that pulse, you know, they feel it wherever they feel it.

But then they get up and they're like, oh gosh, my arm doesn't hurt like it did. You know, my knee doesn't hurt like it did, or I don't have the leg pain that I had or whatever it is, you know, whatever that ailment was.

So but but during the session, that's not where they felt the pulse. Yeah. And that's, that's what's so great about it is because it is covering the entire body.

Yeah. Yeah. And we had the same thing happen in our office like me and my staff here will often like try to get in on the table between socks or like.

Yes, exactly. Or so, but yeah, I mean, it really, it makes such a difference, you know, and it helps us to maintain energy. And I know, like, for instance, another thing is every time that I do PMF therapy, you know, I will sleep better.

Nervous System Calming and Hydration

And not only do I know that from how I feel, but from my my little my tracking, you know, I, I get to see my numbers and just about every time I get better, deeper sleep.

You know, I don't wake up as much. My RV is better. So it's just interesting to see, like, all these other ancillary effects that you may not really expect.

Well that's it. Yeah, absolutely. And you know, I do chalk that up. Going back to the nervous system. Right. We being back being able to be in the parasympathetic nervous state or allowing for the body to drop down into that state rather than being in that in the sympathetic fight or flight response, your HIV is going to come down, your sleep is going to improve.

Your energy is going to, be enhanced. So, yeah. And then like everything else, just kind of will fall in line. It just falls into suit. Yeah. Yeah. That's the beautiful thing is it all just falls into suit when when the body is, is essentially vibrating, if you will, in the right patterns.

Everything is going to just kind of follow that, that that vibration out, which is awesome. And we need enough charge to make it happen. And so when we don't have that, then we can do certain things like improve diet and exercise and meditate.

But PMF therapy is, a more novel way to make it happen, to use technology to facilitate it. And I think one of the key messages for folks that are watching this is to understand that this is available and accessible.

It's out there, you know, you can go and experience PMF therapy with a practitioner like yourself. And ultimately even have your own device to be able to use at home regularly.

One of the things that I really like is written about a lot is like how every household should have this, and I find myself saying that a lot to people, you know, use it for your problems, but use it to, you know, keep the problems away as well.

And everyone can benefit. Absolutely. That prevention aspect of it. And and the reality is we have stressors every single day, right? We cannot get away from them, whether it's whether it's, you know, radiation, whether it's environmental or whether it's, you know, in our relationships, it doesn't matter.

Our bodies are stressed from something. And so being able to down regulate that stress and allow for the, the body to to be at its optimal level is is key.

And I agree with that. If you have it in your home and, and are able to use it every day, I mean, you're you're so many steps ahead, right? And even if you can't, even if you can't have one in your home, if you can find a practitioner and do it once a week, I have another I have a great story, actually.

This woman, her body wasn't making neutrophils. She had had a history of cancer. She was in remission, but her body just wasn't making the white blood cells.

And she had read online about PMF. And so she was in our area, came in, was doing PMF twice a week. That's the time that her that she was that that that's the time that she could allow herself to be in here was twice a week.

And she was she had been on all the medications to try to get these neutrophils going. And things just weren't working right. Being on the mat twice a week for less than a month.

She her neutrophils were perfect levels. Wow. Her doctor took her off all meds. And we're like what in the world is going on. This is amazing. Yeah I mean what I mean.

So like when you see those success stories like that, it's just like this is why we do what we do. You know, she's living a better, more fulfilled life and not having to worry about the fact that her immune system has been disrupted, that just by adding that one piece helped so much.

Yeah, yeah. And and for most people, like you already kind of talked about it'll be a relatively meditative experience. And you can relax. You can let your that nervous system shift and be more into the parasympathetic.

Absolutely. You can actually take place and yeah, you know, life is a process of dealing with all this stress and then hopefully letting go of most, if not all of it.

But I mean, especially these days, more than ever, it seems like the sources of stress are just increasing. And, you know, I often think about, like, our mobile devices and how they were supposed to make life easier. Yeah.

Full-Body Effects and Recovery Stories

And, and, I think it makes life easier in so many regards, but they have literally catapulted the intensity of everything else. Yeah. Yeah. And who, who ever would have thought, you know.

And so, to have a tool that can really help to, to undo some of the, the stress we incur from that. Yeah. Great. Yeah. So, I'm also curious about are there other therapies that you use in your office?

It sounds like the PMS is pretty much something that you're utilizing daily. What other kind of things do you do to help patients? Well, we do we do actually quite a few things.

But, one of the other ones I actually love is called a bio charger, which also I've heard of it has a PMF aspect to it. So it uses Tesla PMF, photon and right frequencies at a high voltage charge.

And so, you know, with the Hugo people fill the pulsing of the PMF on this machine, you actually sit in front of it and you you're subjected to that high voltage energy.

So that's also a great way to increase, you know, the, the cellular charge of the body. I talked about the Hockett. I think that the, the other I mean, I have a lot of different therapies, but the flow press. So it's probably one of next to one of my favorite that we have here.

And the flow press so uses a light compression with a far infrared heat to move the lymph of the body. Okay. So you know, you're moving that stagnant energy, but I love to use it in combination with the PMF.

I put people on the PMF first, for that cellular recharge. And then I put them in the flow press. So to get that stagnation, aspect moving and that combination has been incredibly beneficial.

Okay. Fascinating. So it's like really sort of facilitating that internal movement of the body so that. Absolutely. Because that's where everything that's where all the toxic loads are stored.

You know, they get stored in our joints and our brain and our organs and our tissues everywhere. So you get that movement happening while the body is supported.

So that PMF creates that support for the body before they go into the state. And they literally people come out and are just like, what happened to me?

It's just absolutely incredible. Yeah. Wow. Yeah, yeah. Sometimes I joke around, you know, that getting a PMF, you know, especially the high intensity.

You feel it? Yes. The closest you can get to a power nap, you know? Yeah. For for sure. I mean, I laid on the I laid on there yesterday and I just was like, oh my gosh.

The just the vibration of it alone. And it was just in this spot. So not always is it in a cycle. But yesterday I just happened to build this little cycle of it and it was all digestion.

And I literally was like, no, it stopped. And I was like, please keep going. And that's so good. Yeah, yeah, yeah. It's it definitely, we have run some pretty long sessions as well.

And, Yeah, it's it's marvelous. You know, it's very unique. So, it's very unique. That's what I do love about it. Yeah. And, and, you know, like, our part of our role is to educate people about these things because they might be coming in looking for a specific, answer to a question or, you know, the specific problem, that they have an idea how it needs to be treated, but, you know, when we expose them to this new way of being able to actually work on themselves.

You know, I think that opens a lot of doors for folks. And so for people who have not been able to try PMF therapy, certainly, I recommend going online and finding someone you can try this with.

Yeah. Because, you know, you talked about sleep earlier and, you know, I oftentimes when my clients come in, I kind of we have a conversation about where their, where their internal battery is.

Right. Because our cell phone battery gets to 20% and we start to panic. We cannot we have to plug it in. Right. But when our internal battery gets down to 20%, we push harder.

We can fight through. But what that's doing inside is so the opposite effect of what we need it to be doing. Right? We're we're creating all the free radical damage.

We're creating the, the the lack of sleep, the high of all of those, all those, elements that we don't want to have happen, are happening. And so doing the PMF is such a great way to increase that cellular charge up to, you know, it's not going to be 100% necessarily with one time, but you're going to get that increased cellular charge.

So it's like I said, I often tell people it's like charging your phone in. We got to charge ourselves until we have to do that, because if we don't, we're going to find ourselves at zero and then we're going to be reactive.

Yeah, yeah. And this is not about reactive.

Sleep, Energy, and Cellular Charging

When when I first heard that analogy about the cell phone and like, you know, charging me, it would be like, hey, we charge our devices, you know, we need charging.

So I didn't really love that analogy at first. But like, the more I kind of ponder on it, it's really the one that makes the most sense. It's the one that everybody can connect with.

Yeah, that's what I find. So it's not. Yeah, it's not the best analogy out there, but it's the one that we all are like, oh yeah, I do know when my battery gets down and we're like, I gotta find a charger to plug this thing in, right?

Yeah. Yeah, right. Close all those apps and, you know, clean everything out, like, right now. We're down every now and then. But if you think about, like, the human body that's changing your diet, that's making sure you're getting enough, you know, hydration, that's making sure you're moving, that's making sure that you're not putting, you know, tons of chemicals on your body.

That's making sure that your stressors are balanced, you know, so it's it it's the same but very different, if you will. Yeah. So you mentioned that you use the EMF therapy a lot for detoxification.

And are there any other particular like symptoms. Like if somebody comes in with a specific problem that you're like, oh yeah, we just need to do PMF for that.

Yeah. You know, outside of, outside of detoxification in my community. I'm in Jackson Hole, Wyoming. So we, we have extreme athletes around here. Okay.

And then we also have we also have older, older generations that are out doing the extreme things that maybe they shouldn't be, you know, so people will come in and they're like, do you have any CBD oil?

Because I have a you know, I think I sprained my arm. I'm like, let's actually put you on the mat. Yeah. So, it's it's so I think a lot more of recovery.

I also have a lot of, young athletes that come in. Okay. That used to, so I would say more on the athletic realm. Right? Makes like detox from. Yeah. Yeah yeah, yeah.

Because musculoskeletal pain of course is a huge problem and the chronic pain as well. And PMF therapy is really good for that because of course, like you've been saying, you know our charge diminishes and if you have an injury everything's operating with less charge.

So then if you can deliver the charge, you're really, optimizing the ability to heal and quicker to. Exactly. You know, it's funny, one thing that comes up sometimes in conversation with patients when we're educating them about PMS, we'll tell them, like, you know, hey, for instance, the PMF therapy has been FDA approved for something like, bone healing, right?

I think that was the first, FDA clearance for PMS was for nonunion fracture healing. And it's kind of like, okay, you wait for the bone to not heal. And then, all right, now we're going to do PMF therapy on it so we know that it will heal.

But you could totally have just done the PMF theory from the beginning, prevented it from becoming a nonunion quick in the healing, you know, so hopefully that's the direction we're heading in.

Yeah. Yeah. And I like to think of I like to think of all the things that I do have here as, as prevention, as a preventative source of, of, of support versus waiting till it's a reaction.

Right. So because if we do start it, you know, they come in and they're like, I've got a broken leg, I've got this, I've got that. Let's start that process right now because that's just going to speed everything up for the support that the body needs.

And it's not just the beautiful thing is yeah they're on their on the mat for their leg for instance. But again going back to we're still supporting them at the cellular level for digest gen for parasympathetic nervous system for any and everything else that they may need that they just don't quite connect the dots.

Right, right. So it's supporting everything. Yeah. And I think one of the things we didn't specifically discuss is part of the reason that happens is because the blood circulation.

Correct. You're getting blood circulating throughout the body much more easily and freely. And so then, you know, just like with sleep, with blood flow, you start to get this big cascade of positive changes, right?

Right. What do we get? The harder it is to experience that? That's exactly right. And that's why I love so much to add it to the flow press. So yeah, it's because of that is because of that vascular change that that circulatory aspect of it.

But yes, that is exactly why that happens. So, you mentioned that the one, case that you had with the woman who wasn't making neutrophils, you were seeing her come in twice per week.

Is that a pretty typical treatment plan for most PMS therapy?

Other Therapies and Combination Treatments

So for what I mean, I try if I can get a, if I can get my, my patients in here, at least once a week, if not 2 to 3 times a week, that's what I, that's my average.

That's what I like to see. Yeah. You know, a lot of times people just can't quite make that time or for whatever reason. So then I say, okay, if you can't do that, let's do it once a week for as many weeks as possible, okay.

And, and, you know, try to facilitate it that way. Yeah. I find that also to be the case where like once a week often is not enough. And you know, but sometimes they're limited by time and you just have to do what you can. Yeah.

But really, it's when they're able to come in 2 to 3 times a week, a lot like what a physical therapist might say or, you know, yeah, that's where we kind of get a lot of momentum and can get more change.

And I really do like that. Like if they're going to be able to come in three days a week, I like to do it on a Monday, Wednesday into Friday. I like to have that day in between to allow somebody's self-regulation to happen.

Right? Yeah, exactly. Yep, yep. Let the body integrate. And yes, such. Yeah. So this is sort of a just an interesting question. I'm curious, so if you were to get yourself another PMF device, would you get another hugot or would you get would you be open to exploring something else?

No, I would absolutely be open to exploring other things. And the reason is, is because, you know, the reality is, is the hugot came with, with the pocket. Right?

And that's how I was that's how I was introduced to it. In fact, I, I was I'm considering on changing, doing some change up here, which would eliminate the Hockett from my practice, which would bring in, I would probably bring in a couple of PMF, devices.

Okay. One that might be stationary and the one that might be able to travel. Okay. So that's, you know, that's kind of how I'm looking at, like, as the future unfolds.

Right? And and that, that is that's where my mind is going with that. Just because that is one of the things I just don't want to be without. Right? Right. Yeah. Same here. Yeah. Here.

Yeah. You know, like, my specialty is acupuncture and, you know, like, I would say the same thing, though, that I need my PMF and it does some similar to what the acupuncture needles can do.

It will stimulate acupuncture points and even the tissues and cells that are deeper than the points are. Yeah. But, but yeah, absolutely. It's a must have.

And I think that strategy of maybe having like, you know, one more stationary device and another, more portable one that covers your bases and gives you more versatility.

Well, that's that's exactly. And, you know, as Covid has changed the world for many, you know, I'm doing a lot more movement moving around than I am being stationary.

And my brick and mortar, on a day to day. So that just allows me to be able to take it with me. If I'm seeing clients in a different city or different state or whatever that looks like.

But I just because of the enhancement of it, because of what it does for the human body. Yeah. It's it's it's a win win either way. Yeah. Yeah, it sure is the true. Yeah.

So, are there any other interesting, cases that come to your mind, any other, you know, cool stories at all? I mean, I

think just the other one, as far not not as far as, like, these two cases, but, the athletes, the young athletes.

Yeah. It's so amazing to watch these young athletes. And I think, I think, what I love about it most is that the younger the person is, the less ego they have to go with.

They're not attached to anything, if you will. Right. And so, you know, sometimes you'll get somebody on there and they're like, I don't know what this is doing.

It's the I don't feel anything. It's not doing anything. But when you actually watch the PMF shape, the, shape an athlete into their in their performance aspect, it is so awesome to watch.

Athletes, Injury Recovery, and Prevention

And so, again, more of the prevention aspect of making sure that they're, that their body is viable and ready to perform at their optimal level for game nights.

We literally have a, a swinging door for these athletes to come in. It's so great. But, you know, that's not a particular case, but it is a generalized case of of recovery.

Yeah, yeah, I've seen that too. I've had a couple of, experiences with professional athletes, but then also more like local athletes. And even at the high school level, there's a lot of folks have, you know, come in with all kinds of various injuries and, you know, sometimes with these kids, even though, you know, their mind is a little more open.

What I find is a lot of times they are going all out. They're giving it their 110%. Yes. And, you know, but they're still growing and, you know. Yes. You know, sometimes the mind is kind of making them, do inappropriate things exerting way too much.

So then we're able to kind of do more to help reset some of that. And. Well, and that's why I say when they come in and they don't have that ego of what is this thing doing?

They're like, this makes me perform better. I don't know what it does, but I feel so much better, you know? And it it is a, it is a lot of that circulation.

Right. It is the circulatory aspect of it and the recovery the healing piece. Yeah. The lactic, you know, the lactic acid is no longer is no longer pliable in their, in their extremities.

And yeah, they feel good. They get a great night's sleep. Yeah. Yeah. All of that. Yeah. So well this is this is here's another thing. Sorry I don't mean to interrupt. I just thought about this.

Yeah. I'm curious. I have to actually walk my dog out of the room when I get on the mat, I inevitably she will come and jump up on top of me. So. And Hugo, you're sandwiched between the two mats, right?

Right. And so she'll come up on top of me and lay on top of me while I'm on it. She loves the vibration of it. And so it's not just for humans. Like this is also fantastic for animals.

Any living, anything living all life. That's right. All life. Yeah. There have been studies that show, you know, what happens when you expose plants to certain magnetic fields and to magnetic fields.

Yeah. And I've, definitely like the animals as well. Just the other day, we had somebody here who she was actually here for her dog. Yeah. And, you know, I'm not actually authorized to do acupuncture on animals in my state.

So I was. And they actually were here for a PMF. Canceled because they had heard about us from a friend. Yeah. Also, of course, you know, after evaluating, it was like, yeah, we pretty much need to start doing something.

And they were together doing treatment in the back. And it was so cool. You know, they're just both hanging out in

the same bed. And you know, the dog kind of moved around and shifted a little bit.

Yeah, yeah. But I've, I've heard of this before with other folks that own devices. They're like, yeah, they always want to hang out with me while I'm on it.

I'm like, no, like, this is my time. So I'll let you get on here by yourself. But, I have, and this is a puppy. I had a, an older dog, that I would pull off.

I would pull it and put it on the floor, and she would lay on it on the floor. I'd have to sit in the room with her. If I left the room, she would leave the mat.

But, But it's incredible to watch. Like, because they don't know what's going on. They just know they feel it and they like it. It feels really good to them, right?

So they're just like, they're looking at you like, mom, what is happening here? But it's, you know. Yeah. Very interesting. It's amazing to watch. Yeah. We see that sometimes with acupuncture too.

Like when I've observed acupuncture done on certain animals. You can see the shift and you see them relaxing and, you know, they're, intuitively, they know that something good is happening.

Yeah. And with PMS, I feel like it's similar, but it's just doing that deeper work. Now, you got this therapy going through their entire body. Yeah. Yeah.

You know, but I just thought that was so cool just to, like the first literally the first like 3 to 4 times that I had her. I just got her a couple months ago.

Yeah. I was like, what are you doing? No. Get off of me right now. Well, you know, another interesting thing that comes up in the world of acupuncture is like, there are many people who have their pets or, you know, their, their, family pets, dogs, cats, or like, you know, around where I have my practice, there's a lot of people with horses.

And so, like, people will be getting acupuncture treatments done on all these animals, and they may not even be doing these treatments for themselves, but, yes.

Animals, Home Use, and Portable Devices

You know, like, how how, how many, folks are dealing with issues where they have to be back and forth to the vet or, you know, they have to spend a lot of money for these specific health problems.

And, yeah, you know, a device could be very valuable. It could do a lot of work for a variety of things. You know, so I think as, as people learn more about that, hopefully they see that opportunity as well that, you know, it's not just for us humans even though.

Right. So, you know. Yeah. Yeah. Wiseman. Right. Yeah. I think that's that's a great point. Yeah. Thanks for reminding me about that. Because animals certainly will heal faster.

Would they do. They really will. Absolutely. And they love it. They absolutely love it. Yep, yep. And humans love it too when they have a chance. But yeah.

So of course we do. You know, the first time I ever did it was on a low intensity system. And so I actually didn't really feel anything going on. And, you know, it was like it was very short.

It was like an eight minute treatment. And, you know, I actually I hadn't had a chance at that point to really look into what PMS is, but it was somebody who had offered to come by and do a demo.

And I was like, yeah, sure. You know? Yeah. So I didn't really feel much, but my curiosity was piqued enough to

say, all right, I got to look into this and, you know, I saw some brochures and it was talking about micro circulation.

And I said, all right, this seems like it's some good stuff. You know, it seems like there's overlap with what I do already to help people with acupuncture, but, you know, the first time I got on a high intensity EMF device that was like, whoa, this is some game changer and different.

Yeah, yeah, yeah. And I even tell people I'm like, I can't even really describe it. Like, you got to just feel it and see what it's like. Yeah. And I think that, you know, I think more and more we because of all the stressors in our life, we need to feel something.

We need to know we we are humans. We are. We like instant gratification. You're right, you're right. And so when we can feel that charge happening in our body and we can feel the, the upregulation and, you know, the, the circulation aspect of everything.

We're more apt to come back and, and do it again because we, we felt or saw that change immediately. Right, right. Yeah. And sometimes I've had it happen where you'll be doing the full body PMF, but the patient's only feeling it in one particular place.

Yeah. It happens to be a place that they've injured before or that's been causing them problems. And that's even more like you have, you know, that it's actually doing what it needs to do, where it needs to be done.

That's right. And it's that that's beautiful. Thing is, it's intelligent like that. It's getting your body and it are they're they're in such community.

They are best friends. They're in such communication that they're just they're just working together. Yep. That synergy. Yeah I love the synergy with just you just got to relax and just let it do its job.

Right? Right right. Yeah. Well, so this has been an awesome and fun conversation, and I definitely learned a lot to talking with you. Before we conclude, is there anything else that you wanted to add at all or, you know, bring up about, you know, I don't I don't think so.

I mean, I yeah, I don't think so. I just it literally just like when you asked me earlier about, about what I stick with the hook or what I, what I get a different machine.

I'm just like, oh, I really need to get that traveling one sooner than later. Yeah, yeah, yeah. Well, I mean, a lot of the systems they do make, like the same model in a clinical, version and the portable version.

Yeah. And, like, for me, some of the, devices I've got, I ended up getting a little, carry case that's, like, kind of sturdy, so I know that it'll be in there.

Well, and, you know, if you drop it or something, it's protected. So. Yeah. Yeah. But I mean, yeah, if you can take it to the people, then, you know, then it's even more empowering.

That's exactly right. And it also shows them that it is it you we are able to move it. Right. You can take it anywhere you want with you. Right? Right.

Yeah. When, I first started working with Doctor Paula, you know, one of the things that about his philosophy that stood out to me was that you don't have to go to somebody to get this.

Of course, when you start, you're going to do that, you know, you're going to do a clinic and but you're not bound by that, you know, like, you know, so once you get started, you have the, the the path ahead is wide open.

Yeah. And and then, you know, I mean, being the prevention aspect is unlimited at that juncture. I can't think of a easier way to do prevention. You know, like I, I've thought about this before like there's so many ways to do prevention.

We're constantly telling people you got to do prevention. But it's like, you know, how do I really do something that I know is really helping everything?

And I can think of a way other than PMF therapy that just gets it all. But yeah, no, I can't agree more with that. And I think that I and I don't think it's just, you know, I think if and anybody that's associated with PMF is going to feel that way.

Yeah. Yeah, yeah, I've seen too many, too many really good stories. Turn around, to, you know, to not to ignore it. So we. Yeah. Yeah. You. Yeah. Getting this message.

Yeah, absolutely. Well, thank you so much, doctor. Thank you so much. It was so fun to talk to you. Yeah, yeah. Same here. And, it's nice to know that we've got folks like you out there, doing all this.

And, we look forward to talking with you again soon. Thanks again. Thank you. I look forward to it for joining us. Yeah. All right. I'll talk to you later. Okay. But.