



# DRPAWLUK PAIN SOLUTION SUMMIT

**Dr. Pawluk:** Hi, this is Dr. Pawluk. This segment of the Pain Solution summit is about a very special issue that I think is very helpful to people to have information about and that is to help magnetic field therapy actually work for individuals. I have with me the celebrated Dr. Ravid. Now, Dr. Stacy Ravid wrote a Ph.D. Thesis and when I read the thesis, I said "I have to have her on this program." The thesis is a dissertation on a descriptive, exploratory study of individuals who have used micropolicy, a PEMF system (a portable battery operated PEMF system). Just so that you have a visual, this is what it looks like [shows device]. Portable battery operated, and it uses two little coils. This is what Dr. Ravid is going to talk about, the people who are using this particular device. So, what I want to do then is to have Dr. Ravid tell us about herself, her journey, and how she came to do this particular study.

**Dr. Ravid:** Hello, I'm Dr. Stacey Ravid and I researched many modalities over a period of years. During my doctoral studies, I researched many different PEMF devices. My goal was to find holistic modalities for pain relief. After much research, I settled upon the micro-pulse. I conducted... Let me tell you the reason why I chose this as my dissertation study. I've been a nurse for over 24 years, an emergency department nurse for 17 years. I worked critical care, ICU, hospice in the last couple of years of my career and what I saw was a lot of patients were in chronic pain and after all the pharmaceuticals and interventions, they still were not finding pain relief. I saw that quite frequently in hospice, so that was part of my motivation for choosing holistic modalities for pain relief. Also, I'm quite concerned about the opioid epidemic and my research goal is solutions for the opioid epidemic, thus holistic modalities for pain relief. I conducted a descriptive, exploratory study and interviewed individuals because I wanted to hear their stories and their experiences. If you'll pardon me, I'm going to read a couple of things off of my notes here. The main question that I was looking for was for individuals to tell me about their experience using the micro-pulse. From that, I conducted nine survey questions and asked participants those survey questions.

**Dr. Pawluk:** A lot of it was open ended as well. Right? So it wasn't just those questions, but there was a big open-ended component to this. I think this is what our viewers are going to really be very interested in is the stories that you've heard. So go ahead.

**Dr. Ravid:** Okay. Speaking of open-ended, the last two questions I asked them is: "How has living with pain affected your life, work, and relationships?" and "Is there anything else about your experience with the micro-pulse that you would like to reveal?" Those two questions were amazing and I could have just done the whole study on those two questions. Many patients revealed how pain had deeply affected their lives, work,



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relationships, every aspect of their lives, and how finding pain relief just revolutionized their life at that point. I want to just share with you, I interviewed participants over the

phone and in person, and listen to their interview. Some interviews lasted from 20 minutes to an hour and a half. It took months to interview the participants and then I would listen to the recordings. I tape recorded them, and then I would transcribe them.

**Dr. Ravid:** Then, I took the transcribed interviews and they were inserted into MAXQDA, which is a qualitative software program. In analyzing their descriptions and their answers in MAXQDA, there were five themes that emerged. One of them was feeling hopeless and that was a common theme for many of these participants. Some of them had been dealing with pain all their lives. There was one gentleman who had fallen out of a tree when he was five years old, and he had been in chronic musculoskeletal pain for 40 years. The next theme was engaging in self-care. These participants were searching for answers, they were trying different modalities, they were going outside of the paradigm of the allopathic medical system, they were tired of pharmaceuticals, that's how many of them found the micro-pulse. Then, the three other themes were finding pain relief, sharing the experience of pain relief, and modifying their use of pharmaceuticals. Many of these participants decreased or discontinued all pharmaceuticals once they had pain relief.

**Dr. Pawluk:** That's wonderful.

**Dr. Ravid:** Yes. Yes.

**Dr. Pawluk:** That's wonderful. So, let's go into each of those themes and what you find in your study as you had your interviews.

**Dr. Ravid:** Okay. Starting with feeling hopeless, this was pretty amazing to hear so many people's stories. There were 28 participants that were included in this final dissertation study and I would pretty much say that 27 out of the 28 were feeling hopeless and a loss of their ability to ever be pain-free or be pain-free over any consistent period of time. When they found pain relief, these participants, they were so excited and so happy and so relieved that one of the most amazing themes that I found in this study was that they wanted to share this with people. These participants started telling people about the micro-pulse. They blogged about it. One person made an app for their phone about the micro-pulse and when he was out and met people who were in pain, he would share it with them. Many participants bought the micro-pulse for people, they shared it with their doctors, their chiropractors. Lastly, modifying the use of pharmaceuticals; I'm just



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going to focus that one on a patient story. There was a gentleman who had been in chronic musculoskeletal pain for many years and he had become addicted to narcotics and alcohol. He said that he felt he would never be pain-free again once he started using the micro-pulse and he was having relief. It took him a little bit longer, but he said that

after he had one week of pain-free, he discontinued all alcohol and narcotics and had never touched them again. So, that was a really amazing story and I heard that was a lot of the participants that they stopped their medications and stopped narcotics. Some of the things that I want to share with you that they use the micro-pulse for because it was quite varied. One thing really important to tell you all is that when a participant used the micro-pulse for one type of pain or condition and they had success, then they would try it for something else.

Dr. Ravid: So, I have a long list of things that people used it for because oftentimes, somebody would use it for four different things. Some of the things, ailments that people used it for were headaches, dental pain, AFib, all types of back pain and musculoskeletal pain, Alzheimer's, carpal tunnel, all types of hip and coccyx pain, pre-surgery, post surgery recovery, sleep disturbances, degenerative disc disease, sciatica, plantar fasciitis, arthritis, foot and ankle pain, shoulder multiple sclerosis, and complex regional pain syndrome.

Dr. Pawluk: That's not an atypical finding with PEMF's, as people will naturally say, "How can one thing do so many things?"

Dr. Ravid: Right. [Laughs]

Dr. Pawluk: You want to say why?

Dr. Ravid: My personal opinion is that it somehow decreases the inflammation and it works on such a deep level, deep into nerve, bone, or tissue that it helps to heal the pain.

Dr. Pawluk: So, it's not just about pain because a person with AFib doesn't feel pain.

Dr. Ravid: Correct, but it's the inflammation that it's working on.

Dr. Pawluk: We're going to have another segment about PEMF's, what they do and how they work and so on. So, rather than getting into the physiology and exactly how it works, let's focus on pain relief. The reason for this summit, of course, is pain relief, but pain relief is pain happening in people with all kinds of other problems. Right? Many of the people



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you're describing, had multiple problems and pain wasn't the only problem that they had.

Dr. Ravid: Correct.

Dr. Pawluk: And they got benefits for many things as well. Right?

Dr. Ravid: Yes. One of the most interesting stories is one gentleman used the micro-pulse on his mom who is having Alzheimer's and she couldn't read anymore and she was having emotional outbursts. They used the micro-pulse and after one week she was able to read again and she calmed down.

Dr. Pawluk: Wow.

Dr. Ravid: Yeah.

Dr. Pawluk: So, the micro-pulse not only relieves pain and not only decreases inflammation, it actually decreases swelling in the tissues. Also, it just enhances the function of tissues because if you have swelling in tissues, you don't have adequate circulation and you have inflammation, so other functions don't work well in those tissues as well. You do some of these very basic actions then a lot of things downstream get better.

Dr. Ravid: Yes, yes. As a researcher, one of the things that I was looking for was is the micro-pulse healing their pain permanently or is it just temporary. One of the things that I found is that for majority of the participants it did heal the pain. However, patients who have had longstanding difficulty like the gentleman who had musculoskeletal pain for 40 years. It took him a while, many months of using the micro-pulse, before he was actually pain-free. With acute situations, it seems to work right away and cure the pain much faster. It's also dependent on the individual and the type of pain.

Dr. Pawluk: Yeah. This is also something that we deal with on drpawluk.com as we talk about the different tissues that are involved, the depth of the problem, how long it's been there, and whether you're getting functional improvement or whether you're looking to heal. Obviously, healing is more valuable than immediate symptom reduction because if you're healing something then the problem was more likely to go away permanently.

Dr. Ravid: Correct. Yes.



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- Dr. Pawluk: How would this change the work you do as a nurse? What you know now from this study?
- Dr. Ravid: Well, one of the questions I was asked, I've been by people is "What did I learn from this study that I didn't know before?" The number one thing that I've learned is that pain can be healed with an alternative modality like micro-pulse, without using any pharmaceuticals. I was skeptical when I started the study, wondering if patients would really have long lasting pain relief. In fact they have, so how it changes my work as a nurse is that some patients in chronic pain, if they are taking pharmaceuticals, maybe they could use pulsed electromagnetic field devices to help and augment their pain healing experience.
- Dr. Pawluk: Now we're looking for you to share this with your colleagues, right?
- Dr. Ravid: Yes. Yeah, I am right now.
- Dr. Pawluk: Not just your academic colleagues, but also your nursing colleagues, friends, or other nurses that you run in with. Cause you're a teacher now, right?
- Dr. Ravid: Yes. I'm an instructor at a university, correct. Yes.
- Dr. Pawluk: So, I'm sure that you'll let them know that PEMF's are something that could be very useful.
- Dr. Ravid: Yes, but they also have to consult with their doctor if they're on medications or they're having surgery, but it is something that they can use safely. It's not contra-indicated it's not harmful. There's no way they could hurt themselves. It is something that they could use in conjunction with other modalities, including pharmaceuticals if they choose.
- Dr. Pawluk: Now in your interviews with people, did you hear about problems with the micro-pulse?
- Dr. Ravid: No, there were just some concerns about how to keep it on, people wanted to sleep with it, they wanted to wear it to work. So, different people had to figure out how to do that best for themselves. One gentlemen wore it on his neck at work all day and he didn't want people asking him about it, so he put a scarf on but not too many problems. When you asked me that question, I flashed upon some of the difficulty that the participants had with their primary caregivers and doctors. They were telling their doctors, their chiropractors, different people about the micro-pulse and many of them



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found that the doctors weren't that interested in the micro-pulse. One participant went to their doctor, he had been in pain for many years, taking pharmaceuticals was about to have surgery and he said to his doctor, I'm pain free and I'm going to hold off on the surgery. He said he was surprised that the doctor didn't want to see the device, didn't want to hear about it, really had no interest in what helped him.

**Dr. Pawluk:** Well, this is another reason for this program series is that we're providing people with tools that they could use themselves and they don't have to be accepted by the medical profession, but more and more professionals are starting to recognize the value of these. Particularly, professionals that are not part of mainstream medicine, but are more within mainstream medicine, recognizing it as well, but they're pretty stuck at a particular paradigm and said, "Don't fool me with, I don't want to change." I like what I do. It works for me, but obviously we're discovering as you found that there are lots of people out there for whom the traditional system is not working, clearly.

**Dr. Ravid:** Can I read you just a brief paragraph of one patient's story?

**Dr. Pawluk:** We'd love to hear it some more stories, if you don't mind.

**Dr. Ravid:** Okay. I'm going to tell you about this one patient. He had used the micro-pulse for shoulder pain and had relief, had been in 10 out of 10 pain for a very long time. He tried many different things, nothing was working, heard about the micro-pulse from a former friend and used it. One of his unique uses of the micro-pulse was that he used it for jaw pain and it was so successful that before he went to the dentist, he would use the micro-pulse and then after the dentist, he claims that he did not need Novacain because the micro-pulse was so effective. After successfully using it for that type of pain, he decided to try it on his eye because he was losing his eyesight and he was needing stronger and stronger glasses each time he went back to his ophthalmologist and used it on his eye. His eye reverted to a 20/20 vision, whereas the right eye remained the same.

**Dr. Pawluk:** The one that wasn't being treated.

**Dr. Ravid:** Yes, he did it. Yes. Then, he ended up using it on both eyes, got 20/20 vision and then his wife did the same thing. When they went to their eye doctor who was aware of this whole process, he was happy for them. He was amazed. Once again, he really wasn't interested in seeing the device or hearing about how it worked for them, but he claims he got his 20/20 vision back.



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Dr. Pawluk: Well, and hopefully he'll have a sustained result. Right?

Dr. Ravid: Yes.

Dr. Pawluk: If it does and if it starts to revert back again, all he has to do is to do it again.

Dr. Ravid: Use the micro-pulse, yes. There's a story, it's one of my favorite stories of the participants that I interviewed, of a young woman who was in a motor vehicle accident. She was blindsided on driver's side and she had multiple surgeries, multiple pain. It went on for years and doctors couldn't help her. She is a 36 year old female. Before the accident had been a golfer, she was an investment advisor. She had a very active life. Once, she had the accident and she was in pain, she was pretty much bedridden most of the time. So long story short, she said that she spent close to \$30,000 on holistic modalities. At the very end, she was giving up hope and she found out about the micro-pulse. She used the micro-pulse, she started having relief. Long story short, when I talked to her, she was finally getting her life back and that day she was working out, she was going to dinner and she was hoping to start playing golf again. This was an interview that lasted about an hour and a half and there are many details to it, but she described her pain experience and what she went through in the allopathic medical system and how she felt that she wasn't being heard and she wasn't being helped. Through it all, she felt like she was on her own and she was really happy when she found the micro-pulse because it gave her what she called autonomy. That was the one thing she was missing in her whole experience.

Dr. Pawluk: How long had she been using it for?

Dr. Ravid: She had been using it for a year.

Dr. Pawluk: For about a year at that point. So, it took her quite a while to see improvement?

Dr. Ravid: No, she had improvement after about the first two months.

Dr. Pawluk: Two months.

Dr. Ravid: Yeah. But she still continued to use it.

Dr. Pawluk: So, in the first two months she improved by what percent? Do you know by how much?



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Dr. Ravid: That I don't know off the top of my head. I do know that after using it for two months, she was able to start working out again after not being able to exercise for many years.

Dr. Pawluk: The nature of her pain was what again?

Dr. Ravid: Musculoskeletal.

Dr. Pawluk: No specific diagnosis that she was able to give?

Dr. Ravid: I don't remember which ones, but her vertebrae had been out. She also had rib pain, lower back pain, and headaches. That was another thing was constant headaches.

Dr. Pawluk: How old was she?

Dr. Ravid: 36.

Dr. Pawluk: 36, relatively young lady. It sounds like a fibromyalgia pattern, mixed with probably other things as well. But she went back and started playing golf again.

Dr. Ravid: Yes.

Dr. Pawluk: How did you find in your surveys or your discussions with people about the impact of the micro-pulse on people's sleep?

Dr. Ravid: Yes. People said that they were able to sleep better. I myself have been using the micro-pulse and I find that I'm sleeping for longer duration as well. Using it for pain, maybe it's because it's decreasing the pain and so people are able to sleep. There were a couple of participants that I interviewed who actually, and I want to show this, who used the micro-pulse to help them sleep. Their pain was gone, but they were using it for sleep. This is a grid that I made of the different participants, different themes, and their statements. Can you say that doctor?

Dr. Pawluk: Yes, I can. Thank you.

Dr. Ravid: So, there's 28 of these, and in several of them people talk about how it helped them with sleep. Also, what I did with this study was I wrote down noteworthy quotes that people said to me that were very impactful and then I color coded them.





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Dr. Pawluk: Okay. Dr. Ravid, could you please put your screen down so we can see it better? Or you're moving away from there. Okay.

Dr. Ravid: Yeah, so in the noteworthy comments, there were several words where people talked about how they were using the micro-pulse to help them with sleep.

Dr. Pawluk: So, we should probably say that the micro-pulse is battery operated (it basically goes this way) because it's battery operated it will work continuously until the battery dies and

that has to be recharged or replaced. Then, you have these little coils, this is what we're talking about, being able to put it on different parts of the body to hold it in place so they don't stick to the body. You have to place the on the shoulders, on the head, the back of the head, carpal tunnel. I've used it successfully to treat my own carpal tunnel syndrome, it's been amazing for that. It can be used continuously, so there's no harm in using it for 24 hours at a time. Once you get benefit from it, I'm sure that you've heard this, you decrease the treatment time. You don't need to use it as often and your results will dictate how long you have to use it for. Correct?

Dr. Ravid: Correct. I was telling you at the beginning of this, I recently had dental pain and it was so bad that I couldn't eat and I would apply the micro-pulse to my tooth. It would decrease the pain. I was able to eat a meal and then I would use the micro-pulse after. I also had an ankle injury, it was such a bad injury that I thought I was going to have to have surgery. I used the micro-pulse and within two weeks it was better and my ankle has healed. I wanted to tell you something really important about the micro-pulse that I've learned from my personal experience and the participants. Once you use the micro-pulse for something and you have relief, you keep it with you and many of their participants talked about that. I have mine, I carry it with me now in my purse all the time. It's like those fashion magazines of what's in your purse. Well, what's in mine is I have my micro-pulse, I have the battery, I have all the little paraphernalia that I need for the micro-pulse in of the participants do the same thing. We all carry it now with us wherever we go.

Dr. Pawluk: It's very light. It's very small. It's sort of very easy to do. Personally, I think that every family should have one, every family because we all have a Nixon scratches and so on. The older we get, of course, the more of that experience we have. They're very safe in pets. Did you have any pet experiences. Did anybody tell you about pets?



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- Dr. Ravid: Not me, but the participants. There are some amazing stories about how they use the micro-pulse for their pets. One gentleman, they were about to put his pet down. Their dog was about 14 years old, he couldn't go up and down the stairs anymore and it was sick and they use the micro-pulse on it, musculoskeletal"ly", on the four legs. After one week the dog was able to go up and down the steps and he said that the dog lived for about another year.
- Dr. Pawluk: Excellent.
- Dr. Ravid: Horses. People use the micro-pulse on horses. Dogs. Cats. Yes.
- Dr. Pawluk: One of the things that I tell people is that when you buy one of these devices, you don't own it. owns it. Dog, the cat, and the plants own it.
- Dr. Ravid: My daughters used it, my son has used it, my husband's used it. A lot of my friends have used it. I don't loan my out anymore. I tell them they have to get their own.
- Dr. Pawluk: Yeah. Well, this little machine puts out about 200 gauss. Gauss is measure of magnetic field intensity. There are devices out there that are comparable price, but they're only about 9 gauss. This is a pretty strong little fella, if you want to call it a fella or girl, whatever. It's called micro-pulse like mighty mouse.
- Dr. Ravid: [Laughs] Yes, it is like mighty mouse. Yeah. So going forward, one of the things that I would like to do is educate people and help people to see that there are different options for pain relief besides the conventional Tylenol, Ibuprofen, narcotics, Fentanyl, all the different medications. That PEMF is one potential modality that they could use to relieve pain. A lot of people don't know about PEMF. As I've done my dissertation and I talk about it, many people have asked me, "What's PEMF? I've never heard of that before." That's been pretty surprising.
- Dr. Pawluk: That's not surprising to me whatsoever. It's much more common in Europe, more accepted in Europe. It's been around in Europe for probably 60 years already. We're kind of late to the PEMF world and the possibilities that we have and the micro-pulse is currently one of the best ways of doing this because it's so portable. You're not tied down. You don't have to plug it into the wall and use it in the wall. You don't have to have it prescribed by a doctor. Right?



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Dr. Ravid: Right and it's very safe.

Dr. Pawluk: You don't really need medical advice on how to use it typically.

Dr. Ravid: That's correct. Something else that's interesting is that people know what TENS is. Many people have had TENS when they go to the chiropractor. The post-electromagnetic field is similar to TENS, but it's quite different. Can you tell me exactly what the differences between PEMF and TENS? Many people have asked me this and I'm curious what your response to this question is.

Dr. Pawluk: Well, one of the ways to think about TENS is a bit like stopping on your toe or you have a headache.

Dr. Pawluk: Right? All you're doing is distracting the headache. You're going to a new pain that's taking the place of the old pain, which doesn't last necessarily that long. There's something called the gate control theory. If you present a stimulus to the body here, that's different than say the headache stimulus that the brain, the gateways and the brain and the spinal cord get loaded with this new information and they're distracted from recognizing or acknowledging the old pain. That's largely what TENS does, it's a distraction. So in a sense, this is the tangent of it and this is the pads or the coils that you get with TENS. TENS requires a pad which usually requires gels to put on the body and it has to be up against the skin. Magnetic fields are emanating from the coil as if they were not even there. The body doesn't have to get changed or you don't have to go through clothing. It can go through shoes, it can go through casts. It goes through bones equally, it doesn't matter to a magnetic field. The body is like air. That's the basic difference. So, TENS isn't superficial acting. Electrical currents, when you apply them to the skin or don't go deep, they basically stay in the surface of the skin and they get loaded into the nervous system and the body says, "Ooh." Magnetic field therapy, most of the time... Do you feel this?

Dr. Ravid: No.

Dr. Pawluk: You don't feel anything. What you hear is a clicking of the coils and that's it. That's all. Most of the time you hear nothing, but the magnetic field goes through the body completely. It goes all the way through the tissue, so that's the major difference between TENS and PEMF. PEMF is healing, TENS is distracting.



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Dr. Ravid: Good answer. Okay. May I use that?

Dr. Pawluk: It's yours.

Dr. Ravid: I just wanted to show you too, my dissertation was published.

Dr. Pawluk: Wonderful.

Dr. Ravid: And so going forward, one of the things that I would like to do is talk to different doctors or surgeons and maybe do a study with the micro-pulse on post-op patients to help

them in their post-op pain and also to possibly decrease the amount of medications that are having to take. That's one of the things that I'm thinking about now.

Dr. Pawluk: Well, I think probably we will have to do some work together about this. I can tell you my personal experience, I had an elective appendectomy. On colonoscopy, a little lesion

was found in the opening of my appendix and we had a discussion about that, decided we didn't know what it was, so let's remove it. That happened on a Friday, so elective surgery, I wasn't in pain or anything. On Friday, mid-day, I use the micro-pulse over, I had three stab wounds, this (micro-pulse) only has two coils. I used one coil on two stab wounds. I left the other one as a control. I didn't treat it. Wore it 24/7 and I was back to work on Monday.

Dr. Ravid: Wow.

Dr. Pawluk: No abdominal discomfort. I could cough, I could sneeze, I could move up, bend, stand, I could sit down with no discomfort. The wound healing was accelerated, but more importantly the swelling was reduced. The swelling, the inflammation was reduced, and the pain was basically gone and my muscles were not that irritated. When you cut into the muscles, when you do an appendectomy, the muscles are going to be sore. How long does it take to recover from an appendectomy?

Dr. Ravid: It depends on the patient, depends on their health going into the surgery. It can be anywhere from two weeks to several months.

Dr. Pawluk: But not three days.



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Dr. Ravid: Not three days, no. [Laughs]

Dr. Pawluk: All right. If you need time off work after your appendectomy, you're going to want six weeks. If you don't, you may not need to. For those of you who don't have that kind of health insurance or that kind of coverage from your employer and you want to get back to work, this a miraculous little device.

Dr. Ravid: Yeah. I think it can be very useful for post-op patients.

Dr. Pawluk: Well, pre-op and post-op. Actually. Why would you want to do a pre-op?

Dr. Ravid: To decrease the inflammation?

Dr. Pawluk: Yes. Also, more importantly actually, to optimize the cells, the function of the tissues. If you optimize the cells, optimize the function of the tissues before this procedure... If I put the magnetic field here before the procedure, then I cut through that area during the procedure and the magnetic fields right afterwards. The wound is decreased when you cut because you're stimulating all kinds of healing factors that go into that tissue before you traumatize it through the surgical process, but then you recover much faster. That's called heat stress protein or heat shock protein, which is a trauma to the tissues. So, you pre-treat then you do your procedure and you immediately right after the procedure you start back to treating again and you recover much faster.

Dr. Ravid: Yeah, I think there's potential here for the micro-pulse to help surgical patients for sure.

Dr. Pawluk: They actually did a study about that at Columbia University for cardiac surgery patients to pre-treat them to increase heat stress protein or heat shock protein so that there's less myocardial irritation, inflammation, damage, and so on, from that procedure. So it's being studied at major universities for post pre-op treatments. Do you have any other stories to share with us?

Dr. Ravid: Oh, yes. I'd like to read you a couple of their statements and then, I'll end with one story. "It is one of those things I think every family should have for their family's health because it is so powerful," "The PEMF device works faster and I think it has a healing aspect to it that the TENS doesn't have." "This was a patient that suffered from consistent musculoskeletal pain and they finally got relief with the micro-pulse. "I think every family should have one, at least one." So, this is something else that I kept hearing from people is that they wanted everyone in their family to use it and to try on it.



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"Between the micro-pulse and altering my diet, I was able to heal my GERD." This was a patient who suffered from GERD since he was a child.

Dr. Pawluk: A GERD is gastroesophageal reflux disease.

Dr. Ravid: Yes and he had taken medications for many years. Of course, we know there are side effects from those medications. As a nurse, what I tell people there are the medications and then there are side effects from those medications. We always have to keep that in mind when we're taking pharmaceuticals. This participant was so tired of taking pills. He said he was tired of swallowing, tired of taking medicine, and used the micro-pulse and it healed his GERD's.

Dr. Pawluk: Do you know how long he you used it for before his GERD got better?

Dr. Ravid: This one, I believe, was about a month and a half for this participant. That's something else people need to keep in mind is depending on your condition, it could happen right away. The relief that you get from the post electromagnetic field devices or it can take longer. You just have to be patient with it. Speaking of which, there was one participant who had tried the micro-pulse for neck pain and it didn't work and he was about to give

up. His brother who convinced them to use it, who had used it for elbow and shoulder pain relief. He said to his brother, "Just try it for one more week." Within that week, he started having relief and that participant went off all of his medications and used the micro-pulse for his neck pain.

Dr. Pawluk: Wonderful.

Dr. Ravid: Yes. So, I'd like to leave you with one story and this is actually a nurse and she had had chronic musculoskeletal pain, chronic foot pain from standing for 12 hours shifts. She had been a nurse for many years. She also had injured her neck from lifting a patient and she had chronic upper back pain, and she was traveling around the country as a travel nurse. So as nurses, we can go and travel somewhere and work there for eight weeks. That's the type of nursing she was doing and she was a critical care nurse. She said that she was in chronic pain, depending on the level of pain, anywhere from a two to attend throughout the day. Certainly, during her shifts, she started using the micro-pulse and then when she was driving to the different locations for her job, she would use the micro-pulse while she was driving. She said, "By the time she got to the new gig,



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the pain would be gone". She started using it from head to toe for all of her pain. After about six months, she said that she was pain-free for the first time. In quote, she didn't know how long.

Dr. Pawluk: She uses different parts of the body for the different areas of pain.

Dr. Ravid: Yes. Neck, upper back, lower back pain, right hip pain, right knee pain and then feet. She said her feet were in chronic pain all the time.

Dr. Pawluk: Very common. So, it's very safe to be using it in different parts of the body and it's very safe to use it around the brain. I use the micro-pulse type device for treating concussions. Basically, the same thing, the micro-pulse has basically one program, but it recycles. So, it's got 10 Hertz for 10 minutes and a hundred Hertz for 20 minutes. And that recycles, it's constantly recycling those two frequent sets of frequencies. You can use it for brain injuries as well. Very easily. By the way, it's also extraordinarily safe with kids. Did you have any stories about kids using it?

Dr. Ravid: Yes, one gentleman used it for his child who was having outbursts. They're not sure what was happening, but he was crying a lot and screaming a lot, couldn't sleep and they used it for him. They did use it on his head and they had some relief and he was able to sleep, he calmed down...

Dr. Pawluk: For that, you may not heal it as much as you do change behavior. You change the way the brain functions and it makes you relax. Almost everybody says when they use these things, particularly around the head, they feel very relaxed.

Dr. Ravid: Yeah. To leave you with one last story. There is a woman that I interviewed who used it for her musculoskeletal pain. She had relief and then she used it on her head for meditation and she said that she had deeper meditations than she ever had before and she used it as a daily practice for meditation.

Dr. Pawluk: There you go. It has so many different uses, not just for pain. Right? So, one little tool for a person with pain who has a lot of other normal health issues. It has a whole range of benefits.

Dr. Ravid: Yes. Personally, I am going to follow my participant's advice, the one who used it for his eyes to have the 20/20 vision and I'm going to do my own study on myself and try it on my eyes and see if it works.



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Dr. Pawluk: So, there are some different theories about vision and how we do need glasses. One of the theories in fact is that it's because of the imbalance of the muscles of the eyes, the muscles that control movement of the eyes. They can like stress anywhere else like clenching your fists are clenching your jaw. We can cause those muscles in our eyes to contract as well and be chronically contracted, so you can change the pole of the eye. The muscles around the eyes could change the shape of the eyeball if you cause a relaxation of those muscles, the eyeball can go back into its own shape, but it depends on how long the problem has been there and how severe the nearsightedness is, particularly, nearsightedness. It could take a while to have these changes happens. Especially, the bigger the prescription, the bigger the prescription, the more change there is in the shape of the eyeball. So, give yourself some time.

Dr. Ravid: I will, and I'll get back to you on that and let you know how it goes. Okay.

Dr. Pawluk: I look forward to it. Yes. I look forward to it too. Well, I do want to say that micro-pulse is available in two places. It's available on micro-pulse.com, and it's also available on drpawluk.com. So, I've been working with the developer of this device for years and I really like it. It works extraordinary well.

Dr. Ravid: The developer, Dr. Robert Dennis, he invented the device and he's continuously perfecting it.

Dr. Pawluk: He is and we are continuing to do work with him as well for further purposes. There's another comparable device, battery operated. Again, it's got a rechargeable battery but he's got six programs. So, the micro-pulse has only one program, this one is six. It's more expensive because it has six programs, but it does the same thing. If you want an expanded reach of abilities to be able to use it for sleep, for meditation, or for making you alert, the flex-pulse may be a better solution. Either one. Most important thing is that you get something that you can use that will help you as much as possible.

Dr. Ravid: Doctor, let me just tell you real quick. The micro-pulse has several different protocols, so you can choose a different protocol. It's not just the one protocol.

Dr. Pawluk: Yeah, but you have to buy it pre-programmed.

Dr. Ravid: Well, when you buy it's preprogrammed but there are different protocols on it and you can select the different protocols and there's a card that comes with the micro-pulse





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that shows the different protocols. My brother just bought one and he's tried the different protocols for his pain and he's tried all of them. He said it's very easy to do and there's different protocols within the micro-pulse, so it's not just one setting. Just to let people know that.

Dr. Pawluk: All right.

Dr. Ravid: Yeah.

Dr. Pawluk: So, wonderful. Thank you so much to be interviewed and to share the experiences of those people and your own personal experiences. We all should benefit from this technology.

Dr. Ravid: Yes.

Dr. Pawluk: Thanks again.

Dr. Ravid: Thank you, doctor.

Dr. Pawluk: Enjoy the rest of your day.