

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 we do so much in such a short period of time. These toxins may have been accumulating over years. The side effects can include nausea, fatigue, drowsiness, a temporary increase in pain or a flu-like feeling. The side effects usually start about 90 minutes after treatment and may last from 4 to 24 hours. Not everyone has side effects. Some people increase range of motion and physical activity so much that they have temporary symptoms in muscles and joints near the treated area.

What can I do about the side effects?

Your doctor/therapist may recommend some supplements to help your liver detoxification pathways deal with the by-products from the muscles. You should drink at least two quarts of water in the two hours following muscle treatment. If you feel the side effects return, drink more water, take additional supplements and it should pass in about 20 minutes. Some treatment protocols do not produce a detox reaction.

There have been no lasting adverse reactions reported. FSM has a history of being very safe.

If you have any other questions or concerns, be sure to ask your doctor/therapist. We recommend you relax, drink your water, and enjoy the relief you can receive from Frequency Specific Microcurrents.




This procedure is not covered through Medicare.

Disclaimer: Frequency Specific Microcurrent has been reported to be beneficial for a wide range of conditions, this treatment is not meant as a cure for any condition or disease and no therapeutic outcomes can be guaranteed.



Your doctor/therapist is treating you by using specific frequencies applied with gloves or moist towels. This brochure is designed to answer some of the questions you might have about this new and very effective technique for treating muscular and neurological pain.

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What is Microcurrent?

Microcurrent is a physical therapy modality that has been in use for over 15 years. Microcurrent is current in millionths of an amp. By comparison a TENS unit and most other electro-therapies produce milliamps, 1000 times greater. Your own cells make current in microamps.

How does it work?

Your body seems to use 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."

-Cheng, 1987

Why can't I feel it?

The current is so low it doesn't stimulate sensory nerves.

Why does the doctor/therapist use the gloves?

The gloves conduct the frequencies from the machine to your body. The gloves allow the doctor/therapist to feel your muscles and put the treatment exactly where it is needed. We believe the shape of the gloves makes them a more effective and flexible way of delivering the current to the muscles, nerves and other tissues or organs. When the current needs to go to a large area, the gloves may be wrapped in a small, warm, wet towel for better conductivity.

Why does the doctor/therapist change the frequencies on the machine?

It has been observed that specific frequencies seem to do specific things to the muscles and other 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 many cases permanent. Your doctor or therapist may use frequencies that are thought to be good for your whole system, not just the muscles.

How do the frequencies work?

We believe the frequencies 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 when the frequency is correct. Once the tissue is changed and stable, it seems to be able to stay in the new configuration with proper nutritional support. Animal research confirms that the frequency to reduce inflammation reduces inflammation by 62% in a mouse model. Prescription drugs reduce inflammation by 45% in the same mouse research.

Do the benefits last?

Every patient responds individually, but the changes to the muscles seem to be long lasting. About 60-80% of the changes created in one treatment last until the next treatment, about four to seven days. Your muscles are used to being the way they are and may return to the old configuration if not treated again. Although patients have had permanent changes in one treatment, the average number of treatments depends on the complexity of the problem. We suggest nutritional support tailored to your condition to help create lasting change.

Is there any risk?

There is no record of any permanent harm being done to anyone treated with Frequency Specific Microcurrent. The current should not be used through the brain or during pregnancy. If you have a spinal cord injury or a disc bulge pressing on your spinal cord, be sure to tell your doctor/therapist. Patients with pressure on the cord seem to have the normal side effects of treatment greatly magnified. Be sure to tell your doctor/therapist if your reaction is very severe. A of these reactions to treatment have been temporary.