

## EMS Timmins

EMS Timmins - Constitutional Hydrotherapy is a method that joins electrical muscle stimulation or otherwise known as EMS along with a cold compress and a hot compress. This particular therapy works by way of stimulating the immune system that enables the patient to be able to move from a dominant sympathetic state to a relaxing parasympathetic state, helping to stimulate the healing process in the body. The electrical muscle stimulation causes muscle contractions to increase venous and lymph blood circulation.

Also used as a complimentary treatment, Constitutional Hydrotherapy can work for various physical conditions like irritable bowel syndrome, asthma, premenstrual syndrome or pms, respiratory infections and other physical conditions that help to support the immune system. Patients may require up to 10 treatments to see actual results.