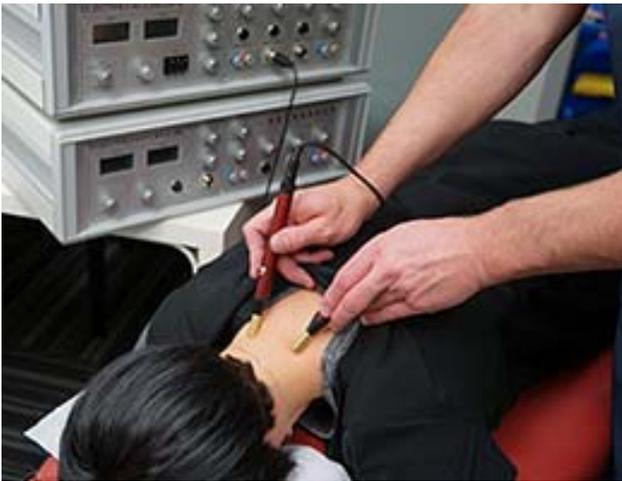


Microcurrent

The prefix "micro" refers to anything measured in the millionths of a unit. "Current" refers to amperage (or amps), the primary unit for measuring electrical current. Therefore, microcurrent is electric currents in the millionths of amp levels. Microcurrent devices differ from conventional electric stimulation in that the currents delivered are about 1,000 times less intense. Microcurrent devices also generally are designed to be used with greater precision, and often include probe electrodes suitable for treating acupuncture and trigger points in addition to pad electrodes.

There is a lot that science has learned about how and why microcurrent has such dramatic healing and pain relieving effects. Here are the physiologic effects of microcurrent as confirmed by research studies:



- **Boosting ATP production in cells** – ATP is the energy-carrying molecule in cells that powers all activity, including cellular healing.
- **Strengthening tendons**
- **Better bone healing**
- **Improving circulation of blood and lymph**
- **Reduction of inflammatory processes in the body**
- **Reduction of degenerative processes through promoting proper function of connective tissues**
- **Restoration of healthy nerve function through polarization effects**
- **Faster and more efficient wound healing** – stronger scar formation, less pain and lessened infection

In addition to the confirmed effects of microcurrent listed above, there are other subtle energy effects on the body. These include:

- Effects on release of neuro-peptides. These are small molecules used by the body for communication and signaling purposes. In her book *Molecules of Emotion*¹¹ Candace Pert recounted her research about how neuropeptides inter-connect the brain, immune system, organs, hormones and our emotions. Although she did not specifically use microcurrent stimulation in her studies it is my observation that the application of well-chosen microcurrent and light frequencies do have significant effects on neuropeptide release.
- Releasing energetic blockage through the body. The ancient art of acupuncture is largely based on using needle insertions to release "bi" or blockage in the meridian system and to clear Blood stagnation. Chinese Medicine teaches that such blockage is a primary cause of pain and disease as well as disorders of the Spirit. It has been well established that electrical stimulation passed through acupuncture points, or electro-acupuncture, produces these effects and can amplify the effect of needle therapies.

Reference: Starwynn, D, OMD, Lac, (2012), The Magic of Microcurrent, Acupuncture Today March, 13(03)