

## **Frequency Specific Microcurrent (FSM)**

The following is designed to answer some questions about FSM:

**What is Microcurrent?** Microcurrent is a physical therapy modality that has been in use for over sixteen years and is FDA-approved. Microcurrent is measured in millionths of an amp. By comparison, a TENS unit and most other electrotherapies produce milliamps—a much greater frequency than your own cells produce. Your own cells produce electricity in the same unit of measurement as the microcurrent machine.

**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.

Microcurrent applied to injured tissue supports the natural current flow in the tissue, allowing cells in the traumatized area to regain their ability to conduct electricity. Trauma affects the electrical potential of the damaged tissue. This injured area has a higher electrical resistance than the surrounding tissue. This decreases electrical conductivity which leads to slower healing and more inflammation. When Microcurrent is applied, resistance is reduced. This allows bioelectricity to flow and establish normal function and healing.

**Can I feel it?** Although the current is so low that it doesn't stimulate sensory nerves, some people report feeling tingling.

**Why does the doctor use the black graphite gloves?** The graphite gloves conduct the electrical current from the machine to your body. The gloves allow the doctor to feel your muscles and put the current exactly where it is needed. It is believed the shape of the gloves makes them more effective in delivering the current to the muscles.

**What are the pads for?** The pads are a more subtle way of delivering the current to your body. The pads deliver frequencies to your whole system, not just the muscles. The frequencies used with the pads are thought to work like "electronic" homeopathy.

Why does the doctor change 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 is 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 stay in the new configuration.

**What are the benefits of FSM therapy?** Microcurrent treatment is painless; increases the 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.

**For what conditions is Microcurrent used?** Muscle and joint pain, myofascial pain, fibromyalgia, endometriosis, fibroids, detoxification, constipation, inflammation, spasms, nerve pain, numbness, tingling, etc.

**What are the side effects?** Microcurrent changes muscle tissues, softens scar tissue and increases circulation with the effect of removing long-stored waste products, and increases cellular metabolism. If this change occurs quickly, then there may be a “detox” reaction, if the body cannot eliminate soon enough. This “detox reaction” may be nausea, fatigue, drowsiness, temporary increase in pain or a flu-like feeling. The side effects usually start during or within 90 minutes after treatment. They may last from 4-24 hours. There have been no lasting adverse reactions reported. FSM has a history of being very safe.

**What can I do about the side effects?** Some supplements may be given to help your liver detoxification pathways deal with the by-products from the tissues. Drinking at least two quarts of water within two hours of the treatment may also be helpful. If side effects return, drink more water and take additional supplements.

**Do the benefits last?** Each person responds individually, but the changes to the tissues seem to be long lasting. About 60-80% of the changes created in one treatment should last until the next treatment –4-7 days. Your muscles are used to responding in old patterns, so additional treatments may be necessary. Some patients have reported permanent changes in just one treatment.

If you have any other questions or concerns, please contact Dr. Karen Benton, ND.  
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