

THE FSM GOAL

FREQUENCY SPECIFIC MICROCURRENT (FSM)

FSM is a system of treatment using micro-amperage current and the resonance effect of frequencies on tissue and conditions to reduce symptoms and improve health. These are the answers to some of the most common questions about FSM.

WHAT IS THE HISTORY OF RESONANCE THERAPY?

Thousands of medical and osteopathic physicians used frequencies and electromagnetic therapies to treat patients between 1900 and 1934. They did research and published their findings in journals, books and professional meetings.

In 1934, the American Medical Association (AMA) 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 frequencies and electromagnetic devices. The treatments fell out of use, machines went into back rooms and attics and by 1951 the old machines were made illegal by the FDA. All of the history was lost when that generation of physicians died. We have no way to know how the frequencies were developed.

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.

In 1995, Carolyn McMakin, DC received a list of frequencies from an osteopath who bought a practice in 1946 that came with a 1922 device in the back room. That device came with a list of frequencies. The frequencies from the list 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. The frequency to reduce inflammation did that and only that. The frequency to remove scarring dissolved painful scar tissue and 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 1997 students were achieving the same results that had been observed in Dr. McMakin's clinic. Classes continue to be taught in the US and around the world and there are now over 1800 FSM practitioners worldwide. Frequency Specific Microcurrent in Pain Management (Elsevier 2010) and The Resonance Effect (North Atlantic Books 2017) make the frequency protocols available to the public.

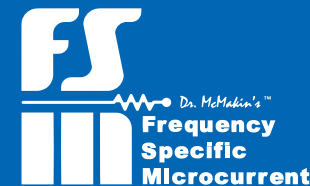
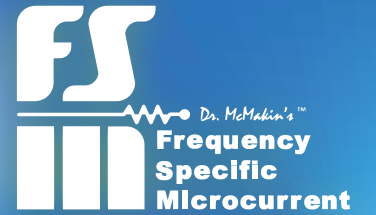
www.theresonanceeffect.com

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 ATP energy production in cells by up to 500% and numerous papers document its ability to improve healing in wounds and fractures.

CONDITIONS THAT BENEFIT FROM FSM

- Achilles Tendonitis
- Abdominal Adhesions
- Asthma
- Bell's Palsy
- Benign Prostate Hypertrophy (BPH)
- Bronchitis
- Carpal Tunnel Syndrome
- Complex Regional Pain Syndrome (CRPS)
- Concussion
- Diabetic Neuropathy
- Emotional Issues
- Endometriosis
- Fibromyalgia from Spine Trauma
- Fractures
- Goiter
- Gout
- Headaches
- Herpes
- Interstitial Cystitis
- Irritable Bowel Syndrome
- Kidney Stone Pain
- Low Back Pain
- Liver inflammation
- Lymphedema
- Migraine Headaches
- Muscle Pain
- Myofascial pain and trigger points
- Neck Pain
- Neuromuscular Pain and Inflammation
- Nerve Pain
- Osteoarthritis
- Peripheral Neuropathy
- Post Herpetic Neuralgia
- Post-Stroke thalamic pain syndrome
- Post Surgical Pain
- Post Traumatic Stress Disorder (PTSD)
- Reflex Sympathetic Dystrophy (RSD)
- Scar Tissue
- Sciatica
- Shingles
- Shoulder pain
- Sinusitis
- Spinal Disc Pain
- Sports Injuries
- Sprains/Strains
- Temporomandibular Joint (TMJ) Pain
- Tendon & Ligament Injury
- Tension Headaches
- Tennis Elbow
- Thoracic Outlet Syndrome
- Whiplash
- Wound Healing



FREQUENCYSPECIFIC.COM

FAQs

FREQUENCY SPECIFIC MICROCURRENT

A NEW TREATMENT FOR PAIN, INFLAMMATION AND INJURY REPAIR

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.

Where did the frequencies come from?

The FSM frequencies came from a list that came with a machine made in 1922. When the generation of physicians who developed the frequencies died, all of their history died with them. There is no way to know how this list of frequencies was developed.

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 fibromyalgia, 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, irritable bowel, cardiovascular disease and diabetic neuropathies. Patients who are treated within four hours of new injuries such as auto accident 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.

HOW DO THE FREQUENCIES WORK?

The research data suggests that the frequencies change cell signaling by changing cell membrane receptors that then change cell

genetic expression and thereby change cell function and even cell structure. This is theory that has to be proven by experiments.

HOW ARE FREQUENCIES DIFFERENT FROM PHARMACEUTICAL DRUGS?

Drugs change cell receptors like a key in a lock. Frequencies change the receptors like your key fob, with a signal at a distance.

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. The frequency to reduce inflammation will reduce inflammation even when infection is present and the infection can become worse while the inflammation is turned off.

DOES FSM WORK ON EVERYONE?

Patients who are dehydrated cannot benefit from FSM. Every patient is advised to drink at least one quart of water in the four 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 affectively 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 affects of FSM and are not intended as claims for the frequencies or any device.

FSM does not make any claims about being able to diagnose, cure, mitigate, treat or prevent any condition or disease.

EQUIPMENT QUESTIONS

The 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 TENS devices but are in this category for regulatory convenience. For FSM devices go to www.precisiondistributing.com

WHAT MACHINE IS USED 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 0.1Hz 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 outcome if the diagnosis and treatment are correct.

WHO CAN GET A 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.

WHAT IS THE DIFFERENCE BETWEEN FSM FREQUENCIES AND RIFE FREQUENCIES?

Rife frequencies were light frequencies all above 8,000 hertz. FSM frequencies are electrical pulses all below 1000 hertz. Rife frequencies were used to treat cancer. FSM is not used to treat cancer. FSM has been used to treat the pain of bone metastasis and the nausea from chemotherapy.

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 or reduce inflammation or speed tissue healing.

WHAT IS THE DIFFERENCE BETWEEN MICROCURRENT AND ULTRASOUND?

Ultrasound 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 and frequency resonance.

WHAT IS THE DIFFERENCE BETWEEN FSM MICROCURRENT AND VOLTAGE?

Any time current flows there is voltage. Any time there is voltage there is current flowing. So microcurrent and voltage happen together.



Look for this window sticker and be confident your health care provider is FSM trained.

FOR MORE INFORMATION, FSM PUBLISHED PAPERS AND AN FSM PRACTITIONER LIST GO TO:
FREQUENCYSPECIFIC.COM

FREQUENCY SPECIFIC MICROCURRENT

Changing medicine one patient at a time ·
Changing patient's lives one practitioner at a time ·
Changing one life can change the world