



### **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 a 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, 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?**

Your doctor may give you some supplements to help your liver detoxification pathways deal with the by-products from the muscles. You should drink at least two quarts of water in the two hours following muscle treatment. If you feel the side effects return, drink more water, take additional supplements and it should pass in about 20 minutes. Some treatment protocols do not produce a detox reaction. If you have any other questions or concerns, be sure to ask your doctor.

### **What other FSM physicians are saying:**

“As an internist, I have been taught that healing takes time and requires patience. In my 20 years in medicine I have never experienced any treatment or therapy that provides relief and results as quickly as Frequency Specific Microcurrent. I have been amazed and pleased.”

Robert Lerman, MD PhD  
Gig Harbor, WA

### **What our patients are saying about FSM:**

“In 1994 I suffered a severe rupture of disks L4 and L5 in my low back. As an athlete and an active mother my life came to a stop. After an unsuccessful surgery I could do nothing but lay flat on my floor or bed in chronic pain. Due to my constant level of high pain (9/10), my immune system and hormones fell apart. My husband and my son took over all household responsibilities. I lived this way for seven years. I’ve seen some of the nation’s top surgeons and neurologists. I’ve done acupuncture and many forms of chiropractic, massage, Rolfing, and even prolotherapy, as well taken every vitamin, supplement and natural anti-inflammatory I could find. Despite these modalities I still have been unable to sit or drive for longer than fifteen minutes without risking a back spasm. About three months ago Dr. Canfield suggested I try FSM. After my first treatment I experienced unusual pain relief. With each successive treatment, I’ve noticed greater freedom of movement, less pain, and more ability to carry out daily responsibilities. This new found relief has enabled me to be less concerned about repercussions and pursue a more productive life. Thank you, Dr. Canfield, for suggesting FSM.

Hilary Daggett Lamy, NM

*Relax, drink ample water, and enjoy the relief you can receive from Frequency Specific Microcurrent (FSM).*

*For more information, check out [www.frequency-specific.com](http://www.frequency-specific.com)*

# **Frequency Specific Microcurrent (FSM)**

Offered by

**Russ Canfield MD  
and  
Vince Palladino DC**



This technique is very effective for treating muscular and neurologic pain. We treat you with specific electrical frequencies applied with pads or precisely directed with graphite gloves.

**“Each cell, tissue and organ has an ideal resonant frequency that coordinates its activities”**

**-James Oschman, PhD**

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## What is Microcurrent?

Microcurrent is very low level electrical current measured in millionths of an amp. It's been used in physical therapy for over 15 years. By comparison, a TENS unit and most other electro-therapies produce milliamps 1000 times greater. Your own cells make current in microamps.

## How does it work?

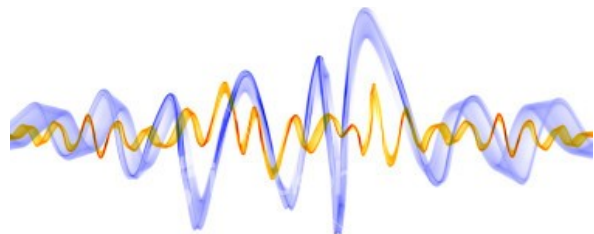
Your body seems to use microcurrent energy to increase its own energy production. "Microcurrent increases protein synthesis and waste product removal." - Cheng, 1987

## Why don't I feel it?

The current is so low it doesn't stimulate sensory nerves.

## Why does the doctor use the black graphite gloves?

The graphite gloves conduct the frequencies from the machine to your body. The gloves allow the doctor to palpate the affected areas and direct the current to muscles, nerves and other tissues or organs exactly where it is needed. When the current needs to be delivered to a larger area, the gloves may be wrapped in a small, warm, wet towel for better conductivity.



## How do the frequencies work?

We believe the frequencies 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 when the frequency is correct. Once the tissue is changed and stable, it seems to be able to stay in the new configuration with proper nutritional support. Animal research confirms that the frequency to reduce inflammation reduces inflammation by 62% in a mouse model. Prescription drugs reduce inflammation by 45% in the same mouse research.

## Why does the doctor change the frequency settings on the machine?

Specific frequencies seem to have specific effects on the muscles and other tissues. We can't be certain exactly what the frequencies are doing, but the tissue will suddenly soften and become less painful when a "correct" frequency is chosen. Your doctor may even use frequencies that are considered beneficial for your whole system, not just your muscles.

## Do the benefits last?

Every patient responds individually. In many cases, the softening and pain relief provided by FSM seem to be long lasting and in many cases permanent. About 60-80% 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 until 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 needs to help create lasting change.

## Is there any risk?

There is no record of permanent harm being done to anyone treated with Frequency Specific Microcurrent. The procedure is not used through the brain or during pregnancy. If you have a spinal cord injury or a disc bulge pressing on your spinal cord, be sure to tell your doctor. In patients with pressure on the cord, the normal side effects of treatment seem to be greatly magnified. Be sure to tell your doctor if your reaction is severe. All of these reactions to treatment are temporary.

*Ask us about renting or purchasing a customizable home care unit. We individually program your unit and train you to self administer microcurrent in the comfort of your own home. At follow-up office visits, we assess your progress and reprogram your unit as needed.*