

What can I do about the side effects?

Your doctor/practitioner may give you some supplements to help your liver detoxification pathways deal with the by-products from the muscles. You should **drink at least one quart of water in the two hours following muscle treatment.** If you feel the side effects return, drink more water, take additional supplements and it should pass in about 20 minutes. Some treatment protocols do not produce a detoxifying reaction.

Why can't I feel it?

The current is so low - comparable to the current levels of your body's own nervous system in micro-amperes - that it doesn't stimulate sensory nerves.

Conditions that benefit from FSM use:

Achilles tendonitis, Adhesions, Asthma, Back Pain, Bell's Palsy, Benign Prostatic Hypertrophy (BPH), Bronchitis, Carpal Tunnel Syndrome, Chronic Regional Pain Syndrome (CRPS/RSD), Concussion, Emotional Issues, Endometriosis, Fibromyalgia due to cervical spine trauma, Fibrosis, Fractures, Frozen shoulder, Goiter, Gout, Herpes, Interstitial cystitis, Irritable bowel syndrome (IBS), Kidney stone pain, Lymph edema, Migraine headaches, Myofascial pain, Osteoarthritis, Neuromuscular pain and inflammation, Peripheral neuropathy, Post surgical pain, Post Traumatic Stress Disorder (PTSD), Restless leg syndrome, Rotator cuff tears, Scar Tissue, Sciatica, Shingles, Sinusitis, Spinal disc pain, Sports injuries, Sprains/strains, TMJ pain, Tendon and ligament injury or pain, Tennis elbow, Vulvodynia, Whiplash, Wound healing and others.

Preparing for an Appointment

To help achieve optimal results we ask patients to:

- Bring your own pair of shorts and expect to wear a patient gown.
- **IMPORTANT:** Drink two quarts of water within 2 hours of the appointment
- Avoid applying lotions, creams, and oils near the affected region.
- Take anti-oxidants before and after the treatment. We will supply you with some while in the office.

- Drink another quart of water after completion to aid the body in cleansing toxins & to avoid side effects.

What doctors are saying about FSM:

"In my 20 years in medicine, I have never experienced any treatment or therapy that provides relief and results as quickly as Frequency Specific Microcurrent. I have been amazed and pleased."

-Robert Lerman, MD, PhD

For more information:

www.frequenciespecific.com

Scheduling appointments:

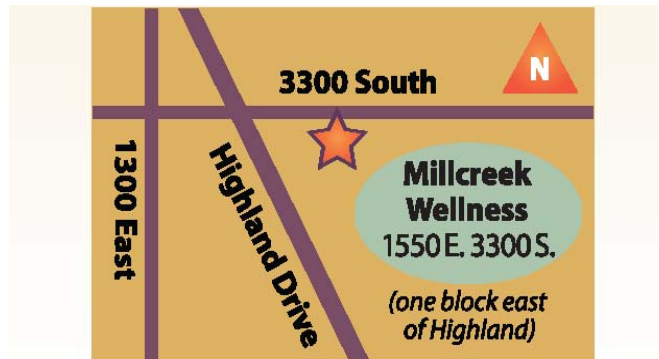
As these appointments are scheduled in advance, we have a 24 hour cancellation policy. If you need to cancel you will need confirmation with our staff at least 24 hours in advance to avoid being charged for a full treatment.

We will provide you with a list of pre-treatment directions when you make your appointment. Please call us if you have further questions.

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Cerami Chiropractic

Practical solutions for sports injuries, spinal problems, and improved performance



Frequency Specific Microcurrent

- What if you could **reduce inflammation** by 62% in **four minutes**?
- What if you could **increase healing energy in your soft tissues by 500%** - cutting in half the usual healing time from recent injuries and surgery?
- What if you could **regain relief from chronic pain and stiffness** accumulated over years of injuries, accidents, and disease?

Frequency Specific Microcurrent

What is FSM? What are its origins?

Micro-current is an alternative energetic-medicine modality that has been approved by the FDA and has been in use for over 15 years to alleviate pain, reduce inflammation, and speed the healing of injuries.

Electromagnetic therapies were in use by 50% of U.S. physicians in 1910. However, in the 1930's, these therapies were nearly driven out of existence by competitive influences that favored emerging chemical, pharmaceutical, and surgical technologies in deference to other less invasive therapies in practice at that time. In 1995, Dr. Carol McMakin, D.C., revived the technology and therapy when given various frequency protocols for soft tissue treatment from a retired Canadian osteopath to use in her practice. She used the frequencies on hundreds of patients who were referred to her and whose symptoms had proven to resist a variety of other treatments. As a group, these patients did extremely well. As word spread of the high percentage success rate, she became one of the most sought after practitioners for treating soft tissue injuries of professional NFL athletes. We first heard about it from a lecture by Jeff Spencer, D.C. - the chiropractor for 7-time Tour-de-France champion, Lance Armstrong. After being trained by Dr Carol in FSM and using it for the past 10 years he says,

"FSM is one of the most important tools in my tool kit I wouldn't leave home without it".

Dr. Cerami has attended the basic and advanced training seminars taught directly by Dr. McMakin and is on his way to becoming the only certified doctor in Utah.

How does it work?

We believe the frequencies work on the principle of biologic resonance. A singer can shatter a glass when the note resonates with the crystal structure of the glass. Micro-current frequencies seem to be able to resonate with biologic tissue when the frequency is correct. Once the tissue is changed and stable, it seems to be able to stay in the new configuration with proper nutritional support.

Research shows that FSM:

- Increases cell energy (ATP) levels by up to 500% in a matter of minutes
- Improves oxygenation and cellular repair
- Boosts protein synthesis by 70%
- Restores depleted adrenal function
- Repairs the regulation for nervous tissue
- Boosts the body's natural immune function
- Reduces inflammatory chemicals in tissues

Why does the doctor/practitioner use the black graphite gloves?

The graphite gloves conduct the frequencies and current from the machine to your body. The gloves allow the doctor to feel your muscles while putting the treatment exactly where it is needed. When the current needs to go to a large area, the gloves may be wrapped in a small, warm, moist towel for better conductivity.

Why does the doctor change frequencies on the machine?

We have observed that specific frequencies seem to do specific things to the muscles and other related tissues. We can't be certain exactly what the frequencies are doing at the biochemistry level - but at the tissue level, muscles and related tissues will suddenly soften and becomes less painful when a "correct" frequency is applied.

Do the benefits last?

Every patient responds individually; but, the changes to the muscles seem to be long lasting and in many cases permanent - after anywhere from 4 to 15 treatments. About 60-80% of the changes created in one treatment last until the next treatment, about three to seven days later. Your muscles are used to being the way they are and may return to the old configuration if not treated again. Although patients have had perma-

nent changes in one treatment, the average number of treatments depends on the complexity of the problem and the overall health and lifestyle of the individual involved. We suggest nutritional support tailored to your condition to help create lasting change.

Is there any risk?

There is no record of any permanent harm being done to anyone treated with Frequency Specific Micro-current. The current should not be used during pregnancy. Patients with pressure on the cord seem to have the normal side effects of treatment greatly magnified - sometimes resulting in some discomfort. If you have a spinal cord injury or an encapsulated infection (such as a tooth infection) be sure to tell your doctor/practitioner. Encapsulated infections develop inflammation to surround and contain germs - so we don't want to run inflammation-reducing frequencies through or near the infection.

What are the side effects?

Resonance appears to change the muscle tissue, removing long stored waste products and increasing cellular metabolism so quickly that there may be a detoxification reaction after treatment. Some people have a similar reaction after a massage, but the reaction after micro-current is stronger because we do so much in a short period of time.

The side effects can include nausea, fatigue, drowsiness, and temporary increase in pain, or a flu-like feeling. The side effects usually start about 90 minutes after treatment and may last from 4 to 24 hours. Not everyone has side effects. Some people increase range of motion and physical activity so much that they have temporary symptoms in muscles and joints near the treated area - due to unexpected new hyper-extended range of motion (relative to before treatment). This should work itself out in a couple days time as your body naturally adapts to the tissue changes.