

EMS Saskatoon

EMS Saskatoon - The process of combining a cold compress and a hot compress together with EMS or likewise called electrical muscle stimulation is a therapy termed Constitutional Hydrotherapy. This therapy stimulates the immune system enabling the patient to move from a dominant sympathetic state to a more relaxed parasympathetic state, which truly helps to stimulate the bodies healing process. The electrical muscle stimulation causes muscle contractions in order to enhance lymph and venous blood circulation.

Constitutional Hydrotherapy is even used as a complementary treatment intended for various health conditions like for instance respiratory infections, irritable bowel syndrome, asthma, premenstrual syndrome or pms plus numerous other conditions to be able to help support the immune system. Generally, patients could need as many as ten treatments in order to notice benefits.