

## EMS Owen Sound

EMS Owen Sound - The process of combining a cold compress and a hot compress along with EMS or otherwise called electrical muscle stimulation is a therapy known as Constitutional Hydrotherapy. This therapy stimulates the immune system enabling the patient to move from a dominant sympathetic state to a much more calm parasympathetic state, that really helps to stimulate the bodies healing process. The electrical muscle stimulation causes muscle tightening to increase venous and lymph blood flow.

Constitutional Hydrotherapy is even used as a complementary treatment for different conditions including respiratory infections, irritable bowel syndrome, asthma, premenstrual syndrome or pms plus several other health conditions to help support the immune system. Generally, patients may need as many as 10 treatments in order to see results.