

EMS Kitchener

EMS Kitchener - Constitutional Hydrotherapy is a process that joins electrical muscle stimulation or likewise known as EMS together with a cold compress and a hot compress. This particular therapy works by stimulating the immune system which enables the patient to be able to move about from a dominant sympathetic state to a calming parasympathetic state, helping to stimulate the healing process in the body. The electrical muscle stimulation causes muscle tightening to be able to enhance venous and lymph blood flow.

Constitutional Hydrotherapy is even utilized as a complementary treatment for a wide range of health conditions like irritable bowel syndrome, asthma, respiratory infections, premenstrual syndrome or pms and several other health conditions to be able to help support the immune system. Usually, patients could need as many as ten treatments to be able to notice benefits.