

The Benefits of Microcurrents on Blood Circulation

Poor Circulation

Poor circulation is a broad term that is caused by an array of different ailments and lifestyle choices. Soreness in your legs, and what is commonly called 'poor circulation' could be peripheral artery disease and is caused by hardening arteries (atherosclerosis) or diabetes. The major issues caused by peripheral artery disease are soreness in leg muscles and slow wound healing. The risk of amputation is also a major issue in individuals with diabetic neuropathy, which itself is a precursor to peripheral artery disease.

How Microcurrent Therapy Can Help

Several studies have stated a positive correlation between treatment with microcurrents and increased blood circulation. One study by Park *et al.* demonstrated that blood flow rate was significantly different between the experimental group and the control group they treated.¹ The conclusion was "that microcurrent electric stimulation of the foot may be helpful for preventing the pain and diabetic ulcers by increasing the foot blood circulation."¹

Another study by Zheng *et al.* "found a linear increase in regional cerebral blood flow with increasing anodal current strength."² This demonstrated an increase in blood flow to the brain and has implications in assisting with mental disorders such as depression and anxiety.

Increasing circulation and thus increasing the delivery of oxygen to all parts of the body is essential for long-term health and wellness. Microcurrents therapy is proving useful in supporting this process, and its wide range of benefits is outlined in the contrasting areas of study referenced in the two cited papers.

Cell MedX

Cell MedX has developed a state of the art microcurrent therapy device called the ebalance Pro. Using unique software, the ebalance Pro is able to read the body and use this information to emit electrical frequencies best suited to specific issues in different areas of the body. The treatment is completely non-invasive, has no known negative side effects, and is potentially useful in helping treat an array of ailments including diabetes, Parkinson's disease, high blood pressure, insomnia, edema, and different neuropathies.

References

- 1) Park, Joon R. *et al.* (2011). *The Effect of Microcurrent Electrical Stimulation on the Foot Blood Circulation and Pain of Diabetic Neuropathy*. J. Phys. Ther. Sci 23: 515-518.
- 2) Zheng, Xin (2011). *Effects of transcranial direct current stimulation (tDCS) on human regional cerebral blood flow*. Neuroimage; 58(1): 26-33.