

FSM...Frequency Specific Microcurrent

Frequency Specific Microcurrent is a new system of treatment using micro amperage current and the resonance effects of frequencies on tissues and conditions to create beneficial changes to symptoms and health. These are answers to some of the most common questions.

FSM has changed what is possible in pain management. FSM can treat chronic myofascial pain quickly, easily and comfortably. Nerve pain from nerve traction injuries, disc bulges and herniations and herpes and shingles can be treated successfully.

There are never any promises with medical procedures but this offers hope.

There are approximately 1300 practitioners in the US, Australia and Canada using FSM to create miraculous changes in patients to reduce pain and improve health. Most of the time FSM produces immediate dramatic changes in tissue that make it an indispensable tool in treating pain and many other health concerns.

In the early 1900's, before 1934, medical physicians and osteopaths were using electromagnetic therapy devices to treat patients. They had equipment that delivered frequencies on two channels, one that was observed to address a specific tissue; and one that was thought to neutralize a specific condition or pathology. There were thousands of physicians using this technology at this time. They had journals and associations and were treating patients and doing research and sharing the effects of frequencies in articles and books. Dr. Albert Abrams had a clinic in San Francisco that treated pneumonia, influenza, and diseases caused by inflammation and toxicity.

In 1934, the American Medical Association in the person of Maurice Fishbein declared that electromagnetic therapies were "unscientific" and that drugs and surgery were the future of medicine and that any physician who used electromagnetic therapies would lose the license to practice medicine, which that that time was granted by the AMA not the government. The treatments fell out of use, the equipment stopped being manufactured.



There are protocols for kidney stone pain, disc and facet joint generated pain that give rapid and often lasting relief. The protocol for fibromyalgia associated with neck trauma offers pain relief. There is one frequency that is only useful for shingles and herpes. In the shingles prodrome it helps eliminate the pain and prevents the blisters from breaking out. In herpes outbreaks it helps eliminate the pain and helps heal the blisters in hours with only a one hour treatment.



Because pro-ball players cannot afford to NOT play, Frequency Specific Microcurrent was discovered by the NFL in 2003. Bill Romanowski brought FSM to the Oakland Raiders with his chiropractor. Tony Parrish and Terrell Owens were treated along with eight linemen from the San Francisco 49ers in August 2003 by Dr. McMakin. Now, NFL teams and athletes from other sports are using FSM in record numbers. The results are impressive and consistent. Chronic injuries clear up in record time. FSM can remodel scar tissue in one sixty minute session that would take months to do manually.



Imagine these benefits applied to new injuries and you can see why Dr. Jeff Spencer takes this equipment with him when he treated the US Postal team on the Tour de France.

When Terrell Owens was injured in December 2004 and wanted to be able to play in the Super Bowl 6 weeks later, this treatment approach was there when he got out of surgery and was a part of the team who made his amazing recovery and spectacular performance possible in Super Bowl 2005 when everyone else said the injury needed 13 to 18 weeks to heal and remodel.

Pain can be different for many people, some acute and for others, chronic and debilitating. Underlying all types of pain, however, are definite changes that occur to the physical tissue, such as **inflammation, swelling, tissue trauma and pain producing chemicals.**

Whenever there is tissue trauma or dysfunction, the cells increase their electrical resistance and cells become less able to receive nutritional input, water, minerals etc, nor are they as able to remove toxins. This is not an environment that supports healing and tissue repair, so the injured area remains swollen, painful and traumatized for a longer period.

Frequency-Specific-Microcurrent (FSM©) is an electrotherapy device shown to decrease this electrical resistance and improve the cells capacitance, hence dramatically improving oxygenation and cellular repair. The FSM© is documented to :

- **Successfully treat acute and chronic pain relief**
- Reduce inflammatory chemicals in the blood
- **Increase feel-good endorphin levels**
- Increase cell energy (ATP) levels by 500%
- Boost protein synthesis by 70%
- Provide specific organ/system benefits (digestive, hormonal, etc)
- **Restore depleted adrenal function – in stress and anxiety and/or ‘burn-out’**
- Repair the regulation of nervous tissue
- **Boost immune function**
- Accelerate healing of acute injuries by 200%
- **Increase healing of injury and traumatic wounds, plus minimize bruising and swelling**



Q & A

Is there any one FSM does not work on?

Patients who are dehydrated cannot benefit from FSM. It has been observed that patients who are dehydrated. Athletes with large muscle mass and inadequate water intake and patients over 70 who are chronically dehydrated have the most problems. Every patient is advised to drink at least one quart of water in the one hour preceding treatment. Patients who are chronically dehydrated may need more.

Nothing is 100% effective and FSM is no exception.

What is the difference between the microcurrent and a laser?

Microcurrent provides electrons and in published studies increases ATP production in cells. Lasers provide photons. I am not aware of any research suggesting that laser treatment increases ATP production. Lasers oscillate at set frequencies and provide beneficial results. They are doing it by some other method than frequency specific resonance and ATP enhancement.

What is the difference between microcurrent and ultra-sound?

Ultra-sound creates ultrasonic vibrations and creates heat by vibrating the water molecules in the tissue. It does not provide current nor does it change ATP status. It provides beneficial results and is completely different than microcurrent.

How does it work?

Microcurrent is a physiological electric modality that increases ATP (energy) production in the cells of your body. In doing so, this dramatically increases the tissue's healing rate. The almost immediate response to the correct microcurrent suggests that other mechanisms are involved as well. The exact effects or changes that result from microcurrent frequencies have not been proven because no biopsies have been done after microcurrent has been applied. Nevertheless the changes in the tissue are unmistakable; scars will often suddenly soften; trigger points often become less painful; swelling often drains within minutes when the "correct" frequency is applied. In many situations the changes seen seem to be long lasting and in many cases permanent.

Do the benefits last?

Every patient responds individually but the changes to the muscles 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 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?

Your health/well being is always our first concern. There is no record of any permanent harm being done to anyone treated with Frequency Specific Microcurrent. Although not known to be dangerous, microcurrent is rarely used

across the brain, in patients with pacemakers, or during pregnancy. If you have a spinal cord injury or a disc bulge pressing on your spinal cord, be sure to tell Dr. Horn. Patients with pressure on the cord seem to have the normal side effects of treatment greatly magnified. Be sure to tell us if you feel your reaction is very severe. All of these reactions to treatment have been temporary.

What are the side effects?

Resonance appears to change the muscle tissue, removing long stored waste products and increasing cellular metabolism so quickly that there may be a detoxification reaction after treatment. Some people have similar reaction after a massage but the reaction after microcurrent is stronger because we do so much in such a short period of time. The side effects can include nausea, fatigue, drowsiness, or 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?

Liver detoxification pathways deal with the by-products from the muscles. Not only should you be well hydrated with water before FSM, you should drink at least two quarts of clean water in the two hours following FSM. If you feel the side effects return, drink more water, and it should pass in about 20 minutes. Some treatment protocols do not produce a detox reaction.



Ask if FSM can help you!

Or suggest it to a family member, friend or neighbor who may benefit...we thank you.