



Pain Management and Stress Reduction through E-Stim

Electrical stimulation is most often used for pain management and stress reduction protocols.

The acupuncturist can either place electrodes onto the skin, or attach small, light-weight clips directly to acupuncture needles inserted into specific acupuncture points. Low, multi-frequency electrical current is then applied through the electrical stimulation device.

The electricity from the electrodes/clips stimulates the nerves and/or acupuncture point, sending signals to the brain that “scramble” the normal pain impulses.

This is a pain-free procedure and has been proven very effective for reducing and managing pain, such as back pain.

The Body Bio-Electric

The body has its own bioelectric system (the Eastern term here would be Chi).

This bioelectrical system attracts the “repair cells”, changes cell membrane permeability, enhances cellular excretion through the cell membranes, and orientates cell structures.

When there’s an injury, there’s a “current of injury” generated between the injured/un-injured tissues. This current will continue until the injury is repaired.

However, if this “current of injury” slows down, or stops flowing, before the injury is repaired, healing will decrease or stop altogether.

The rationale for applying electrical stimulation to an injured area, is that it mimics the natural current of injury and jump starts, or accelerates, the healing process.
