

DOWNLOAD PDF MICROCURRENT THERAPY IN THE TREATMENT OF FIBROMYALGIA CAROLYN MCMAKIN

Chapter 1 : Frequency Specific Microcurrent Therapy is Big on Claims, Thin on Proof | Women of Grace

Carolyn McMakin, MA, DC is the leading authority and developer of Frequency Specific Microcurrent (FSM). She maintains a part-time clinical practice, participates in research and teaches seminars on the use of FSM in the United States, Australia, Ireland and Europe.

John Addington is a medical researcher, a patient rights paralegal, and a Chronic Fatigue Syndrome patient. As a freelance writer, he regularly publishes on the topics of Chronic Fatigue Syndrome and Fibromyalgia. A unique treatment has been pioneered in Oregon that is bringing lasting relief from fibromyalgia symptoms. The treatment entails application of small amounts of electricity to tissue trigger points. Carolyn McMakin, a chiropractor, and her associates have developed this therapy and have been using it for five years in their Fibromyalgia and Myofascial Pain Clinic in Portland, Oregon. Further, it has been reported that extremely low dosage electricity when therapeutically applied can speed the rate of healing of sports injuries and fractures. Some feel that small amounts of electricity, measured in microamperage current millionths of an amp, also called microcurrents, can stimulate healing on a more cellular level. This therapy can also improve the functioning of cell walls, so that nutrients come in and waste materials leave more readily. McMakin explains that this care has been successful in a number of chronic pain conditions including fibromyalgia, myofascial pain, temporomandibular joint syndrome, carpal tunnel syndrome, and chronic fatigue syndrome. Additionally, this treatment has brought persistent relief for persons suffering from head, neck, shoulder and back pain. McMakin has published her research and presented it at conferences around the world, including a recent presentation before the National Institutes of Health. The actual electrical current administered to patients is so minute that it cannot be felt. It is applied through the fingertips of vinyl graphite gloves to various body locations for periods up to 90 minutes. Treatments last from several weeks to two years with the microcurrent being applied less frequently as the patient progresses. McMakin evaluates patients on the initial visit during which she obtains a complete history and performs a neurological and orthopedic examination. At that time she also performs a trial microcurrent treatment. She believes fibromyalgia can be divided into five subsets according to origin in individual cases and she treats each type differently. The five types of fibromyalgia are: McMakin has had much success with all of these types except the fibromyalgia that is immunologic in nature. That having been said she has found in her practice that the immunologic type of fibromyalgia is extremely rare. McMakin recently reported a very favorable outcome in a group of 31 patients who had fibromyalgia resulting from neck trauma. These patients had had fibromyalgia for an average of 9. Physical rehabilitation was sometimes required and all patients were able to discontinue pain and antidepressant medications. These bloodtests reveal that when the precise microamperage is utilized, substance P associated with transmission of pain sensations and inflammatory interleukins drop while beneficial cortisol and endorphin levels substantial rise. Although most persons tolerate microcurrent therapy well, a small percentage do not. For instance patients who react negatively to electromagnetic fields such as the electrical fields one is exposed to when talking on the phone usually are not able to withstand this kind of therapy. A very small number also have discontinued treatment due to irritation from the pads that are sometimes temporarily attached to the skin. For many patients a modified diet is recommended based upon the results of allergy testing. Several different supplements may be suggested at each visit. Light force chiropractic manipulation and gentle massage may be needed. Mild aerobic exercise is encouraged even if to begin with this can only be done for five minutes at a time. McMakin notes that the patients most likely to recover are those most determined to comply with all such recommendations. McMakin is not the only practitioner in the United States offering this kind of therapy. She has trained numerous other individuals, some in 25 different states, on the administration of microcurrent therapy. Neither is McMakin alone in the application of this kind of healthcare generally for fibromyalgia. Research from other doctors has recently been published using a similar device to bring relief. Sleep problems dramatically improved as well as the

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patients feeling of well-being and quality of life. Other published research has shown electro-acupuncture is beneficial for various painful conditions including fibromyalgia. For more details on microcurrent therapy, McMakin and the Fibromyalgia and Myofascial Pain Clinic, contact or visit the Web site www.

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Chapter 2 : The Resonance Effect | K Active

In this uncontrolled retrospective analysis of patients receiving microcurrent treatment for fibromyalgia following cervical spine trauma, subjective pain scores are utilized as a primary outcomes.

Carolyn McMakin, a chiropractor specializing in fibromyalgia and myofascial pain, describes her experience using a two-channel microcurrent device that has achieved astounding results that have changed medicine and created new possibilities for suffering patients over the past twenty years. Nerve pain, fibromyalgia, diabetic neuropathies, muscle pain, athletic performance, injury repair, joint pain, low back pain, neck pain, kidney stone pain, the kidney stones themselves, liver disease, diabetic wounds, brain and spinal cord injuries, PTSD, depression, shingles, asthma, ovarian cysts, abdominal adhesions, and scarring all respond to specific frequencies. McMakin explains that results are predictable, reproducible, and teachable—“all without side effects”—offering hope and healing to millions of people. McMakin tells the story of how thousands of patients with conditions that did not respond to other medical therapies recovered from pain and disability through the non-invasive treatment that she developed. For example, asthma resolves with specific frequencies that remove inflammation, allergy reaction, and spasm from the bronchi. One frequency combination eliminates shingles pain in minutes and stops the shingles attack with a single three-hour treatment. Since , a series of frequencies has been used to treat hundreds of PTSD patients. Post-surgical patients use FSM to reduce pain, prevent bruising, and increase healing. McMakin includes case histories that illustrate the efficacy of the treatment and shares the specific frequencies that each condition requires so that patients direct their own treatments. Whether you are a patient seeking answers or a health care provider looking for breakthroughs, this book will open your eyes to a whole new world of possibilities. The stories will inspire you and the information will restore your hope for the future of health care! This book is a must for anyone that is interested in both the whys and how tos in the use of energy medicine in healing. Harmonic resonances, vibrations, oscillations, and frequencies are the vocabulary of a universal language that is FSM. Witnessing for myself the therapeutic effects of frequency specific microcurrent, on humans and horses, I became an ardent supporter of this science-based work. When I first came across frequency specific microcurrent in , it was obvious that this was a unique treatment that could help improve and heal many of those patients. I personally observed dozens of patients with cervical-trauma fibromyalgia, large thyroid goiters, PTSD, shingles, imbalances, and toxicities of widely varying forms respond dramatically to this therapy. This journey is one that anyone who has been suffering with a chronic illness and not improving with conventional treatment should take with her. This book is a treasure that I found delightful and inspiring, and I think its words will truly resonate with its readers. About fifteen years ago I was experiencing considerable chronic arm pain. One treatment from Dr. She has authored eight clinical research papers, lectured at the National Institutes of Health and at medical conferences in the United States, England, Ireland, and Australia on the subjects of fibromyalgia and myofascial pain syndrome, fibromyalgia associated with spine trauma, and on the differential diagnosis and treatment of pain and sports injuries. In addition to treating patients and publishing articles, she has taught courses on frequency specific microcurrent therapy around the world and now maintains a part-time practice in Portland, Oregon.

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Chapter 3 : Relief of Fibromyalgia Through Microcurrent Therapy - Prohealth

Carolyn McMakin, a chiropractor, and her associates have developed this therapy and have been using it for five years in their Fibromyalgia and Myofascial Pain Clinic in Portland, Oregon.

FSM was developed by Dr. She observed the therapy benefiting various forms of pain related conditions related to sports injuries and observed the potential of using frequencies to speed recovery from various physical traumas and surgeries. Since then she has reproduced results and published her findings. What is FSM and who can use it? FSM uses paired frequencies in the range of micro-amps and 3hz to 1000 hz. An amp is the total amount of electricity in the circuit and hertz refers to the number of cycles per second that the wave demonstrates. These frequencies are sent in through the skin, targeting specific areas of the body using graphite gloves or wet towels. What is a frequency? Bio-resonance refers to the frequencies given off by living cells. We know that bio-organisms produce and conduct electricity as part of the essential function of life. A biological frequency is a measurement of electrical energy that travels in wavelengths through the fluid medium of a living entity. Even though the use of frequencies has emerged recently in medicine, the technology has been around since the beginning of the 20th century. Scientists were able to demonstrate that all living cells not only give off certain frequencies unique to their type, location, structure and function within the living system, but these frequencies change when the cells are under certain stressors. For example, a healthy stomach cell may give off a frequency of 65 MHz, whereas the same cell might observe a frequency of 58 MHz when injured. Interestingly enough, frequencies can also be measured in plants, for example a raw vegetable observes a measurable frequency, whereas the same vegetable, packed in a can, has no measurable frequency effect. How can frequencies help? In her work, Dr. The effect has a profound effect on the molecular structure which shifts the matrix configuration. This phenomenon can explain the therapeutic effects observed during therapy. FSM has been shown to increase endorphins, pain relieving chemicals produced by the body, and decrease prostaglandins, inflammatory chemokines that are usually elevated in chronic pain conditions. Research also shows that this technique can soften the tissues commonly found in the complex illness landscape. When muscle tension eases, the body is much more able to move blood and lymph through the tissue space- an effect which highlights the potential of frequencies to interact within the dynamic landscape of the human biology. Even though Most of the recent research clinical outcomes have been using this modality to benefit sports related injuries and pain; there is promise in using this technique to assist in various conditions of complex illness. Practitioners using FSM have reported positive results for the following conditions A list that is growing through collaboration: To say that any modality holds the capacity to stimulate the innate healing power found in all of us, is evidence that the modality holds the potential to contribute to a permanent healing effect on the individual. How does FSM fit with Sophia? Through history taking, labs, physical assessment and Autonomic response testing, practitioners will isolate certain organs and tissue types within the body that are not properly functioning. In addition, certain microbes will make themselves known to the practitioner, whereby FSM can be utilized to target these areas and microbes to give the body a stronger chance to overcome these disturbances. For example, if hook worms are suspected to be within the bile ducts, the FSM machine can use frequencies known to disrupt this organism, paired with the frequency specific to the bile ducts to carry these frequency to the desired location. This allows the practitioner to target certain areas of the body that provide synergistic effects of the entire treatment plan. FSM is not indicated in pregnancy. Pace makers hold special precautions which require checking with the manufacturer and should not be directly applied through the device. In cases of Fibromyalgia due to cervical trauma, and other neurogenic pain conditions, it is important to understand that symptoms may temporarily worsen before improving. Another caution is applying frequencies through spinal stenosis which can also increase pain temporarily. Lastly, with encapsulated infections, frequencies have the potential to open the infection up to systemic circulation. How do I prepare myself for FSM? The treatment is not painful nor

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invasive. Most patients feel a sensation of relaxation during the treatment. The most important preparation step is to properly hydrate. Drink plenty of water before and after receiving an FSM treatment.

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Chapter 4 : Frequency Specific Microcurrent - Sophia Health Institute

Microcurrent therapy: a novel treatment method Carolyn R. McMakin, M.A., D.C. Fibromyalgia and Myofascial Pain Clinic of Portland, SE Division Street.*

TENS devices deliver milliamp current and block pain messages that are trying to get up the spine to the brain. Microcurrent delivers subsensory microamperage current, times less than milli-amperage current, which has been shown in published studies to increase ATP production in tissues. 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 by these mechanisms but it is just completely different than microcurrent. You can come to the office and receive a session with one of our Techs, or you may purchase a home unit in order to run the FSM protocols at home. We recommend that you have one or more sessions in the office in order to find how your body responds to FSM. Your home unit can be programmed specifically for your use. Working with a body tech in advance will allow us to choose programs designed especially for you. FSM works most effectively when you are well hydrated. The day before your session you should be sure to drink several quarts liters of pure water. Tea, coffee, and sodas do not count in the needed amount, as they will cause you to flush the fluids out more quickly. Be sure to drink at least one quart in the hour before your treatment. Continue to drink this quantity of water, at a minimum, the day of your treatment, before and following the session. You will receive the treatment in a warm, quiet room, lying on a massage table. Because the electrodes are applied with damp cloths, you may be asked to remove some of your clothing for the session. The Tech will begin with frequencies that are known to impact the issue you have, but will also experiment with other frequencies in order to find the optimum treatment for you. Frequencies that are positively reacting in your body cause a distinct change in the feel of the tissue, which the Tech can read. This guides them to the best protocol for you, individually. If you are planning to use a home unit, they may write up your personal frequencies into a protocol specific to you. You should feel no discomfort during the session. They will check with you, and lower the strength of the current to the place that is best for your body. You may feel a slight buzzing, but no more than that. Being well hydrated will make the treatment most comfortable as well as most effective, and also assists the detoxification that can occur after treatment. Treatment is individual to the patient and the condition. Treatments by one of our practitioners may require only one session, or more. The session usually runs for 60 minutes, and may include other types of work during that time. FSM is highly compatible with other types of treatment. Home care is more individual. Some conditions can be treated in a brief session of a few minutes, one time only. Other conditions require longer periods of time, with repeated treatment to maintain the improvement. Most of the individual frequencies in a protocol will run for minutes, with the full protocol running for minutes. If you are taking a unit home to try out, you may run as many protocols as your practitioner recommends. No, a prescription is not required, though information your practioner gives to the FSM technician can be helpful in pinpointing specific issues. Use one of the following options to make an appointment:

Chapter 5 : Frequency Specific Microcurrent: Can This Cure Pain?

Frequency specific microcurrent (FSM) treatment, initially developed by Dr. Carolyn McMakin in to treat muscle pain in the head, neck and face, is currently being used by more than qualified practitioners in the U.S. to relieve the suffering of chronic pain sufferers.

Adams J, McMakin C. Frequency specific microcurrent resolves chronic pain and adhesions after ulnar transposition surgery. J Nov Physiother Rehabil. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited. Summary Frequency specific microcurrent FSM has been used to treat myofascial pain syndrome [1,2] fibromyalgia associated with spine trauma [3], delayed onset muscle soreness [4], acute and chronic neuropathic pain [5] and chronic scarring in burn patients [6]. In this case, its use was modified to include not only the treatment of neuropathic pain but the treatment of neural adhesions in a patient with a ten year history of pain at rest and painful restricted range of motion following an ulnar nerve anterior transposition surgery in Eleven standard physical therapy sessions including augmented soft tissue mobilization using plastic tools, and muscle strengthening exercises and stretching failed to resolve symptoms. Three sessions of frequency specific microcurrent produced complete resolution of pain and symptoms. Patient remained symptoms free at one-year follow up. Introduction Postoperative perineural scarring is a significant problem following ulnar nerve transposition surgery and the prognosis following surgery is worse when significant scarring occurs [7]. Dense scarring has been associated with poor outcomes when ulnar nerve transposition fails to alleviate symptoms. Only 4 of 9 patients experienced symptom resolution following neurolysis surgery [8]. Physical therapy has been discussed as an option in avoiding surgery in mild cases of ulnar compression neuropathy [9]. But there is no literature that discusses physical therapy options for treating an unsuccessful postsurgical outcome following ulnar nerve decompression surgery. Neuropathic pain and adhesions following ulnar nerve transposition surgery are therefore typically difficult to treat within a medical and physical therapy treatment model. Manual physical therapists can perform neural mobilization techniques alone or in combination with joint mobilization to reduce pain and improve range of motion but the process can be slow, painful and difficult [10]. The purpose of treatment in this case was to discover if frequency specific microcurrent showed promise in the treatment of chronic neuropathic pain and adhesions following unsuccessful ulnar nerve anterior transposition surgery. His pain had varied and persisted since an ulnar nerve transposition surgery in His first child was due to be born within two weeks of his initial treatment and he sought care so that he would be able to lift and carry his infant daughter. In recounting his history he stated that his left elbow pain began to gradually increase at age 13 following multiple falls and accidents that produced trauma to the left elbow such as skateboarding and bicycle accidents, an all-terrain-vehicle ATV accident and a fall from a one-story roof. By age 15, when he began driving, elbow flexion produced significant pain. Nerve conduction performed at age 19 demonstrated a reduction in conduction velocity across the ulnar nerve at the elbow and normal conduction across the wrist. The preoperative diagnosis was ulnar entrapment neuropathy. No conservative therapy was attempted and ulnar nerve anterior transposition surgery was performed at age 19 in September The mobilization allowed anterior transposition of the nerve. A notch was cut in the fascia above and below the transposition to avoid kinking of the nerve at the point of transposition. The ulnar groove was closed with non-absorbable silk suture. A subcutaneous pocket was fashioned for the nerve with Vicryl suture, with a final skin closure of Vicryl suture, Monocryl and Steri-Strips. He experienced increased cutaneous sensitivity and pain in the area over the following 10 years. Between February 2 and April 12, he received eleven physical therapy treatments. He was treated nine times with assisted soft tissue therapy using acrylic tools ASTYM with the intention of breaking up soft tissue adhesions. He was treated with e-stim and ice on four of those eleven visits. He had exercise therapy at every visit that included mobilization of the median and ulnar nerves, foam roller thoracic mobilization, prone-ball

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scapular strengthening and biceps, triceps and latissimus dorsi strengthening with hand weights. He sought additional physical therapy at our facility in August due to increased pain and concern that he would not be able to hold his infant daughter. He stated that prior physical therapy had produced temporary reduction in pain but did not change the hyperesthesia or tingling. The initial evaluation showed elbow range of motion to be full but painful past 95 degrees of flexion in the elbow. Elbow extension was his position of comfort. Shoulder abduction and flexion caused pain in the left forearm and elbow. Shoulder flexion was degrees with scapular elevation and shoulder abduction was degrees. Wrist range of motion was normal but painful with repetition. Upper limb tension testing was positive with pain in the median and ulnar nerve distributions. Sensory testing for light touch showed hyperesthesia and pain in the ulnar nerve cutaneous distributions in the medial arm and forearm. Materials and Methods The first treatment in August included Frequency Specific Microcurrent FSM to reduce nerve pain so the patient would tolerate manual therapy and gentle soft tissue mobilization. The patient tolerated treatment well and had some temporary pain reduction. He returned one month later for a second treatment in September Contact placement for elbow treatment Caption: Treatment contacts are set up with the positive leads in a warm wet towel wrapped around the neck where the nerve exits the spine and the negative leads wrapped in a warm wet towel at the end of the nerve to be treated, near the elbow. The therapist uses the hands under the contacts to mobilize the forearm nerve and fascia. Frequency Specific Microcurrent uses a frequency thought to address a certain pathology, such as inflammation or scarring on one channel and a frequency describing a certain tissue on the second channel. The frequency combination observed to reduce nerve pain is 40 hertz on channel A and Hz on channel B [11]. The frequency observed to increase range of motion and reduce scar tissue density in the nerve was 13 hertz on channel A and hertz on channel B. Frequency Specific Microcurrent was developed in when frequencies from a list created with a device manufactured in were applied with a two-channel microcurrent device instead of the original electrical equipment. The original equipment has never been available for examination and the list was used as if the verbal descriptions of the frequencies were correct [12]. At the second treatment performed in September , a two-channel Precision Micro Precision Microcurrent, Newberg Oregon was used to apply 40 hertz on channel A and hertz on channel B for 30 minutes. Two leads from each channel were inserted into two graphite gloves that were wrapped in warm wet hand towels to provide broader current distribution and good conductivity. The polarized pulsed positive direct DC current was applied with the positive leads at the neck and the negative leads at the left hand. The current levels were set at microamps and a medium wave slope was used. This application has been observed to reduce nerve pain and hyperesthesia [5]. Range of motion was still restricted due to pain. The device settings were then changed to deliver 13 hertz on channel A and hertz on channel B [11]. Gentle passive range of motion within the pain free range at the elbow and wrist was performed for 30 minutes. During this movement phase of treatment, 40 hertz on channel A and hertz on channel B were used several times for 5 minutes to eliminate increases in pain caused by movement. Once pain was reduced the frequencies were returned to 13 hertz and hertz and passive movement was resumed. It was observed that 13 hertz had no effect on pain and 40 hertz had no effect to increase range. In the last 15 minutes of treatment the patient performed active range of motion in the elbow, wrist and shoulder with no increase in pain. At the end of treatment, range of motion was full and pain free and cutaneous hyperesthesia had been eliminated Table 1. Pre and Post- Treatment Outcomes.

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Chapter 6 : About the Author - The Resonance Effect

Carolyn McMakin graduated from chiropractic college in , developed frequency specific microcurrent (FSM) in , and began teaching it in

Fibromyalgia FSM and Fibromyalgia A new treatment is available for more than three million fibromyalgia sufferers in the United States and millions more worldwide. Frequency specific microcurrent FSM treatment, initially developed by Dr. Carolyn McMakin in to treat muscle pain in the head, neck and face, is currently being used by more than qualified practitioners in the U. Conventional Pain Relief Treatment of Fibromyalgia Fibromyalgia is thought to be influenced by various factors including sleep disorders, injuries, autonomic system dysfunction, genetics and gender. Traditionally, fibromyalgia has been treated with pain medication, antidepressants, massage therapy as well as many other remedies. While these treatments have been somewhat effective at decreasing painful symptoms, they have not been as beneficial as the early results of frequency specific microcurrent therapy. For patients suffering from chronic fibromyalgia, the spinal cord stimulation treatment offers a spectacular reduction in symptoms such as pain and tenderness in the neck, face, back; stiffness; and tingling sensations. A clear and simple explanation? Albert Abrams, who was the first physician to use calibrated instruments capable of detecting the radiations of living tissue. Abrams became convinced that the frequencies involved were radio waves and that electronic equipment could be developed to neutralize and eliminate disease radiations. Modern FSM utilizes hundreds of frequencies within the range of. FSM is highly specialized and can be used alone, or with additional therapies as determined on a case-per-case basis. There are no other therapies in medicine that are comparable to FSM. Since no tissue biopsy studies have been performed in FSM, it is not known exactly how FSM works; however, well over 12, patient cases have been studied. The following is the theory of how FSM works. Remember your high school chemistry class. Think about the explanation of the atom. At the center of the atom are the protons and neutrons. This is called the nucleus. The old theory, in the s, was the electrons were spinning in orbits around the nucleus. Modern research has shown that the electrons actually vibrate back and forth in orbits around the nucleus, instead of spinning in continuous, mono-directional circles. This new understanding is the basis of FSM theory. Each tissue in the body has individualized frequencies. The individualized and specific vibrational characteristic of each atom, of each tissue type, varies even more specifically for varying conditions, such as: To put the theory of vibrations in a better overall perspective: Vibrations are specific and unique for all matter, inorganic and organic. When an injury occurs to a tissue, the electrons in the affected tissue take on a different vibrational characteristic, unique to that injury or other abnormal condition. The new vibrational characteristics that occur from damage to a tissue are countered with specific micro-current frequencies that match the exact abnormal frequencies that are present in the damaged tissue. As the wrong electron frequencies are neutralized, and the electrons return to their normal orbital vibrations, the physiological condition of the tissues will begin to normalize. The speed at which these changes occur varies with each individual. Some patients may experience a notable change immediately after treatment, or in some cases the greatest changes will not be noticed for up to 24 hours. Changes occur in steps of progression. Most chronic conditions of long standing will usually demonstrate significant changes after the first six treatments spinal cord stimulation. Some conditions may respond with rapid changes, while other conditions may take longer for notable changes to occur. Thus the net result is usually an average of six treatments for the notable changes to become long lasting. Micro-current treatment should be repeated at appropriate intervals until the cause and effect principle becomes permanent. Our bodies produce an electrical charge that can be scientifically measured. The amount of current or electrical charge used in FSM is approximately the same level as what the cells in our body normally produce. If our sensory nerves were able to react at those extremely low levels of electrical charge, we would be feeling nerve sensations all the time, instead of at the appropriate times. A benefit of causing healthy electrical changes at the cellular level is an increase in cellular activity. In addition to the dramatic increase in ATP

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production, enhanced cellular activity also causes an excitement by your cells to dump old stored toxins into your bloodstream; toxins that may have been accumulating over years. As the released toxins enter your bloodstream, they will eventually reach and be processed by your liver in a detoxification pathway, then dumped out of your body. Your liver has enzymes that can normally process all toxins, however such a dramatic increase in toxins all at once is like rush hour traffic on the freeway. As the toxins become backed up, some side effects can be experienced. These side effects, if experienced, may occur during treatment, or may not be noticed until perhaps 90 minutes after treatment, and could last from 4 to 24 hours. As an example of how effective FSM is in causing cells to release deeply stored toxins, deep tissue massage, which also allows cells to release toxins, is used for comparison: Another positive benefit of FSM is a re-establishment of the normal communication between the brain and the affected tissue. When a tissue has been injured or otherwise negatively affected, over a period of time the active role the brain plays in either trying to heal the tissue, or acknowledging a continual cycle of pain, may be reduced, or totally eliminated. This is a similar brain-to-injured tissue mechanism that would be experienced in the following two examples. In the event of endless pain: In a person who has experienced a traumatic emotional event, a state of amnesia may set in so the person may no longer remember that event. On a purely physiological example of how the brain will send signals to heal an injured tissue, but fall short of total healing: This technique to heal tendons in racehorses has been used for many years. With FSM, the same type of re-establishment of brain-to-damaged tissue ensues. What the patient may experience in these cases is a mild increase in pain for a few days, to a few weeks. This is a positive sign that the brain is taking a more active role in the recovery process. Patients receiving chelation, and other therapies for heavy metal toxicity report, that of all available therapies for heavy metal toxicity, a single session of FSM released more heavy metal toxins than any other treatments. The net result being FSM was very cost effective. FSM was the therapy that finally allowed those individuals to feel free at last, of their infections. One of the many great benefits of FSM is its ability to neutralize negative influential energies. In a very clear example of how energies can remain intact, long after something has already physically been removed, is the following example. This was a scientifically based demonstration viewed on a PBS educational series a few years ago. This is known as phantom pain. Questions Answered What is Microcurrent? Microcurrent is a physical therapy modality that has been in use for over 16 years. Microcurrent is measured in millionths of an amp. By comparison, a TENS unit and most other electrotherapies produce milliamps, times greater. Your own cells communicate with current in micro amps. How does it work? Your body seems to use the Microcurrent energy to increase its own energy production. It also increases protein synthesis and waste product removal. 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 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. FSM has been shown to help improve circulation, increase energy, repair damaged tissue and detoxify the body. While some patients have reported immediate total recovery a few hours after their first session, others have needed extended therapy more than one session to completely eliminate their pain. In a fibromyalgia study of people conducted from to , patients said their pain reduced from a high pain point of 7. 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. Patients are advised to take antioxidants before

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treatment to neutralize released toxins and to drink two quarts of water following treatment. There have been no lasting adverse reactions reported. FSM has a history of being very safe. For People With Chronic Pain and Fibromyalgia Approximately 10 million Americans suffer from a condition known as fibromyalgia syndrome. This condition is characterized by widespread muscle pain, extreme fatigue and chronic non-restorative sleep disturbances for more than three months? Although pain and inflammation are among the symptoms, they are not the cause of the disease. Therefore, treating the inflammation and pain of fibromyalgia with anti-inflammatory drugs, pain medication or even natural remedies is rarely effective. There are four common traumas that can cause fibromyalgia. Most patients with fibromyalgia have experienced one of the following events 4 to 12 months before their symptoms appeared: Although these traumatic events seem unrelated on the surface, each one can be the precipitating cause of two systemic problems present in almost every fibromyalgia patient. The first effect is damage to the neuroendocrine system, resulting in adrenal exhaustion and hormonal imbalance. The second effect is the reduction of cellular energy in the mitochondria, which is the power-producing part of the cell.

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Chapter 7 : Frequency Specific Microcurrent “ No Boundaries Health Services

It includes condition specific frequency protocols for the treatment of various pain complaints, and multi-center clinical case reports documenting successful application of the technique. Each section includes a review of condition pathophysiology and differential diagnosis, plus current research.

The treatment entails application of small amounts of electricity to tissue trigger points. A previous ImmuneSupport article Relief of Fibromyalgia Through Microcurrent Therapy see email bulletin archive of detailed the success McMakin has had using this therapy on her myofascial and fibromyalgia patients. The following interview with Dr. McMakin provides further insight into her care and practice. What exactly do patients feel when receiving microcurrent therapy? The electrical current involved in microcurrent therapy is so low that it cannot be felt. While patients cannot feel the microcurrent itself, they often enjoy a sensation of warmth, obvious diminished pain and more relaxed tissue and muscles often from the very first application. How long does it take you to determine what kind of fibromyalgia a patient has and begin treating accordingly? Between the physical and history, this is usually determined during the first visit. Since the microcurrent therapy varies according to each kind of fibromyalgia and yields immediate results, a lack of relief itself can reveal an inaccurate initial assessment. Further questioning and treatment are done until the correct determination is reached, as made obvious from the improvements felt. What success rate have you had with microcurrent for conditions other than Fibromyalgia and myofascial pain syndrome? We have had success with a wide range of conditions but since we are primarily a pain clinic we see more cases of pain. We always use and recommend microcurrent as an adjunct to appropriate medical, naturopathic or chiropractic treatment of these conditions. Most patients do not want to continue investing time or money in treatment that has little hope of relieving their symptoms. How long must patients persist with microcurrent therapy before they know whether it will benefit for them? How many treatments are needed before a patient is well? Some patients have recovered with as little as 4 treatments. For others dramatic recovery is seen within 6 months with little to no further treatment needed. At a maximum a minority of patients have required up to 30 treatments over a two year period but improvement is obvious with every visit. Often patients recover from the initial complaint and then return for more visits to treat additional problems. Some out-of-state patient may want to concentrate the needed treatments in a shorter amount of time. Is that possible or will the treatments lose their effect if they are done at shorter intervals? Patients from out of state are seen every day or every other day for up to two weeks. In general they do better if they have a day between treatments to integrate the effects of the treatment and to get over any detoxification reactions. The treatments seem to be as effective but it is always nice to send patients to a microcurrent practitioner near their home. Do the improvements, which blood tests indicate result from microcurrent therapy, persist? The blood samples we obtained on five patients from consecutive visits showed that each sample started out lower in inflammatory interleukins and substance P responsible for pain transmission than the one before. This, along with the clinical results as measured by pain scales and disability scores, demonstrates that our treatment can bring lasting benefit. We always aim for a lasting outcome with minimal follow-up or maintenance care. Which patients need home units to self-administer the microcurrent therapy? Must they buy the unit for this purpose? The unit may need to be worn 12 to 24 hours initially but after two months most patients reduce the time to only several hours once or twice a week. Patients usually buy the unit because of the uncertainty in knowing how long they will need it; there is security in knowing that they can use it as long as they need it to provide pain relief. How does electroacupuncture differ from microcurrent therapy? Electroacupuncture involves passing current through needles placed in acupuncture points. The machine I use for microcurrent therapy can be used to stimulate acupuncture points by passing current through moistened cotton-tipped probes attached to the instrument. This can have an effect similar to acupuncture needles on the energy meridians within the body. I apply microcurrent to trigger points using graphite vinyl gloves to release contracted muscles by increasing blood

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flow and oxygenation to the tissue. I believe microcurrent therapy works more consistently and has a longer duration of benefit than electro-acupuncture. In fact, very few of my patients need further microcurrent therapy once they are well. What are your costs? Does insurance cover the care you provide? If your insurer or HMO covers chiropractic care, then it will normally cover a portion of my care. Do you encourage the use of vitamin or herbal supplements? Yes, I have found supplementation is vital for recovery. Microcurrent boosts the patient to a new state of health. We use supplements to maintain or support that state and help the results to be more lasting. Depending on the needs of each patient I may recommend antioxidants and supplements aimed as detoxification, 5-HTP and Kava Kava for stress and sleeping difficulties and a combination of Magnesium, Manganese, Malic Acid and B-6 for pain. What dietary recommendations do you make? We have observed that patients who remove from their diet foods to which they are allergic, have significant improvement. To determine which foods you may be allergic to we recommend blood allergy testing done at reliable labs. The lab processes the samples and returns the results and comprehensive diet recommendations in about 10 days. After remaining off the problem foods for a time many can be re-introduced on a rotation basis. Aside from avoiding food allergies, I recommend increasing water intake to 2 quarts per day and that my patients eat plenty of vegetables, protein and fruits. What kind of exercise do you recommend? We recommend that patients begin exercising as tolerated. If they tolerate five minutes a day, we start there and increase as much as possible gradually. The best exercise seems to be warm water exercise, either swimming or just paddling around as vigorously as tolerated. Walking is excellent in the absence of a warm water pool. Do all the sensible things advised in the FMS self-help information; avoid repetitive upper body exercise and heavy weights. Gentle aerobic conditioning as tolerated seems to be most beneficial. Exercise three to five days a week doing something.

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Chapter 8 : Interview with Dr. Carolyn McMakin, pioneer of unique fibromyalgia (FM) treatment - Prohealth

Contributing author, "Microcurrent therapy in the treatment of Fibromyalgia" Fibromyalgia Syndrome: A practitioners Guide to Treatment, 2 nd Edition, Leon Chaitow, Elsevier Science Press.

But he had tried everything from physical therapy to massage and chiropractic for eight years and was told surgery was his only remaining option. As a last resort before surgery he found FSM on the internet and came to Portland for treatment. We started a course of treatment consisting of Frequency Specific Microcurrent FSM treatment directed at the posterior bony joints in his spine, called facet joints, and at trigger points in his muscles that were referring pain to his lower back. We also used supine manipulation on a table specific for facet joint mobilization. We started treating Jim five days a week for two weeks. At the end of each visit Jim was pain free, and each time he arrived for his next visit his pain was less than the day before. At the end of the second week Jim was sent home to continue his progress with a home exercise program for core strengthening and spinal stabilization and an FSM HomeCare unit to treat himself at home as needed. Today, two years later, Jim remains pain free after two years with home FSM treatment and exercises. His case is just one of thousands produced in hundreds of offices around the world every year. A rediscovered pain treatment

In the early 20th century, hundreds of doctors were using frequency machines to treat patients in their practices. Largely due to outside pressure, these machines fell into disuse and for decades were almost completely forgotten. Through a series of fortunate events, I came into possession of a set of these healing frequencies. In , an osteopathic physician purchased a practice in Canada. A frequency machine developed in was part of that purchase. Then in , a colleague of mine spent three months working at the same clinic. By that point, the machine was long gone " but a binder including a list of frequencies remained. Unique frequencies were specified for individual tissues and various conditions such as inflammation, scarring and hardening. A new device called the Precision Microcurrent was developed and approved as standard physical therapy equipment in and used two independent channels for delivering these frequencies to patients. We started testing these frequencies on volunteers in Unique frequencies, specific results Through continued testing and refinement over the next two years we developed extraordinarily effective treatments for myofascial trigger points using FSM. Around the same time, I started teaching the protocols in seminars to other healthcare practitioners. I wanted to know whether or others using them would have the same success. For example, in we learned that FSM could treat nerve pain very effectively. Nerve pain from disc bulges and nerve traction injuries where the nerve has been stretched responded quickly and dramatically. But diabetic neuropathies did not respond at first because treatment was aimed at the nerve. The problem in diabetic neuropathies turns out to be in the blood vessels that supply the nerves. The following year we discovered FSM could treat the full body pain from fibromyalgia associated with spine trauma. As a group these fibromyalgia patients are the only ones who complain specifically of pain in their hands and feet. This group of very difficult to treat patients rated their pain as an average of 7. Through experimentation, we found that one specific frequency combination could reliably reduce the pain to a 1. Every patient had their pain reduced at every treatment and well over half of them recovered from their fibromyalgia within four months. These markers are said to be difficult to change. In fact, these kinds of improvements have never been seen before or since with any other therapy. Other standard FSM protocols have been developed for disc injuries and pain, low back pain from facet joints, shoulder and knee pain, arthritis, headaches, and peripheral neuropathies. Some frequencies serve only a very specific purpose. There is one frequency combination that completely eliminates shingles pain and infections with a two hour treatment. Another frequency combination eliminates kidney stone pain in 20 to 60 minutes. Both frequencies have only their single effect, yet so far they have been effective in every case. FSM is especially good at reducing inflammation and dissolving scar tissue. If FSM is used on new injuries within four to twelve hours of the injury it promotes very rapid healing. Today numerous NFL teams and players use FSM as a vital healing tool to get injured players back on the field more quickly.

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After a December surgery, Philadelphia Eagle receiver Terrell Owens returned to play a strong Super Bowl game just weeks later even though he was expected to spend three or more months in recovery thanks in part to FSM. It uses the principles of bio physics to change tissue and eliminate the cause of the pain. It appears to change the tissue quickly and in some cases permanently by altering the electromagnetic bonds that keep scarring and inflammation in place in the tissue. No one knows for certain exactly how the effects are created but there is good science that says something very real and very dramatic happens in response to specific frequency combinations. To find an FSM practitioner near you, visit: Carolyn McMakin instructs healthcare practitioners on the use of Frequency Specific Microcurrent through seminars around the world and her newly released authoritative textbook, Frequency Specific Microcurrent in Pain Management. His mission as a former back pain sufferer is to help others live pain free without surgery and pharmaceuticals.

Chapter 9 : Fibromyalgia Pain Relief - Spinal Cord Stimulation Therapy

Years ago I trained with Dr. Carolyn McMakin in Frequency Specific Microcurrent and then worked in a holistic medical clinic administering it.