



DRPAWLUK PAIN SOLUTION SUMMIT

Dr. Pawluk: This is Dr. Pawluk. This session today is called What's Working Now, although we may change the title and one of the titles that we may choose down the road is the Leading Edge of Therapies For Chronic Pain. So again, this is the Pain Solution Summit and this section is about what's working now. My idea for this particular section was to be able to talk about the breadth of the technologies that are now available today to heal chronic pain. We clearly know about medications, we know about procedures that conventional doctors use. Most people know and have heard about acupuncture and chiropractic and there are certainly very important parts of panorama of technologies available to deal with pain. But I've got somebody very special here today. Dr. Robyn Benson. Robin is spelled with a Y- Robyn Benson.

Dr. Benson: I love my "Y". That's a big question in life. What's our why, right? I want my "why" for sure.

Dr. Pawluk: Well, Dr. Benson, tell us how you got here, what you're doing and how you got here. What was your journey to get to doing what you're currently doing?

Dr. Benson: Oh my goodness, I'm in my 27th year. What really inspired me to get into health at a very young age is I lost my brother when I was just five years old. He was six months. He was born, he was a fifth child born and he was born with cleft palate, brain damage and some other issues. And wow. Just to see that his health decline rapidly in those six months and then to end, to die. It was like a wake up time for me as a five-year-old, like I wish so much that I could have saved his life. And then when I was in fifth grade for a career planning day, I had the opportunity to spend a whole day with a medical doctor who turned out to be an internist, but he worked with the elderly population. So we spent half the day going to two nursing homes and I'm telling you, that was probably a defining day in my life when I thought, oh my God, going into those nursing homes and seeing some of these young people.

Dr. Benson: I asked this doctor, Dr. Rainsville, why are there so many young people in this nursing home? And he's like, this is in the 70s, he said, lifestyle choices or it's genetics. And I just walked out of both of those nursing homes thinking I am going to do everything personally to stay healthy and to help all my friends and family members because I don't want to end up in a nursing home anytime soon. Then we went to the ER and spent some time there. So I just knew that was, I was very young. I'm like, I'm going to dedicate my entire life to health and helping people get to their root of their health issues. To not have to have to experience unnecessary suffering and to grow older with joy, with ease, with passion for their lives, right.

Dr. Benson: And to avoid health challenges that are just so rampant in today's world. Right? We're seeing it everywhere. So 27 years later, at least a hundred thousand treatments that I've



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given, I'm just always in the inquiry of how I can help people even better, which is perfect for our discussion today because I'm onto the latest, greatest always to see how I can help people. There's acupuncture, you mentioned chiropractic, massage, there's all these great therapies, but we need to think about how can we treat ourselves? What can we have indoors in our own home? I'd call that the self-care revolution. What are we doing 24/7 to keep ourselves vibrant, living with vitality and out of pain and out of this misery that we create between our ears. Right? That's huge because when we think about this subject of pain, there's the physical aspects and there's a lot of emotional pain.

Dr. Benson: So that's what I get to treat every single day with my plethora of options.

Dr. Pawluk: Well, let's start with how did you get into acupuncture? Why was that the beginning of your journey?

Dr. Benson: So I got a degree in sports medicine near your home in Virginia, University of Virginia. And you know, I thought I definitely am not being called to be a medical doctor. I thought I really want to because even at that time I thought, well mostly what MDs do at that view is they often prescribed prescriptions, right? They're giving prescription drugs and they're not getting to the root cause. So, I was fortunate when I moved to Santa Fe, I worked for a physical therapy center and that was owned by three MDs and I was really impressed by what physical therapy could do for patients. And one of the physical therapists was also an acupuncturist and I thought, well I had a treatment with her, and I was just really blown away by getting my pulses taken.

Dr. Benson: She actually touched my stomach. She took a very detailed history. I was running a lot of marathons at that time and I was just amazed like one treatment, what it did for my knee injury at that time. And then realizing it's the oldest continuous form of medicine on the planet is Chinese medicine. So I also loved that it looks at, it doesn't really even look at diseases. It looks at their syndromes, right? So if you had 20 patients with headaches, you don't treat them the same way everyone is; every treatment is personalized and customized to what's showing up for that person in terms of their pulse, looking at their tongue. I'm doing a very lengthy overview. We get a sense of how can help our patients and another, there's the herbal part of Chinese medicine too. So very passionate about my career all these years later.

Dr. Benson: And I'm really one of the unusual ones who has an incredible scope of practice where I get to do injection therapies and IV therapies and I built a center. So my dream, getting back to why I'm doing what I'm doing, when I took a career planning class when I was a freshman in college, we had to do assignment of writing, of actually doing an art project to actually draw, to create what your future vision is. And I drew a picture of a healing



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center. So I was only 19, it wasn't until I was 39 when I built this 4,000-square foot center. But it's just been an incredible journey and it's what keeps me going is helping people transform; helping people get the lead out of their body. That alchemy, that's possible for every single person listening to this talk that whatever's causing you pain and suffering to know that there are so many incredible dedicated doctors and practitioners out there that are here to help you get to the root cause and to help you get out of pain and to solve what's ever going on.

- Dr. Pawluk: Let's help people walk through why in your mind there are so many people out there who do acupuncture who will never do anything else other than acupuncture. Is acupuncture the answer to everything?
- Dr. Benson: Absolutely. You know, you can treat just about everything with acupuncture. I must say that a part of me in those earlier years, that's all I did, acupuncture and herbs for the first 13 years. 13 years, and then it was like there are people coming in with Lyme disease, HIV, very acute conditions, lots of cancer. Oh my gosh. I mean I would have four of my tables that I had at that time were full of patients with cancer. And I'm thinking, what else can I do in addition to acupuncture? What stacking these treatments to help people get their cellular life working again? Right? What are the toxins that are causing this issue? What's the emotional trauma? So yes, starting 13 years ago, 13 years into my practice, I really started up leveling; bringing in more modalities to help my patients get better quicker.
- Dr. Pawluk: So when you talk about the topic being what's working now, okay, I did the same thing and a lot of doctors, a lot of holistic doctors do that. So in a sense you're a holistic doctor. You'd begin to say what now? I mean, you've learned your art, you spent your time, you put your time and you've learned the limits of the art that you knew at time. And then you realize that it's not solving all the problems you could solve and not doing a good enough job. You mentioned a really important term "stacking". Tell us what you mean by "stacking".
- Dr. Benson: Okay, so just about every patient that comes in, whether they're coming in for an IV or an injection or acupuncture, they get to lie on a PMF mat that we love because it helps to calm down the nervous system. And it also, you know, after doing so many live blood cell demonstrations to see that those red blood cells separate and you're getting more oxygen into cells, you're creating a bio-electric field. This is something that's really come out and I get to thank you, Dr. Pawluk, with all your expertise and all the amazing research that you've done. But it is so key that when we think about stacking, what's really foundational for healing is to create a healthy electrical field for the body. Then everything else that we stack on that is even going to be that much more effective.



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- Dr. Benson: So if they're getting eight minutes on a PMF mat, then we're doing acupuncture and then we're doing electric acupuncture, then we might add some essential oils. We really bring that into our practice. So everything that we do is about helping people to amplify, regenerate, and transform naturally. And then when they walk out the door, we might say, these are the Chinese herbs that we want you to take or we've done a big evaluation, we'd like to look at blood work. For most of our patients we're seeing where they're deficient in magnesium, zinc, or here's another really key thing because we're detectives, right, that that's practitioners are going to do the detective work. I mean we think about most of you go to a doctor's office and there are certainly going to take your temperature or they're going to do your blood pressure. We take it a step further. We will add vitamin C, testing a strip where they can pee on it to find out what their vitamin C's status is. We do zinc testing. Zinc is so important. 200 at least. Enzymatic reactions in the body are zinc dependent. 95% of every new patient that walks in the door is zinc deficient. Nitric oxide is another test that we do. So these are really important. So how can we set up the body for whatever modality that we're doing to get the best possible shift that they're looking for?
- Dr. Pawluk: So stacking basically is layering and you start off with a certain basic set of things that you have found over the years that everybody needs anyway. And then based on diagnostic space, on analytics and assessments of the patient history, risk factors and so on, then you add the next layer or two or three layers, right?
- Dr. Benson: Okay. Here's another important layer. We offer IV therapies. Vitamin C drips, the Meyers cocktail with the famous Meyers' cocktail vitamin, which has vitamin C, B5, B6, calcium, magnesium, all these great nutrients. When people come in, especially with an ear ache or sore throat a migraine headache, an asthma attack of some sort, that is the most common IV that we'll stack. We'll do your acupuncture, we'll give you some herbs and we want something quick acting that's going to go right into your bloodstream. So IVs are fantastic for that purpose.
- Dr. Pawluk: Yeah, they're a very important part of a good therapeutic program. The problem is that you are unique. You're unique in the center that you have. You have all these modalities, you told me earlier before we started chatting that you have at least 10 people working there in your facility, each doing different things. So you don't do it all yourself. But you have a facility where you have a lot of these tools, these resources and these therapies in that one facility.
- Dr. Benson: I do. I have an incredible clinical assistant. He does most of the IVs. I have another acupuncturist and she's really knows so much more than I do about essential oils. So she brings that into the picture. Ozone in medicine is another stack that is freaking amazing. Sometimes when people come in and they have knee pain, so not everybody will get



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acupuncture. A lot of people, they're like, I have, you know, 30 minutes. What is the best thing you can do? I have this terrible right knee pain that's been bothering me. I can't run. I can't move very well. I can't even sleep well at night. I will go for instead of, I look at, when you've got like 40 different modalities, what's that punch, right? What's that one thing that will be the most effective and had the quickest possibility? And again, we're into natural. We help people get off of painkillers and all the crap that's undermining their health in other ways.

Dr. Pawluk: But I think one of the advantages that you have is because you've had exposure to and learned so many different modalities. Like myself, when you learn all of this, you do realize for a given person, when they start telling you their history and you start doing the evaluation, which modality is going to probably be the most effective for that. If you go to an acupuncturist and they don't do anything else but acupuncture and herbal therapies, then that's all you're going to get. They may or may not advise you to do something else that may work and that may solve your problem, which is actually phenomenal, but you may have to think about other possibilities and you may have to find somebody else who's more rounded, has more skills, has more therapies available to be able to direct you to another therapy that's going to take you to the next level of solving your problem.

Dr. Benson: Exactly. It's so important us doctors always know where you know what we can do and when we need to refer out, even with this huge option here with what we offer. I mean this is the subject of your summit, it's all about pain. When a patient of mine after three sessions is not getting better with my ozone therapies, with the acupuncture, with the PEMF then I think there's something else going on here and I can't tell you how in 27 years, gosh, at least 20 patients in this situation, they ended up having cancer. You know, like a back pain. That doesn't go away. I'm like, something's not right. The experience that both of you and I have you're just like, there's something not right in this picture. Refer out.

Dr. Benson: That's what I do. But it's amazing how a lot of women, I also do sexual vitality, helping people with sexual rejuvenation and helping women with pelvic pain. So I do this incredible rich plasma, which is really awesome for scar tissue and I've helped so many women resolve pain in their pelvic area. However, there's a time where I want them to if something's not being resolved, you need to go get an ultrasound or work with your GYN to find out. And very often I like that to be done before they come in to see me. But very often when they are not getting the results, that's what happens at the center, right? People, they go to 10 different doctors or different places, they're not getting the help that they need and we're often the last, this is their last resort. I've tried everything; help me.



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Dr. Pawluk: Right, right. That's very, very important. Go through some of your modalities. I mean, you do Prolozone. So let's talk about Prolozone a little bit. Let's talk about PRP. And then what other modalities would you like to mention? We already discussed acupuncture and herbal therapies. So what other, you said pelvic pain syndromes. So you use PRP for that and sexual rejuvenation, although that's not really chronic pain, but, right.

Dr. Benson: No, a lot of people need the rejuvenation in their pelvic area to help them not have discomfort with sex. So sometimes it's an anatomical, sometimes it's a tissue issue, it's scar tissue. And sometimes it's a hormone issue. So we need to do the tech to work on that. So why don't we start with Prolozone, because I find that that is probably the one, the most common things that I do at a low price. A lot of people can't afford 500 to 1500 to \$2,000 to do a PRP session. We like, you know, I'm in New Mexico, right? One of the poorest states in the nation. Prolozone is like the one of the most miraculous things I offer my patients.

Dr. Pawluk: What is Prolozone?

Dr. Benson: Prolozone is a technique that we do. It's an injection where we inject a solution of procaine, dextrose.

Dr. Benson: We did something called the gentleman, which has peptides and amino acids. Just a small amount of that first that goes into the area where the pain is and let's say a knee, right? So I will inject that first and then I unscrew the syringe and then I put in ozone, medical grade ozone, at a certain gamma. You definitely want to go to somebody who has been well trained cause it's important that you know what you're doing when you're working with those ozones.

Dr. Pawluk: The amount of ozone basically.

Dr. Benson: The amount, but also Dr. Pawluk, the concentration is really important so it takes like less than five minutes. And you know, I just do a little bit of diagnostics to kind of find out where is the root issue. But very often with Prolozone you go to where the pain is and sometimes like with a hip, when someone comes in with it, a really severe knee pain, I want to find out is it really a knee pain or is it coming from the hip?

Dr. Benson: Prolozone, the real brilliance of Prolozone is the ozone; prolo means to proliferate, to make better, to increase, to heal, proliferate. So the ozone helps to bring oxygen into that whole area. That whole area of oxidative medicine immediately, like under ultrasound, you can see this with a lot of prolo-therapists, show what happens with Prolozone. When you inject the ozone, if you see that there's a slight tear of a tendon attachment or ligament, it helps to immediately bring it back to its original nature. So



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the dextrose, which is sugar, right? The other proliferative agents, procaine is obviously great for pain, but it doesn't go through the liver, so you don't have to worry about toxicity. It has a lot of anti-aging, regenerative qualities to it.

Dr. Benson: But the ozone, it immediately helps to oxygenate the areas. Anytime you have pain, you're not getting enough oxygen. So this really helps to ignite that whole from the brain to the area of pain. It helps to send all the human agents to that area to get return it back to its original nature. So Prolozone is very good for reducing or eliminating scar tissue. Incredible. Sometimes just one session. It's great for helping with circulation. It helps to repair tendons and ligaments. And also there's a big issue of what, 30 different types of arthritis. It's fantastic cause when you restore the integrity of a joint, it helps to eliminate this arthritic shift that's happening in your body. So when I get my young athletes when they've got problems in their knees and they say, Oh I had a shoulder injury. I'm like, let's do a little Prolozone prophylactically. Let's help to break down some of that scar tissue so you're not having a replacement at some point in the future.

Dr. Pawluk: There are practitioners that just do prolotherapy who don't do ozone, but combining the two produces even better benefits.

Dr. Benson: Yes. For the first seven years I did pretty much just prolotherapy and then when I really learned from Dr. Shallenberger, he's the brainchild. I went two or three times. I love Prolozone so much more than prolotherapy because it's a lot less painful. The ozone, the brilliance of ozone too is that once that gas is put in your body, it spreads.

Dr. Benson: So let's say I'm treating, if you're seeing my wrist right here, a carpal tunnel, and you know the pain's going all the way into the hand, it's here in the wrist. What's really cool is it's going to cover a big area. So I don't have to do seven, eight, nine, 10 injections that you often have to do with prolotherapy. I just do one, two, like when I do a knee, I typically do two Prolozone injections. So I'm a big fan of prolotherapy too. But I don't know. I don't like to cause pain and if I can get the results with one injection rather than doing seven to 10, on a medial collateral ligament in knee I just much prefer it. It is way less traumatic for my patients. And quite frankly, I don't have to say, Hey, you have to come in every four weeks to get your second.

Dr. Benson: You have to sign up for 10 pro therapies or seven or whatever. Prolozone I just take it each time that they come in, I say definitely schedule for 10 days out, 10 to 14 days out and very often two, three, four sessions. If the patient doesn't get the result that I'd really like to see, my next thing is I'll go to my PRP. And what's cool is, because I get these major athletes that are training for events or squash players, hockey players, soccer players; I see a lot of soccer injuries and they're like, okay, Dr. Benson, the



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Prolozones are really helping. I'm like 50% there. But I really, I need to get better. I mean, what's the next thing? What else could help?

Dr. Benson: So that's when very often when I'll do the PRP; platelet rich plasma. But what's cool though is that if they've already had some Prolozone sessions, the scaffolding, right? That's what we talk about when we're doing regenerative medicine. We want to create this incredible matrix to get all the healing, getting the blood circulation, creating new blood vessels. So that's where PRP really is a great option. So for hips, backs labor room tears I use it for face and as we've talked about sexual rejuvenation, platelet rich plasma is amazing because it's your own intelligence of your body, right? So we take what's 50 ccs of your blood, we spin it in an FDA approved centrifuge, and then maybe 10 or 15 minutes later we get about 10 ccs of your platelet rich plasma, which is rich in growth factors. And when we inject it, it actually immediately helps to regenerate, you know, in terms of, again, new blood vessels. It helps to repair stretched and partially torn ligaments. But it's also good for that whole joint integrity to get it back again back to its original nature. So many people, even when they are bone against bone, we get some great results with our PRP, but we add ozone too; it just helps.

Dr. Pawluk: So the study done in Cuba using ozone discovered that PEMFs combined with ozone at the time of the session make both work better. And the same thing with PRP because PRP, one of PRP's main jobs besides reducing inflammation is also as you've said, the growth factors; or PEMFs activate growth factors, but they also make the growth factors take better into the tissue. So driving them together at the same time really works better.

Dr. Benson: That's a stack we always like; not one person comes in here without getting the PEMF, our very strong PEMF. So it just makes the whole treatment even that much more effective. And then we also look again, you know, for people, lifestyle is very important. We're very big advocates of living a regenerative lifestyle. So, with our Prolozone and our PRP, looking at their diet, looking at their blood work, looking at their micro/macro deficiencies, looking at how they're dealing with stress. There's mold in their home, all kinds of stuff. We're very holistic care. So it's not just coming in and getting this injection. It's like you've got this great regenerative therapy now what can you do at home self-care wise that is going to amplify the effects.

Dr. Pawluk: Fantastic. What are your success rates with putting everything together?

Dr. Benson: Oh my gosh, without a doubt, 80 to 90% success rate with Prolozone. It's huge.

Dr. Pawluk: Just Prolozone alone, but again, primarily for local problems like arthritis, right?



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Dr. Benson: Right. Yeah. Tennis players and bikers, issues that they've had for three months to a year. But it's something that's been more chronic. Maybe I'll go for the PRP when the Prolozone doesn't work. And I see for the PRP, you know, we've got a guy from California here right now and he had a messed up ankle. He flew in and we did PRP on his ankle and he has full range of motion. It looks normal. PRP is really great again for scar tissue. Like if you see a scar from a major injury, even having surgery, it's awesome. I mean to look at skin turned back to normal. Scar therapy is big when we think about this whole topic of pain to where ever people have scars if they have it, you know, from a surgery when they were three years old.

Dr. Benson: I like to go in there with ozone or go in there with a regenerative substance to help bring life force. All these women that come to me for these O-Shot procedures I do, if they have a C-section scar, I want to treat that because that's affecting their whole pelvic floor, that's affecting very often sexual energy. So scars are really important and PRP is one of the best things to do for scars.

New Speaker: And scars are anathema in acupuncture because they are blocking the flow of energy. Release the scar because the acupuncture points tend to flow just a bit onto the surface of the skin so that they bind that surface underneath the skin. Then the meridians don't flow properly.

Dr. Benson: Yeah, it's crazy. When you free up a scar how much more, you know sometimes people just feel liberated in their brain, like more oxygen going to the brain or a pain; it's interesting, what we know with dermatomes and we know with meridians that a scar in one area, it could be the actual cause of a totally different part of your body

Dr. Pawluk: Often flowing down that meridian if you follow the meridian, right?

Dr. Benson: Exactly.

Dr. Pawluk: You have to have some knowledge of acupuncture to get that benefit. What other therapies do you have?

Dr. Benson: Yeah. Okay. So we talked about Prolozone, PRP. We have a whole room dedicated to brain optimization and body regeneration. So one of the most important things that we have in there is called it's a LiveO2 maybe, you know what that is, right? Exercising with oxygen. So, before our patients get our IV therapies, even sometimes before P before Prolozone and PRP, we just want to help oxygenate the whole system. It's fantastic for lung issues and it's very good for cognitive decline to actually mimic when you do exercise with oxygen, actually mimic being at 20,000 feet. Right? Yeah. And so that has been very, very popular in our center. We also have this thing called the pressotherapy,



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which you might know. A lot of cardiologists use this too or refer out for people with neuropathies or for vascular issues when the blood supplies, the artery supply, to the extremities is not efficient.

Dr. Benson: So this presses and relaxes; it squeezes and relaxes. And it's good for body sculpting, but for a lot of our patients with neuropathy. That's another thing where a lot of people have tried everything and very often when we work with their deficiencies in their body, get them on the right supplements and do the pressotherapy, it's very effective. We also have something called the theta chamber, which is fantastic for it's like seven different modalities in that. It actually has PEMF in it, which is cool.

Dr. Pawluk: That's called the theta. T. H. E. T. A.

Dr. Benson: It has PEMF, vestibular motion. So you're actually lying in it and it rotates in once you're 30 seconds into it, you don't even know it's moving. Has cranial electrical stimulation, which is fantastic for-- we program it. People have sleep issues. Do they have pain problems?

Dr. Benson: Do they have hormonal imbalances? They have addiction, so we program three different things. It also has sound and light therapy that's congruent with whatever the modality treatments, whatever the goal that we're looking for essentially. So the theta temper is awesome. It's like literally living in another dimension for 30 minutes. It's very good. We have an infrared sauna that also has the best of Royal Raymond Rife light therapy. So you get both the infrared and you get this light therapy. So that's good for pain. It's good for our cancer patients. It's very effective for weight loss and detoxification. It's amazing. We have an ozone sauna; there's so many sick people on the planet. I mean that they have autoimmune condition and they'd been living in a moldy home and so multiple challenges.

Dr. Benson: So our ozone sauna where you actually sweat and that is a great option. I'm a huge Tesla girl, he's my favorite inventor of all time, Nicola Tesla. So I have a lot of different Tesla technologies here, but one being a room where we have Teslights one at the foot, one at the head. So something that we've already talked about in the thing that's so important for everyone who's listening is that to get, well, no matter what condition you have, whether it's pain or it's a digestive issue or it's headaches or it's emotional trauma, one of the best things you can do quickly is to get your electrical system of your body optimized. And it's as simple as drinking water with minerals, right? Just putting like a really good quality mineral supplement.

Dr. Benson: Like a couple drops. We happen to love oxygen here. We have lots of different mineral options, but just to put that in water, like with any of our PEMF, right? You're the King of



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PEMF. I'm talking to you right now. We do know that people will get better effects from any of these modalities. When the body, the electrical system of the body is optimized, when the red blood cells are separated and we're getting water into those cells and detoxifying. So the Teslights are incredible. Like when people have, I'm going to talk about woo here, but people have like negative influences in their sphere, right? In their electrical field. They, you know, maybe it's a mother-in-law or maybe it's a deceased person or somebody that you've had trouble with. Those Teslights are powerful to help like look at like when there's like literally like holes in your biofield, it helps to get that whole aura back to its optimized system. I just think it's fantastic that that these are units you can buy for your home. They're kind of expensive but at least PEMF that's probably my number one thing that we really want our patients to have is a PEMF device. So they have care. They have self-care. 24/7.

Dr. Pawluk: Let's go back to the point you made before about stuff sticking to us. This is a concept in acupuncture, and I call it the tendomuscular meridians. So if you will, each meridian is its own magnetic field cause the meridians are actually DC currents. So they're flowing, energy is flowing in them. Current is flowing and anytime you have current flowing, you produce a magnetic field in a sense. They call it a cuirass. C. U. I. R. A S. S. it's what soldiers used to wear to protect themselves, right? Like a metal shield. Well, this is our electromagnetic shield around our bodies. And this shield actually attracts other energies, if you will, and they can stick in your system. I remember we did some testing before using a bio Meridian machine. It's called E.A.V.

Dr. Pawluk: Electroacupuncture [inaudible] We saw tons of acupuncture points and meridians that were affected. They basically had dysfunction. We treated them with a magnetic, a whole body magnetic system; retested them and a lot of noise went away. I call that shaking the ashes off the embers. You've cleared the meridians. Find out exactly what meridians were being most affected and then you target your therapy to that. So the point I'm trying to make is that shield attracts all kinds of static, if you will. And all the therapies that you're doing basically helped it clear that static from your shield, which is static electricity. So it's just irritating you. And then you can clear all that out and then you get down to treating the actual problem.

Dr. Benson: Yeah. And I'm glad you're talking about this because our electrical fields are being drastically, dramatically impacted by all the electromagnetic pollution out there and in a root cause of a lot of pain too, and why people are not sleeping and why people are not digesting and heart issues too, you know, heartaches like, wow. So we're really big on educating our population here on Earthing and how to electro hygiene your bedroom. Very important to unplug everything from around your head and make that like a dark zone. Like literally cover your eyes with a mask. I think that's so important in terms of melatonin production, that's such an important hormone that we tend to overlook. How



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important it is for longevity. So electro pollution is a big root issue. So thank God we have you and I have these modalities that we can offer to help people to upgrade very quickly their electrical field.

Dr. Pawluk: Well, we're going to have a separate session on EMFs and how EMFs contribute to pain. Pemfs, pulse electromagnetic fields which help with pain, and then EMFs of course are a contributor to making pain become chronic. Not only that, all the other things that happen. So we have a concept, sort of a perception that basically pain is just pain and that's all you have. But every pain person is a person. So like any pain person, they will have other conditions and often these other conditions lead to the chronic pain and vice versa. Chronic pain can lead to other chronic conditions. Right? Now we need to think of the person as a whole. Their whole situation has to be considered or you are never going to get rid of the pain completely or reduce it sufficiently.

Dr. Benson: Yup. Absolutely. And when you were talking about pain, I can't help but think about that acronym. There's a couple out there, but pay attention to internal nurturing is so important.

Dr. Pawluk: First time I've heard that. Thank you.

Dr. Benson: I love that. And you know what? Pain has a lot to do with fear, like fear running our lives and a great new acronym for fear that I think you all will love. Feel everything and return. Like a lot of our cancer patients, there's a woman on Facebook, friend of mine, you know, 70 year old woman that's dealing with breast cancer right now. And she wrote that in a post. I'm like, wow, I love that. Feel everything and return. So much of our pain, Chinese medicine, that chi stagnation. That literally means we're shutting down chi flow. We shut down the energy flow in our body. We have pain, we have a lot more emotional pain. We shut down the chi; if chi's not flowing well, the blood's not flowing well. Right? That's like delivering all the goodness of life to our vessels into our brain and the oxygen into our brain and then Shen Chi, blood, and Shen. Those are the three treasures in Chinese medicine. If those are all functioning, you are vibrating you're feeling good in life, you will overcome pain much faster when you have good chi moving through your body.

Dr. Pawluk: Fear is the seeking of love. You don't have enough love in your life. Wherever the sources of love that you're looking to get love from are, you're not getting it. And then fears are consequences of that. So as you find love in your life, then the fear goes away. Same thing can happen with pain obviously. If you're feeling more happy in general, if you feel love and you feel nurtured and supported, then pain can disappear just by that alone.



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Dr. Benson: And that's self-love. My God, we beat ourselves up if we have those 60,000 thoughts. And so many of them are negative. Oh my gosh, just loving self-first, right? To really be able to emanate that out to all the people in your life.

Dr. Pawluk: So tell us about your book.

Dr. Benson: Travel With Vitality: Seven Simple Solutions to Sleeping Well, Staying Fit and Avoiding Illness. It's basically my whole health manifesto of what it really means to be a frequent flyer in life, right? We are in our cars every day. We are in planes and trains. And so, this book is basically one place to go to really understand the easy ways that you can travel through your entire life healthy.

Dr. Pawluk: So again, the title is Travel With Vitality and the rest of the title is long. But if remember Travel With Vitality by Dr. Robyn Benson, right?

Dr. Benson: Yeah. We frequency lovers. The first chapter is as titled, Are You a Frequency Traveler? For every single person who's listening to understand that you are a bioenergetic being right? And that the frequencies in which you travel really matter. The frequencies of the toxic people, you want to eliminate those in terms of what's causing you emotional pain, right? We are energetic beings. So it's important to travel through life with the best possible bio electrical system and everything comes from that. Everything in your body functions really well when you have a healthy electrical system, number one, then the biology and chemistry work better when that biological field, and it's again simple hydration. I mean you and I know both, so many people, if they just hydrate, Oh my gosh, they can get out of a lot of pain.

Dr. Pawluk: How much hydration?

Dr. Benson: How much hydration? I'm a big fan of, I don't like to say eight glasses a day. I'm really about hydrating and making sure you're getting essential minerals and eating a high water content diet. So whatever Mother Nature supplies, right? Choose more of Mother Nature in terms of how you're nurturing your body. So a lot more greens and all the different colors of the rainbow. You want those nutrients in your body. I still think I have my, what, 32 ounces here. I tend to at least 32 ounces and then I like to drink really good teas and have big salads a couple times a day. That's how I want to hydrate. I don't think it's necessary to be having to pee every half an hour and drink more than you know. But enough to get our body turned on to activate that biological window.

Dr. Pawluk: Research a long time ago showed that we need a minimum of one liter a day.

Dr. Benson: Yes.



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Dr. Pawluk: To be dehydrated, if you get less than that, you're dehydrated. But optimally it's probably closer to about half your body weight in ounces of water.

Dr. Benson: Yeah.

Dr. Pawluk: And of course, if you're drinking water that's been treated, water that's been treated with magnetic fields, particularly then that water actually works better in the body. That's called the fourth phase of water. So PEMFs stimulate the fourth phase of water and make the water more usable by the body. What electrolyte solution do you recommend?

Dr. Benson: My favorite is oxylent. O. X. Y. L. E. N. T. I happened to meet the woman who was the brainchild behind this formula. It's way better than Emergen-C and all that. She was a flight attendant when she was 28 years old and had a really bad like a thrombosis at a young woman and she really attributed that to being 30,000 feet on a regular basis, 30 hours a week. It's not a good thing. So she was on a mission to help all like flight attendants and the whole airline industry realize how important hydration is. And it's not just drinking any water. Airport water's is devoid of much, you just pee it right out. But the brilliance of the minerals is it helps you get the water into yourself. It's so important for that biological field to be turned on.

Dr. Pawluk: The trace minerals. I use RC7 and we also use something called Concentrace. So there are many different types of mineral solutions available as long as you're taking something; and you recommended your favorite, Concentrace is one of the ones that I use is concentrated.

Dr. Benson: We do hydrogen water here, we do the tablets. Water is an interesting one. We have structured water throughout our whole building; big into structured water, knowing that it allows water becomes more wet and more absorbable into your cells. So, and it's nature. Go to springs, hot springs are really good for you too.

Dr. Pawluk: Basically it's ionized water. Right? Flowing water.

Dr. Benson: Yeah. I mean the body has amazing restorative possibilities if you stop blocking its efforts.

Dr. Pawluk: Give it a fighting chance.

Dr. Benson: Give it a chance and give it a break. I mean, I'm so into the fast mimicking diet by ProLon. A lot of our patients that maybe to do that, we recommend before you do your PRP session or some major thing that you're undergoing health-wise is five days to kind



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of take a break to increase that autophagy, to get to that cellular cleansing to get the crap out in, to bring the goodness in. And all a lot of these therapies that we're talking about promotes hormesis right? Hormesis it's like the infrared sauna, red light therapies, all that. It's just helping to get your cellular body working more efficiently and producing energy and detoxifying.

Dr. Pawluk: What's your website please?

Dr. Benson: Okay. My website is Robyn, R O B Y N benson.com and my center is SantaFesoul.com.

Dr. Pawluk: You take patients from all over the country?

New Speaker: We sure do, we sure do.

New Speaker: At a local hotel or--?

Dr. Benson: Yeah, all over the country. And when people internationally that come do our 21 day program, 28 day program in our brain optimization room, people who have that early cognitive decline, like they're looking like they're going to end up with Alzheimer's. We can get our patients early enough that does not have to happen. So that's been very helpful. And also just want to mention if people want to just learn a little bit more about some of these regenerative therapies that we've talked about. Robynbenson.Com forward slash gift and then it's right there. Robynbenson.Com forward slash gift.

Dr. Pawluk: Wonderful. Robyn, I can't thank you enough for the time that you spent with us. I know it's very early morning for you.

Dr. Benson: My day is about to begin. It's almost eight o'clock here. I just so appreciate being part of your summit, Dr. Pawluk. Gosh, we first met in 2011 in San Diego. I attended a lecture of yours on PEMFs I was just three years into it. It was groundbreaking for me as a practitioner. When you learn about why PEMF is so essential, you learn about the universe, right? You learn about the earth and this magnetic field, like there's no life without this magnetic field on the earth. And it's not, you know, quite up to the ampage or we should say as it was what, even a hundred years ago. So we need to really think about PEMF and all the other experts on your summit listen to every single one of them because this formula will really dramatically change not only the quality, but the attitude and certainly the longevity of your life.

Dr. Pawluk: Well, and I know that you have offered our listeners or viewers on now set of options, another set of tools to think about, to help them with their chronic pain issues. So thanks again.



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Dr. Benson: You know what, one more thing. I'm going to share a quote let's see if I can remember this. Walt Whitman quote, it's one of my favorites. Now I know the secrets of making the best person it is to grow in the open air, and to eat and sleep with the earth.

Dr. Benson: That's beautiful. That's a wonderful parting thought.

Dr. Benson: Walt Whitman was brilliant, right? We need to get outdoors and we need to eat from Mother Earth--

Dr. Pawluk: And he lived in a simpler time, didn't he?

Dr. Benson: He sure did, but it's a message, right?

Dr. Pawluk: To get out and do the simpler things. We've lost that our wonderful technology.