What is *MICROCURRENT?*

Frequency Specific Microcurrent (FSM) is a system of treatment using micro-amperage current and the resonance effects of frequencies on tissues and conditions to reduce symptoms and improve health. These are the answers to some of the most common questions about FSM.

What is microcurrent?

Microcurrent is current in millionths of an ampere. Micro-amperage current is the same kind of current your body produces on its own so you can't feel the current. Microcurrent has been shown to increase energy production in cells by 500% and numerous papers document its ability to improve healing in wounds and fractures.

Resonance Therapy *HISTORY*

In the early 1900's, medical physicians and osteopaths used electromagnetic therapy devices to treat patients. There were thousands of physicians using electromagnetic therapies to treat patients between 1900 and 1934. They did research and published their findings in journals, books and meetings.

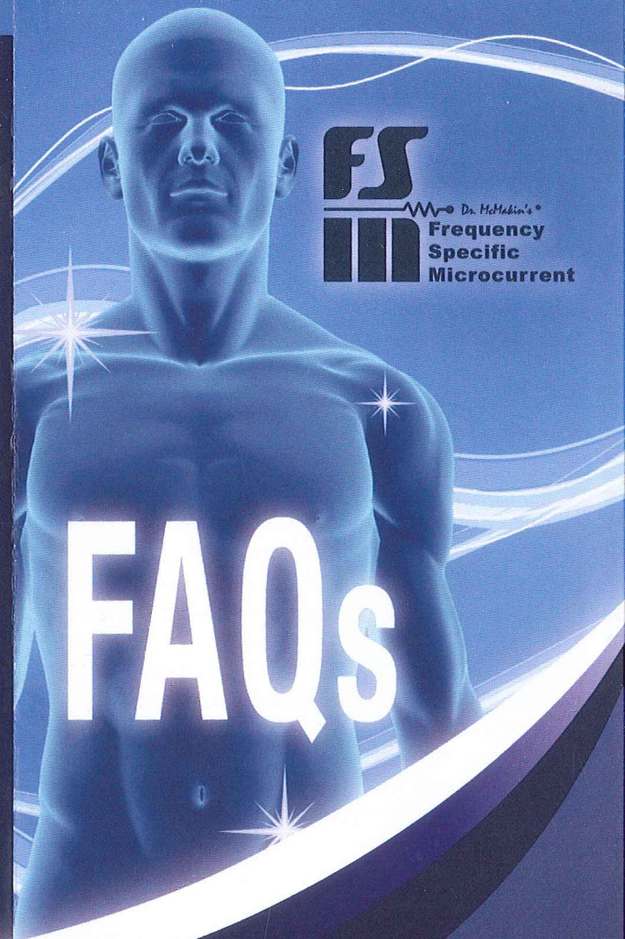
In 1934, the American Medical Association declared that electromagnetic therapies, homeopathic remedies, nutrition and herbs were "unscientific" and that drugs and surgery were the future of medicine. Physicians were told that they could lose their license to practice medicine unless they stopped using the devices. The treatments fell out of use and by the 1950's the machines were made illegal by the FDA.

In 1995, Carolyn McMakin, DC received a list of frequencies from an osteopath who bought a practice in 1946 that came with a device made in 1922 that came with a list of frequencies. The frequencies were used with a two-channel microcurrent device as if the descriptions on the list were correct. The results were immediate and fascinating. The frequencies appeared to do exactly and only what they were described as doing. Frequencies to reduce inflammation did that and only that. Frequencies to remove scarring increased range of motion but had no effect on inflammation. The frequency to stop bleeding prevented bruising but did nothing for inflammation or range of motion.

After treating patients for over a year Dr. McMakin began teaching the technique in January 1997 to see if the effects were reproducible. By June of 1997 it was apparent that students were achieving the same results that had been observed in the clinic. Classes continued to be taught in the US and around the world and there are now over 1600 FSM practitioners worldwide. The textbook, Frequency Specific Microcurrent in Pain Management, published by Elsevier, makes the frequency protocols available to the public.

Conditions for which others have Reported *BENEFITS* with FSM

Achilles Tendonitis • Adhesions • Asthma • Back Pain • Bell's Palsy • Benign Prostatic Hypertrophy (BPH) • Bronchitis • Carpal Tunnel Syndrome • Chronic Regional Pain Syndrome (CRPS) • Concussion • Emotional Issues • Endometriosis Fibromyalgia Associated With Cervical Spine Injury • Fibrosis • Fractures • Frozen Shoulder • Goiter • Gout • Herpes • Interstitial Cystitis • Irritable Bowel Syndrome • Kidney Stone Pain • Lymphedema • Migraine Headaches • Myofascial Pain • Osteoarthritis • Neuromuscular Pain And Inflammation • Peripheral Neuropathy • Post-Herpetic Neuralgia Post-Surgical Pain • Post Traumatic Stress Disorder (PTSD) • Reflexive Sympathetic Dystrophy (RSD) • Restless Leg Syndrome • Scar Tissue • Sciatica • Shingles • Sinusitis • Spinal Disc Pain • Sports Injuries • Sprains/Strains • Temperomandibular Joint (TMJ) • Pain • Tendon and Ligament Injury or Pain • Tension Headaches • Tennis Elbow • Vulvodynia • Whiplash • Wound Healing



Dr. McMakin's Frequency Specific Microcurrent

FAQs

Frequency Specific Microcurrent

Interventions for Injury, Pain, and Inflammation

What Are The FREQUENCIES?

The FSM frequencies are electrical pulses measured in hertz or pulses per second. All of the FSM frequencies are below 1000 Hz.

What can the frequencies treat?

The frequencies appear to change pain, function and even structure in a large number of clinical conditions. FSM is especially good at reducing inflammation, treating nerve, joint and muscle pain and dissolving or softening scar tissue. The frequencies to reduce inflammation have helped thousands of patients with inflammatory conditions such as asthma, liver problems, irritable bowel, cardiovascular disease and diabetic neuropathies. Patients who are treated within four hours of new injuries such as auto accidents and surgeries have reduced pain and a greatly accelerated healing process due to the effects of both the current and the frequencies.

There are no guarantees that every protocol is going to be effective in every patient. In general, the frequencies either work or don't work and if they don't work they simply have no effect. As long as appropriate proven therapies are not delayed or withheld, FSM "can't hurt, might help." Practitioners are trained in the concept that FSM is to be used as an adjunct to therapeutics appropriate to their discipline for the patient after proper diagnosis.

Are there any risks or dangers?

There are no risks to the patient that we know about as long as the practitioner follows the proper contraindications and precautions associated with both FSM and the use of the machine. There are frequencies used to remove scar tissue that should not be used within 6 weeks of a new injury. The device should not be used across the chest of patients with pacemakers. FSM should not be used on patients known to be pregnant even though there have been no adverse reactions in pregnancy.

Is there anyone FSM does not work on?

Patients who are dehydrated cannot benefit from FSM. Every patient is advised to drink at least one quart of water in the two hours preceding treatment. Patients who are chronically dehydrated may need more water for treatment to be effective.

The effectiveness of FSM depends almost entirely on an accurate diagnosis. Shoulder pain can come from muscles, tendons, bursas, nerves or the joint. FSM will treat all of these pain generators effectively but the practitioner must treat the right tissue for the correct condition to effectively eliminate the pain. This analogy applies to every condition.

Is FSM FDA approved?

The FDA has not evaluated the use of resonance therapy or frequencies. The statements made in the seminars apply only to observed clinical effects of FSM and are not intended as claims for any device. FSM does not make any claims about being able to diagnose, cure, mitigate treat or prevent any condition or disease.

FSM Goal

Our goal is to treat every patient in pain that wants to be helped, by training doctors who can treat them. And to teach, research, publish and promote FSM in such a way that it thrives.

FSM Motto

Frequency Specific Microcurrent • Changing medicine one patient at a time • Changing patients' lives one doctor at a time • Changing one life can change the World.

Equipment Questions

The six FSM devices offered by Precision Distributing, Inc. have FDA 510K certificates as if they were TENS devices for blocking pain. Microcurrent devices have 1000 times less current than TENS devices but are in this category for regulatory convenience.

What MACHINE do you use for FSM?

All of the FSM clinical and animal research was done with a two channel, battery operated microcurrent machine. Both the frequency and current can be set independently on each of the two channels. The frequencies are delivered with three-digit accuracy from 0.1 Hz to 999 Hz using an adjustable ramped square wave. The direct current is modified by circuitry to an alternating or polarized positive square wave. Any device that has the same parameters should be able to reproduce the published outcomes if the diagnosis and treatment are correct.

What is the difference between microcurrent and a laser?

Microcurrent provides electrons and in published studies increases ATP production in cells. Lasers provide photons or light particles. Lasers oscillate at set frequencies and do provide beneficial results. They benefit patients by some other method than frequency specific resonance.

What is the difference between microcurrent and TENS?

Microcurrent is approved in the category of TENS devices by the FDA. TENS devices deliver a thousand times more current, in the milliamp range, create muscle contraction and block pain messages traveling up the spine to the brain. TENS devices simply block pain they do not increase cellular energy production.

What is the difference between microcurrent and ultra sound?

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

Who can get a microcurrent machine?

The FSM microcurrent devices have 510K listings with the FDA and are available to physicians or those licensed to use electrical stimulation as part of their practice or on prescription by a physician. Patients and laypersons can only purchase a microcurrent device on prescription by their physician.

Look for this window sticker and be confident your physician is FSM Trained.

To find out more about FSM or to find a practitioner go to
www.frequencyspecific.com