

## ***Microcurrent***

**What is Microcurrent?** Microcurrent is a physical therapy modality that has been in use for over 16 years. Microcurrent is measured in micro amps (millionths of an amp). By comparison, a TENS unit and most other electrotherapies produce milliamps, 1000 times greater than microcurrent. Your own cells make current in micro amps.

**How does it work?** Your body seems to use the Microcurrent energy to increase its own energy production. Microcurrent increases the production of ATP, your own chemical energy, by up to 500%. It also increases protein synthesis and waste product removal.

**Why can't I feel it?** The current is so low it doesn't stimulate sensory nerves.

**Why are there different frequencies on the machine?** It has been observed that specific frequencies seem to target specific conditions in the tissues. In many cases the tissues will suddenly soften and become less painful when the correct combination of frequencies are chosen. This softening and the pain relief that comes with it seems to be long lasting and in some cases permanent.\*

**How do the frequencies work?** The frequencies appear to work on the principle of biologic resonance. A singer can shatter a glass when the note resonates with the crystal structure of the glass. Microcurrent frequencies seem to be able to resonate with biologic tissue and change the structure of the tissue when the frequency is correct. Once the tissue is changed and stable it seems to be able to remain in the new configuration.\*

**What are the benefits of Microcurrent therapy?** Microcurrent treatment is painless, increases speed of recovery, often promotes healing in conditions that have not responded to other treatment, and is cost effective. The effects are long lasting and the healing of tissue is more complete.\*

**What are the side effects?** Microcurrent changes muscle tissue, softens scar tissue, and increases circulation with the effect of removing long stored waste products and increasing cellular metabolism so quickly that there is often a detoxification reaction after treatment. Some people have a similar reaction after a massage but the reaction after Microcurrent is stronger because so much is accomplished in such a short period of time. The side effects can include nausea, fatigue, drowsiness, a temporary increase in pain, and a flu-like feeling. The side effects usually start during or about 90 minutes after treatment, and may last from 4 to 24 hours. There have been no lasting adverse reactions reported. Microcurrent has a history of being very safe.\*

**What can I do about the side effects?** Your doctor may give you some supplements to help your liver detoxification pathways deal faster with the by-products from the tissues. You should also drink at least two quarts of water in the two hours following treatment. If you feel the side effects return, drink more water, take additional supplements and it should pass in about 20 minutes.

**Do the benefits last?** Every patient responds individually, but the changes to the tissues seem to be long lasting. About 60 to 80% of the changes created in one treatment last until the next treatment, about four to seven days. Your muscles are used to responding the way they are and may return to the old configuration if not treated again, although some patients have had permanent changes in one treatment.\*

*\* These statements have not been approved or promoted by the FDA, but are gleaned from clinical results in the clinics of microcurrent practitioners.*