The Hidden Dangers of EMFs and What We Can Do to Shield Ourselves

Nathan Crane interviewing
Dr. William Pawluk, M.D.

Nathan Crane:
Hello, everybody welcome to the GLOBAL CANCER SYMPOSIUM 2.0. I'm your host, Nathan Crane. As you know, I am the award winning director of Cancer the Integrative Perspective, which is a feature film about natural and integrative solutions for preventing and reversing cancer, also the director of the Health and Healing Club you can take a look at that at healthandhealingclub.com. I encourage you to check that out after this interview. But today, I'm really excited to bring you, somebody who I really respect in this field of EMFs and PEMFs is Dr. William Pawluk. And he's gonna be sharing with us the hidden dangers of EMFs and what we can do to shield ourselves. He's also gonna talk to us about the difference between EMFs and PEMFs as well as the potential ability of PEMFs magnetic field therapy for helping our bodies to facilitate healing, prevention and potential reversal of cancer. So this is gonna be really fascinating talk, they'll definitely be some things you probably haven't heard before maybe some scientific lingo you may or may not be used to. So definitely have some paper and pen and take some notes because what we gonna learn here can certainly help and assist you in, the potential prevention reversal of cancer and Dr. Pawluk is really a foremost authority in this field. So I'm excited to bring him to you. I'm gonna read his bio real quick we'll and then we'll bring him into the interview. Dr. William Pawluk, MD and MSC is a holistic doctor who's held academic positions, both at John Hopkins as well as University of Maryland. Dr. Pawluk has extensive training in acupuncture, homeopathy, hypnosis, as well as bodywork, and PMF therapy. He's considered the foremost authority on pulsed electromagnetic field therapy, short form PEMF therapy in North America. Dr. Pawluk has worked with PEMF therapies for over 25 years. He's authored two books, including Power Tools for Health, which you can take a look at, on his website and online which is a comprehensive guide to healing with PEMFs. He's had over 50 radio podcasts, magazine, TV interviews, he's appeared on the Dr. Welsh show, talking about finding the root causes of pain. And he is gonna share with us some deep insights today about PEMF therapy and it's just hidden potential, which is pretty extraordinary. His website is drpawluk.com. That's d-r-p-a-w-l-u-k.com. Take a look at that right after this interview. Dr. Pawluk, thank you so much for joining us here at this symposium.
Dr. William Pawluk, M.D.:
It's my pleasure, I'm honored to be here. Good to speak with you again.

Nathan Crane:
Yeah, we did an interview for a few months back for a different project. And I learned a lot that I didn't know about EMFs versus PEMFs and this whole world, this invisible world of energy if you will. Man I'd love for you to open up with a little bit of foundational information for folks, what is the difference between EMFs and PEMFs?

Dr. William Pawluk, M.D.:
Well, the term stands for the EMF term stands for electromagnetic fields. PEMF, as you said, stands for pulsed electromagnetic fields and so most people now use the term PEMFs, so peeps. I prefer to use PEMFs as the term rather than peeps, peeps awkward. Well, EMFs even though it’s electromagnetic fields for both of them, I tend to refer to EMFs as environmental magnetic fields. They are electromagnetic fields, but they're environmental electromagnetic fields. I wouldn't call it EEMFs but you know that's also another way to describe it. So EMFs are unnatural. They're not known to nature. Unless you get a sunburn or something like that where you might get blasted by all kinds of radiation or a gamma ray burst, somewhere in that galaxy is it gonna hit us? Then that's in a sense, another EMF, it's got a lot of other stuff in it as well but that's basically another EMF.

Nathan Crane:
Real quick on that if they're not natural, why do you call them environmental? 'Cause they're in our environment, even though they're not natural, is that.

Dr. William Pawluk, M.D.:
They're man made.

Nathan Crane:
Got you.

Dr. William Pawluk, M.D.:
So, cell phones, as an example, WiFi, microwave. They have not, their recent, they're only in the last say 50 years that they've been in the environment. So as a result, they're not natural, they're produced to for other purposes, they're produced to microwave food, they're produced to communicate over longer distances, in a fairly concentrated fashion. so again, they're not natural to the body. The body is natural magnetic fields, or extraordinarily weak and they tend to range in
what we call the Schumann resonances for the most part. The Schumann resonances are the natural resonances of the electromagnetic energies of the ionosphere. So there was they're bouncing back and forth between the Earth and the ionosphere. And that's usually produced by the lightning activity around the planet. So the lightning in Sri Lanka, is going to be perceived in North America within a couple of seconds, because of how rapidly these fields, how long the wavelengths are, how rapidly these fields disseminate. So as you can imagine, there are lightning storms around the planet, constantly. Whether their all the time. So as a result, we have this cavity, the ionospheric cavity, is constantly bombarding us, with this written quotes of radiation, so we have ionizing radiation from the sun, and the resonances in the ionosphere, in that cavity are extremely low frequencies. They range between one hertz or one cycle per second, up upwards of maybe about 100 cycles per second.

Nathan Crane:
Which is what our bodies, and our organs and so forth are resonating at yeah.

Dr. William Pawluk, M.D.:
Are resonating at, and they're tuned to our entire biology from sperm and egg to to human, our plants, the seeds of plants, thee animals on the planet. All of that is conditioned has developed within this cocoon of electromagnetic radiation. So if electromagnetic radiation, but again is natural low frequency radiation that makes us. So when man leaves the ionosphere, or man goes out into space, when man goes to Mars, you're not exposed them to the ionospheric environment. And therefore, our biology is in a sense of deconditioned. A research has been done, where people were put in bunkers, completely shielded bunkers, where they were eliminated, the eliminated sound like air pressure, temperature and the magnetic fields. And they found that human biology was dysregulated, the circadian rhythms of the body became dysregulated because they had no temporal, no time related stimuli. So our rhythms are based on the stimuli of the planet, the sun cycles of the planet, thee light of the planet, temperature changes, pressure changes, weather systems, all of that can causes us to be who we are, but we need that environment, we are no longer governed by it and we have to essentially govern ourselves or we create artificial environments that replicate us. So what they found is that, when they reintroduced frequencies into that environment, 10 hertz, 10 cycles per second showed us that we reregulate our circadian rhythms.

Nathan Crane:
And still without sunlight?
Dr. William Pawluk, M.D.:
Still without sunlight, air pressure, temperatures.

Nathan Crane:
All they did was at 10 hertz.

Dr. William Pawluk, M.D.:
All they did was at 10 hertz, and we rewrote.

Nathan Crane:
Like a magnetic radiation and they reregulate the circadian rhythm. That is huge, I mean, for those who, everyone here has probably heard of circadian rhythm but, there's a lot of studies that have been done one in particular that just your circadian rhythm being, when we do the time change here, in North America, for example, when we do daylight savings time ago, back an hour, we go forward an hour in the spring. There's a drastic measurement of increased heart attacks in people directly related with a one hour time change and they found it's because it alters your circadian rhythm. I mean, that's how, in tune, our bodies are with this natural cycle that you're speaking of, and getting out of whack of that natural cycle, which can happen from so many things, right? From poor sleeping habits, from bad diet, from all, all kinds of different things, too much stress, going to bed too late, working at night, instead of working during the day, when we're supposed to, sleeping during the day and working at night. Those kinds of things, all related to lower lifespan, shorter lifespan, higher levels of chronic disease, more prone to heart attacks, so on and so forth. So what you're talking about here is just huge, I mean, just 10 hertz and it changed the regulated the circadian rhythm back to normal.

Dr. William Pawluk, M.D.:
You could use 10 hertz artificially by using magnetic field, devices. That will give you the 10 hertz, if you're doing, if you're flying through jetline, you're fly across time zones, multiple time zones. You can use 10 hertz while you're flying, you could use 10 hertz at the end of your trip, to re-establish your circadian bounds. Oh, is it perfect? Not necessarily but you know, again, it's a, as tool that you have that's available to you that safe and easy to use, to rebalance.

Nathan Crane:
So just to kind of recap there, EMFs obviously WiFi, cellular radiation, radiation from these giant cell phone towers and you name it all, even our electronic devices, microwave so forth, putting off this manmade electromagnetic frequencies or as you call them environmental frequencies that are damaging to the body. Why are these damaging to the body?
Dr. William Pawluk, M.D.:
So the difference between the EMFs as I call it, right? Versus PEMFs is the frequency. So the frequencies in the EMFs tend to be artificial EMFs, tend to be very high frequency. So it's a body, our most of our bodies are used to as I said up to tend about 100 hertz, generally, within that low frequency range. Microwaves are in the gigahertz, megahertz and gegahertz. So the frequencies are extraordinarily short, and because they're short, they don't pass through the body, they get absorbed by the body. So and because they're absorbed, that causes a heating, which then causes DNA changes, it affects the genes, which then causes disruption of the natural molecular functions of tissues, which then can end up resulting if it's basically not dealt with, and if it's not reversed, in a sense, you don't rebalance yourself, and you're constantly exposed to it, then you're not, you're gonna go down that path of having disrepair in damage and therefore potentially lead to cancer and autoimmune diseases, and the list goes on and on.

Nathan Crane:
So cellular damage is basically what we're looking at with EMFs, so they're damaging. The the DNA, we know that as cells get damaged, as DNA gets damaged, ultimately, what happens is that breaks down is it, it can become cancerous and if the body doesn't remove that, now you're gonna have, if you already have cancer, you're adding fuel to the fire, right? If your immune system is not functioning and getting rid of these cancer cells, again, you're gonna have more problems, your diets poor, you're not exercising, you have a lot of stress, you've got lots of cancer cells already building, and then you're adding EMFs on top of it, because you're constantly surrounded by, technology 24 seven, especially during any kind of lockdown situation with the pandemic, for example, now you're even more surrounded by all these EMFs, but what? Yeah, what yeah, one more straw that break camel's back, right? What does the research show, what have you found through all your years of research and experience around EMFs and cancer specifically, more in the sense of like, hasn't been proven or has been shown as a research that EMFs are directly correlated to causing cancer?

Dr. William Pawluk, M.D.:
There's the research on this is very, exsanser, let's put it that way. Because it's very hard to prove, and there's so many reasons for that. A lot of those reasons have to do with the variability of exposures, with the intensity of the exposures, but some of the research is showing that people who will have a cell phone on one side of their head four hours a day, are more likely to develop a brain tumor on that side of the head. So the radiation from an active cell phone is actually hitting the ear and going into the brain, it doesn't go to the other side of the brain. So why do you develop cancer on that side of the brain? Because that's the tissue that's closest to the cell phone.
And so yes, so that's been noted, but again, if you do a study of 100,000 people, how many people in 100,000 people have a cell phone to their heads about four or five hours a day, not that common, what you're doing by having the earphones with the wires to your system to your cell phone, for example, you're decreasing that exposure, the where the risk is wearing, is having the phone to your head for again, hours a day often. If you have an occasional exposure, it's gonna be a tickle. If somebody is grabbing you and tickling you for an hour at a time, well, you're gonna get sore, you're gonna have, you're can get bruising, you know sorts of things happening to you because it's that intense. So the intensity doesn't happen that often. But if you already have all the other vulnerabilities, if you already have toxicities, if you already had that mold exposures, you already have an autoimmune disorder. If you have heavy metals in your body. All of that's already creating inflammation. And then what you're doing is you're adding one more element to the inflammation. One of my teachers, Dr. O'Mara, has found that, through resonance testing that when you have toxin in the tissues, that the body tends to try to eliminate that toxin in the white blood cells will gravitate to the area of the inflammation. Those are called macrophages. And they will die fighting, are isolating that area of damage, and when they die, because they're scavengers, they're scavenging the body for all sorts of things, other heavy metals, they're scavenging for viruses and viral particle, bacteria fungi, parasites and they, what they do is they come to the fight. It's called thee platform, it's on fire, right? They're coming to the fight. And because they're coming to the fight, many of them will actually die in the area of the battle. And when they die, what do they do? They break open, and when they break open, they drop their loads. So they drop their viral particles, they drop their heavy metals, they drop all sorts of things in the area of the inflammation. So imagine you have many areas in the body of inflammation, they're those areas, so we have a chronic pain and one area of the body, then there's a good chance of that area has now been contaminated, by the burning platform, right? And that area becomes chronic inflammation. Chronic inflammation is what leads to dysregulation and the inability of the body to correct itself, to repair itself, 'cause chronically inflamed, and that's the kind situation that you get where you have cancer developing.

Nathan Crane:
Yeah, it makes perfect sense, I've been heavily researching for my new book about cancer and one of the things I've been really heavily learning a lot more about is inflammation as you're talking about and it's really well documented, very scientifically understood, how chronic inflammation, as you're speaking about, actually causes cancer. There's a direct correlation between chronic inflammation and the causation of cancer and it has a lot to do, it's a lot of scientific jargon that explains this, but basically has a lot to do with similar to what you're saying, where that area that you're experiencing inflammation over and over and over again, is chronically damaged. So you have inflammation, you have repair, you have inflammation, you
have repair, you have inflammation, when that happens too often, too much in the same area because of something happening there could be an infection, it could be, again, poor diet, it could be, this could be happening in certain organs that are having, so inflamed from you’re eating so many Cheetos and Doritos and soda and whatever and, just getting inflamed, then repair it and flame or repairly cells are dying off and becoming, mutated and turning into cancer cells, where it's this is huge for people to understand it. Healthy inflammation is what the body needs to repair itself. You fall down, you get bruised, you got some inflammation, great, a few days that inflammation sending all these white blood cells, all the killing cells that's gonna repair it, you want that inflammation, you don't want chronic inflammation where it's happening over and over again, because then you are getting cancer.

Dr. William Pawluk, M.D.: And you have that injury that you mentioned. So if you have that injury should heal itself and be done with, essentially. But when it when you don't heal yourself, when it converts into chronic inflammation, then that's where the setup happens. Why do most cancers happen as we get older?

Nathan Crane: Yeah, I mean, why? I'll ask you. I mean, I have a few different reasons, but I'd rather hear your answer.

Dr. William Pawluk, M.D.: Well, obviously, as we get older, our immune systems become more dysregulated. They are not as responsive. They're not as aggressive as assertive. We have always have cumulative stress with cumulative damage over time. And so it's because of that cumulative damage over time and thee inability of the body then to complete rebalance itself but it's the straws on the camel's back.

Nathan Crane: Right.

Dr. William Pawluk, M.D.: How many straws can that Campbell take?

Nathan Crane: Yeah, even if you see some.
Dr. William Pawluk, M.D.:
More often than older people.

Nathan Crane:
Right, if you, because it's been forming for decades in a lot of people because of all that continuous damage, right? I mean, if you see somebody, very healthy person who's 80 or 90, who does all these health things we're talking about and teaching, sharing during this symposium, and they've been doing that for decades. They're most likely not gonna ever have a cancer diagnosis because they are regenerating at an incredible rate, because they're doing everything right. The problem is, unfortunately, most people don't know what that means, don't understand all these underlying, habits and lifestyle choices we have to make to live a long healthy life without a cancer diagnosis, right?

Dr. William Pawluk, M.D.:
Absolutely, I was just thinking as you were speaking that when do we find out? How do we learn? Most people who came, come to me as a doctor, or not coming into me most of the time, for prevention. And listening to people like yourself, for prevention. They're coming to me because they got a problem. So they are coming to me late in the process, right? And because they're coming late, you're having to unravel, decades, right? A lifetime, of insults to their bodies. And so now you're trying to reverse something that's taken a very long time to build, how long does it take for a breast cancer to show up, for a diagnosis a lump to be detected and diagnosed? How long?

Nathan Crane:
Usually about seven years, Isn't it?

Dr. William Pawluk, M.D.:
20, 20 plus years, if you look at the doubling times of one or two cancer cells in the breast, how many doublings have to happen before the cancer gets to a point where it becomes detectable, whether it's on a mammogram or by palpation? It takes a very long time. In some cases, yes, it's five or six years. In some cases, it's one or two years. That's why they're not recommending mammograms in young women, because they develop cancer between the mammogram. So if you're doing a mammogram every year, every two years, you've missed it. The first time, it was it was there already, but you missed it, because our ability to detect it is very limited, right? It's pretty blunt. So they don't say, well, no point doing it every year because by then the cancer is too late and if you're young and you get cancer, it's very aggressive typically, much more difficult to deal with. That's more genetics, that's a lot of other factors. I know when you're an older person,
when you're a woman who is at 60, and you could do a mammogram every year or every two years and still catch a tumor, early enough of the process then you can basically deal with it. So there's, there many factors that go into how all this evolves. But the sooner you start this process of being well and healthy, rather than awaiting for symptoms to happen, and the easier it is to reverse get rid of control.

Nathan Crane:
So, EMFs are, we're learning more and more about them, right? As they're doing, obviously, studies are very expensive to do and a lot of people don't want these studies to happen, unfortunately. But we are learning more and more about the dangers of cell phones and WiFi exposure, and now 5G which is, some people's dream and other people's nightmare. Talk about how these EMFs and even talk a little bit about 5G. Your thoughts on that and how they are resulting in this exacerbation of the unfolding of chronic inflammation.

Dr. William Pawluk, M.D.:
Well, before I get to 5G, I think one of the most underestimated, sources of a problem, are smart meters. If you have a smart meter on your house, you need to get rid of it, because it's emitting all the time it's radiating, have bursts of radiation, for the communication. And that's pretty strong, because it has to go, quite a distance from this, from the smart meter to the tower, and that means it has to be strong enough to reach the tower, with a signal. If you haven't been living in a condo, or an apartment building, you could have in your condo, at the end of the condo, you'll probably see a bank of smart meters. I've seen pictures where the flora, around the smart meters dead. So you have a bank of these meters, on your building. Imagine the apartment, next to that bank of smart meters, right? You'd have, you get rid of WiFi in your own house, but you have, if you're an apartment building or or a condo, you could be surrounded by WiFi. And you may, you may not even be aware of it. So if you're living in your own place, you have a chance to be able to do something. If you don't, then you have very little control over what happens. I remember one story that one case report, of this guy that used to come home from work, and he'd relax and watch some TV while his wife was making dinner. He had his head against the wall, on the couch, and every time he did that he'd fall asleep and get a headache. So began to realize why am I getting a headache every time I come home? Is it because of my wife's cooking? Is it because the TV? He realize what his head, was up against a microwave. There was a microwave on the other side of the wall, where his head was, and when she was using the microwave, he would get headaches. Now his microwave was leaking. How do you tell that your microwave is leaking? You put a phone in your microwave don't turn it on but put a phone in your microwave, close the door and call it. If you hear it, it goes off. It's receiving the signal. Now, that's pretty extreme. So there's a good chance that you're not gonna have that degree of leakage, to a microwave. But if it does
happen, it turns out that it's positive then you know, you've got a leaking microwave, you gotta get rid of it.

Nathan Crane:
Yeah, we got rid of our microwave, over a decade ago anyway. Yeah, why do I wanna radiate my food when I can, warm it up on the stove or in the oven or much healthier, safer ways.

Dr. William Pawluk, M.D.:
You can adapt to it that way. So let's go to 5G. The difference between 3G, 4G, and 5G, is that 5G, the wavelengths are even shorter, and because the wavelengths are shorter, you have three levels of 5G. If you live on a farm, and you're 10 miles away from a city, 20 miles away from a city, then the tower that's transmitted the 5G to your home, has to be much stronger, to get the signal that far, if you have been living, happen to be living in New York City, there's too much interference. So you have to put 5G towers, every block or every couple of blocks. So I dunno how many my, high 5G towers are in New York City now. But they're gonna be next to your room, your door, your building. So that's one of the risks and then you add up all the microwaves in that whole area, in say a five, 10 square block area, you're gonna have a number of small towers transmitting 5G. So it's gonna be powerful, and it's going to be again absorbed by the body more readily because it's a much smaller wavelength, so much higher frequency. So 5G, the risk of 5G is it's again, it's gonna be all around us, unavoidable and all you have to do is find some dead zones, the only way you're gonna get rid of it is to find dead zones. Don't upgrade to a 5G phone. Now, there may come a time when 4G phones are not gonna work anymore, right? And we're kind of be forced to move to 5G if you want a cell phone, but sort of the risk of 5G is because we're gonna be even more surrounded than ever. the more dependent we are on streaming, and huge data downloads, and so on, then the more dependent we're gonna be on 5G. And you and I may be smart enough to be able to avoid 5G but again, you can't control everybody else around you.

Nathan Crane:
Yeah, I was just looking up a map. Just a Verizon map alone, right now 5G coverage in the US as you're talking. So interested, looks like they're already in 36 cities in the US, which I didn't know and New York, it's all over New York, you're talking about New York, it's already, very spotty, because as you're saying that put a tower like so close to each other but in those areas, you're getting all of this high intense. As you're saying short wave frequency, which is so much more damaging to the body because it's entering the body but it's not passing through, right? Where is the long waves, 10 hertz, two hertz, 100 hertz, they just passed right to, 'cause we're adapted to that.
Dr. William Pawluk, M.D.:
Correct.

Nathan Crane:
Jeez, so, all right, so, let's talk a little bit about what people can do, and talk about PEMFs. So let's talk about the healing benefits of PEMFs. What they've been known to do, what you use them for, with your patients? How is PEMFs, supporting people with cancer? Let's start there.

Dr. William Pawluk, M.D.:
Well, I will go back 'cause I think your point is extremely important. How do you protect yourself against 5G? 'Cause you can't avoid it. If you can avoid it, that's the, avoidance is in fact the key, if you can avoid. if you can't avoid it, optimize your health. The healthier you are, the more the body's gonna be able to repair and recover from the insults, from the irritations that you're constantly gonna be getting. So it's when you're really out of balance, that you don't repair, you don't recover, you don't rebalance. So the further your out of balance you are, the harder it is to get you back into balance. And the body does a good job of finding the best balance it can in the presence of imbalance. It's always gonna do the best it can to get you as much balance as it possibly can, even though you're way out of balance. So PEMFs, the value of PEMFs is that they help to restore the natural vitality of the body. They help to decrease inflammation in the body. They help to repair and regenerate. So they make the body in generally, in general stronger, more vital. So you're not, you can't negate these WiFi signals, there's nothing to reverse it. But people advertise these pendants and these other things that you could do to help you with your body's vitality and the signals. So they give you a frequency but it's extremely weak. So in a sense, it's like earthing, earthing is a good thing. There's no problems with earthing at all, but it's not strong enough. So you can't rely on earthing, like you do with these pendants to save you from a blast of microwave, it's just not gonna work. But PEMFs, like pendants should be doing, and they aren't because they're too weak, but PEMFs do is a strong enough, then to actually significantly push the body towards rebalance, because of these natural sort of low frequency magnetic fields, and it's not radiation. It is a form of radiation, but it's what we call non ionizing radiation.

Nathan Crane:
It doesn't heat the cells, I mean, it doesn't heat up the cells, right?

Dr. William Pawluk, M.D.:
It doesn't heat the cells, not ionizing that kind of damage, you're burning the cells. So sunlight is clearly ionizing radiation. PEMFs are non ionizing and that means again, they're restorative at
rebalancing for the most part. So the more you use PEMFs therapy, I usually recommend if you can do it, have a high enough intensity magnetic field that you're doing twice a day, preferably, first day in the morning to shake off the cobwebs from the night before, at the end of the day, to basically wash the stress, of the day out of your body. So all the imbalances that you've been exposed to during the day, whether it's emotional or physical, nutritional, inflammatory, you name it, all of those need to be rebalanced. And you can either do it naturally, in sleep, or time. So but again, because the body has an insult, and the body has the time to repair and rebalance, that you'll repair and rebalance, unless it's, you drop a brick on your foot or your hand, then it's gonna take a long time for you to rebalance, right? So at the end of the day, it take all these natural things that happen to us every day. Then you'll be able to rebalance right away, thee easy things, you get rid of that low hanging fruit, and redoing that every single day, then basically, you're gonna slow that curve of aging. So the curve of aging is like this, right? We want to take that curve of aging and bring it up to a more neutral level. And the only way you're gonna do that against the vicissitudes of life. Life happens, you can't avoid it, right? Ain't nobody getting out of here alive.

Nathan Crane:
So speaking of the interview I did with you previously, was all about PEMFs, PEMFs therapy, it's and it was about one of your PEMF devices called the FlexPulse because I actually use that and have been enjoying it. So we did an interview, I wanna encourage people to go watch that, 'cause there's a special link there. If you're interested in looking at the FlexPulse and trying it for yourself, that interview you can find on YouTube, look up Nathan Crane, Dr. Pawluk, or go to my website, nathancrane.com, you'll find the interview there, discount links, all that stuff. But the FlexPulse, I like because it's traveling, I can take it with me on airplanes, I can take it with me, I have it sitting next to a chair where I rest in the evening, but something like that, let's say someone has a PEMF device, like the FlexPulse. I know it's a smaller, lower, it's not like one of the high grade professional, $10,000 devices, but it's.

Dr. William Pawluk, M.D.:
Or $25,000.

Nathan Crane:
Or 25,000, it's very affordable compared to that and the question I have is, let's say somebody has a PEMF device like that. You said using the morning and the evening, how long are you talking about in terms of balancing and harmonizing the body?
Dr. William Pawluk, M.D.:  
Well, let's talk about levels or layers, or tiers if you will, t-i-e-r-s. So the FlexPulse is handy because it's portable battery operated and you can apply it to different parts of the body. But it's not treating the whole body. You're, if you apply it to your head, you're gonna get the primary benefits gonna be to your head or shoulder or wherever you have a ache or a pain, but it's not gonna help your great toe that much. It will still help a little bit but it's not the same as treating it directly. So if you wanna do rebalancing to any significant extent, then you really should be doing whole body.

Nathan Crane:  
Okay.

Dr. William Pawluk, M.D.:  
And many people do take the FlexPulse for those spot treatments and for nighttime for sleeping particular, help to restore sleep, you can 'cause you could run it all night long out your pillow. But if you want a whole body system that different levels of whole body systems, and they can range from atrociously priced devices that are like $6,000, that are less than one Gauss. So Gauss is a measure of magnetic field intensity. So one Gauss is not enough. The FlexPulse goes over goes about 200 Gauss, the 200 times stronger and considerably less expensive, you can go up to $10 Gauss at a level or tear. So you can go one Gauss, 10, 70 Gauss, 150 Gauss are now we have a device called the Hugo, where you can go up to around $7,000 and we call that the electric tackle. Your basical layer between two magnetic pads, so that is the most powerful in its whole body.

Nathan Crane:  
So you want, so the higher the Gauss means it's not the higher the frequency, we're still talking low frequency 10 hertz to 100 hertz, up to 1000 hertz, right? In that range, seems like a low frequency, but you're talking higher intensity of that frequency, which is doing what, it's just helping your body to reduce inflammation faster.

Dr. William Pawluk, M.D.:  
Well, if you stand next to a light, right next to the light, is gonna be the brightest. As you move away from the light, the light drops off very rapidly, and there's a law of physics called the inverse square law. And what you're trying to reach deep into the body to do repair work, if you're using a very low intensity system, it's not going deep into the body at all, it's very superficial, it's gonna act primarily in the skin. So if you wanna reach deeper, get your lungs, your heart, inside your brain, inside your skeleton, then you're gonna need a much stronger magnetic field. And that's why on
drpawluk.com we have so many different devices that are different layers, or tears or centers of intensity. So for those who want to get them better, the better acting magnetic fields, you're gonna want to get the higher intensity, whole body systems, that will give you the most benefit. And if you, particular if you're dealing with significant issues already, then you're gonna need higher intensity, to be able to do that. There's a video on my website intensity matters that I would strongly recommend people read. There's another, there's a blog on my web website about adenosine, that's a-d-e-n-o-s-i-n-e, adenosine, And adenosine is a receptor that's responsible in the body for decreasing chronic inflammation. But on that blog, I talked about what the optimal intensity is, which is about 15 Gauss, and the intensity of the magnetic field you have to start with. So if you wanna go from the front of your brain to the back of your brain, you need to have a certain intensity magnetic field to deliver that 15 goals at the back of the brain. And there are, there's a table in there, on in that blog that talks about the intensity you have to start with, to go deeper into the body. And particularly for cancer, we've talked about cancer treatments. That's when you really need the higher intensity magnetic fields, you can't tickle. You don't have time to tickle the body and see if it works. As you know, we're talking about long timelines before you can find out that it's actually making a difference.

Nathan Crane:
So what are the, what's kind of the minimum Gauss you're suggesting for somebody who has chronic health conditions like cancer?

Dr. William Pawluk, M.D.:
With cancer, I do recommend thee electric taco the Hugo, because with cancer, you're not only just talking about where you have the cancer, you're talking about where you don't know that you have the cancer.

Nathan Crane:
Right.

Dr. William Pawluk, M.D.:
And thee example that I use is breast cancer. So a woman with a diagnosis of breast cancer at the time of diagnosis. About 40 to 60% of women have been found to already have stem cells, breast cancer stem cells in their bones. That's a high percentage, which is one of the reasons why women who studies have shown that women who had initial diagnosis of breast cancer if they're otherwise healthy, 25 years later, 20 years later, they're, they show up with bone mass, bone metastasis, because those stem cells have woken up. And what wakes up a stem cell? The old friend inflammation, or the enemy formation.
Nathan Crane:
Right.

Dr. William Pawluk, M.D.:
So if you're doing whole body daily magnetic field therapy with a sufficient magnetic field capacity, then you're taking care of they're mopping up the inflammation you're restoring and rebalancing. Before those stem cells get a chance to wake up, and then never mind the treatment, of course the treatment of the cancer itself and the damage from radiation and chemotherapy and surgery and so on. All of that is helped with magnetic field therapy as well. At chemotherapy, for example with PEMFs. So research is showing that you get between 50 to 70%, increased effectiveness of the chemotherapy with magnetic field therapy, 50 to 70%. Well, we're never gonna convince the the oncologist to lower the intensity, lower thousing of the chemo, right? So you don't get as toxic. But fortunately, if you're doing whole body magnetic field therapy, you're going to decrease the toxicity anyway.

Nathan Crane:
That's huge, anything we can do to support the healing process, whatever path we're choosing for our healing is gonna be, I should say we, when we choose the things that are most effective and beneficial to support our healing path, then, we're going to exponentially enhance our ability to heal. And I know you recommend that, you talk about that, even though, you're this is really your specialty of focuses, PEMFs therapy and really helping people with, through using and learning about PEMFs but I know you also recommend a very holistic, natural lifestyle, right? Maybe share some of the some of your top solutions for people who are wanting to or are using PEMF therapy. What are some other things you recommend they do in their life, to help enhance that healing process?

Dr. William Pawluk, M.D.:
Well it's like everything else we do, it's all about body, mind and spirit. I mean, if you have, we know that lifestyle is critical, to being able to manage and control cancer, even if you don't eliminate it, which is very difficult to do. It can it's possible, I've certainly seen miracles happen where people have gotten rid of their cancers, that's part of mind, that's part of spirit, but at the base, the route is to feed the body, 'cause you are your body, you are what you eat, right? So if you feed the body, stuff that's gonna make your body feel healthier and it has less work to do. So a plant based diet, an alkaline type diet, is going to be the most health enhancing. And there's a whole list of foods that you can eat that are, that support cancer, and certainly things that you should avoid, nutritionally, after you avoid those things and then eat the right things. And you do
that, that's a big start, you can't heal the body, even with magnetic field therapy, you can't heal
the body when you pour gasoline on the fire, and then you eat nutrition, and you tried to put
the fire out with your nutrition or with magnetic fields, but you're still pouring gasoline on that
fire. Well, you're not gonna get very far with that, 'cause you never know whether you've got
enough anti fire stuff going into the body versus the fire that you're throwing into the body. So
those are preconditions, magnetic field therapy will not work if we keep insulting the body, you're
just not gonna get the results. And people will be frustrated because they spent money on
magnetical therapy, and it's not working. So yes, all that natural stuff that you have to do. So spirit,
the mind, rest, proper rest, decreasing exposures that we talked about, with EMFs and alcohol
and drugs and sugar. One of the most important factors that I, you know, when you go to
oncologist, they don't talk to you at all, about your blood sugar, at all. So everybody who I treated
with with cancer, I want to get their a one sees down to 5.2 if I can, or less, 4.8 5.2, that's ideal. It's
very hard to do that when you're coming into the office with a one C of six, you've got a long way
to go, and you didn't get there overnight, right? 'Cause you gonna have to fight with your spouse,
or somebody else about the food that you're eating. So it's not only just you then you've gotta
convince everybody around you that you can't do that anymore, and that's tough. It can't be done
but it's tough. And that means you have to have the will to to do something different than what
everybody around you is doing. And then you do magnetical field therapy.

Nathan Crane:
It's really the integrative approach, the holistic approach that we're talking about. It's like doing
everything you possibly can, to allow your body to get to its natural state of healing and
wholeness. I mean some of the other things, simple things that I do, that I know you do as well
and hopefully people tuning in can start doing this simple things today. I turn my WiFi off every
night, just stop bombarding as while we sleep with extra WiFi, turn it off simple. Wake up in the
morning, click the switch. I just have it plugged into a surge protectors so I don't have to plug and
unplug from the wall I Just turn it on, turn it off, super simple, less radiation, less WiFi, turn my
phone off.

Dr. William Pawluk, M.D.:
Airplane mode.

Nathan Crane:
Yep, every night, go to bed, turn the cell phone on airplane mode, make sure my wife does the
same thing. So we're both of our phones. We use them as alarms but we don't need them calling
us at night or bombarding us with that extra EMFs, so we put them on airplane mode every single
night. Make sure to go outside multiple times a day, a barefoot as often as possible. You've
mentioned grounding, earthing, get those natural, negative ions, antioxidants into the body through the bare feet, the natural vitamin D from the sunlight. We, from spring to fall, every other week. This past year we went camping, and we're doing this more and more and through the winter, we'll spend, the day, instead of camping because it's too cold here in Santa Fe, well, at least spend a day. But we spend three days two and a half to three days in the wilderness, no phones, no WiFi, we go to places you can't even get a cell phone signal and then we turn our phones off as well. Those types of things where you can go out and hike for a few hours in nature, turn your phone off, you go camping for a couple of days, turn your phone off, get away from the WiFi and the signals around you, give your body a chance to start healing, to removing these toxins to reducing the inflammation. The PEMF device, I use yours here at the house usually a couple of times most days, half hour to an hour at a time. All those different things we can do. They seem small but when you add up this one on top of this one, this one, this or this one, now you've got this whole lifestyle that is promoting health and healing and that's what we wanna do.

Dr. William Pawluk, M.D.:
Have you heard of sleep texting?

Nathan Crane:
No, what is that?

Dr. William Pawluk, M.D.:
I went to a TED Talk, where this doctor the psychologist had, actually she was a pediatrician, and she had done a study on these kids, who were sleep texting. They were having their phones next to their heads while they were sleeping 'cause they did not want to miss a text, couldn't miss a text. It's a pathology, I don't want to miss the text and what they did in the morning they woke up and they watch texting they did during the night, gibberish.

Nathan Crane:
Jeez, that's sad.

Dr. William Pawluk, M.D.:
Sleep texting.

Nathan Crane:
That's, oh my gosh, that's sad that our kids are being so conditioned with that.

Dr. William Pawluk, M.D.:
They're made toxic, and they're made addicted to their phones, to the technology.

Nathan Crane:
My daughter is 10, she doesn't have a phone and our kids probably won't have one until 15, 16. Hopefully we can hold out till she's 18, but we'll see. I see eight year old, seven year olds, five year olds up the street kids with cell phones. It's like, well, that's way too young, way too early. It is causing these pathologies, psychological pathology, as well as physical damage to the body. Yep, Dr. Pawluk that is our time for today. I appreciate you so much all the great work you do. Thank you for, bringing all that, I mean, you have so many good resources on your website. So I just wanna tell people to go there now drpawluk.com, d-r-p-a-w-l-u-k.com, drpawluk.com, blogs, articles, videos, you've got your PEMF devices, people can contact, you get in touch with you. You do really great work and educating, informing and inspiring people. So thank you for that. And thank you for being here sharing with us at the GLOBAL CANCER SYMPOSIUM.

Dr. William Pawluk, M.D.:
You're very welcome. I appreciate being here and being able to share and hopefully will help somebody will be helped by our discussion.

Nathan Crane:
I think so, I mean, I learned something new every time. So thank you and I wanna thank all of you for tuning in here to the GLOBAL CANCER SYMPOSIUM. Make sure to share this with your friends, your family, share it with anybody who needs this information. Go visit drpawluk.com, learn more about all his great work around PEMFs. Also encourage you to visit healthandhealingclub.com where you can learn more about joining the Global, Health and Healing Club to helping you get and stay healthy. Again, I'm Nathan Crane. I wish you ultimate health and happiness, take care.