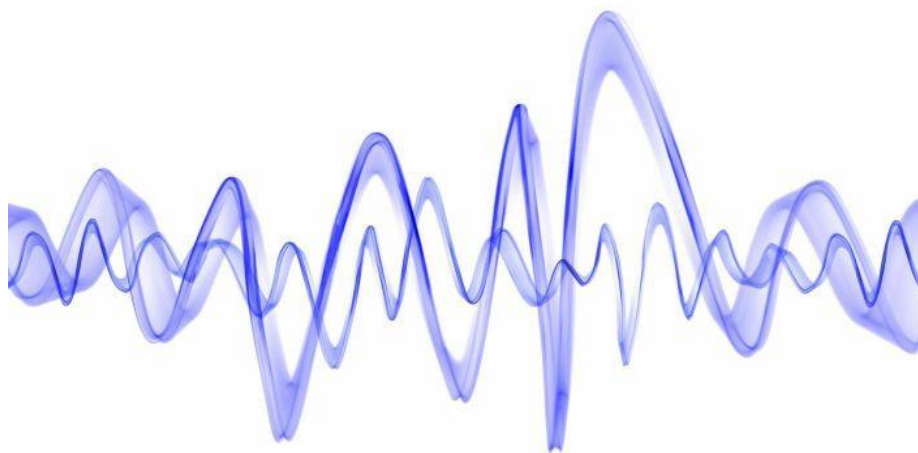


# Healing with Frequency Specific Microcurrent (FSM)



Harlan Mittag, DC





I am excited to share Frequency Specific Microcurrent (FSM) with you because it represents an effective new approach to healing. I have been in practice for 31 years treating all manner of aches and pains, injuries and dysfunctions. I have used chiropractic adjustments, acupuncture, PEMF, nutritional therapies, detoxification, energy healing and more to get excellent results. FSM is an invaluable addition to the healing modalities I've been able to provide.

If you have been looking for a way to resolve a chronic health complaint, or to recover from a recent one—take the time to read this short booklet to learn about this amazing therapy.

*Harlan Mittag, DC*

## Our Electric Body

Nerve cell impulses in our brain, spinal cord and peripheral nerves are the basis of a communication system that controls and regulates body functions. Beyond the nervous system, researchers have discovered another form of communication in our body that is distinct from nerves. Very low intensity electrical currents flow through all the body's tissues and form an electronic communication system within. We are now able to tap into this electronic system to promote healing.

## Robert Becker, MD, Discovers Healing Electricity

The term "body electric" was coined by an orthopedic surgeon—Robert Becker, M.D., and was the title of his book *The Body Electric* that was published in 1985. This book reported Dr. Becker's research on healing with electricity.

As part of his research, Dr. Becker studied an amazing reptile—the salamander. Salamanders are unique in that when a limb or tail is cut off they are able to regenerate it. Dr. Becker wanted to know how and why this happened in salamanders but not in a near relative of the salamander—the frog. In his experiments, he measured the pattern of electric charge (voltage) on the body and limbs of a salamander before and after amputating the limb.

He noticed that the electric pattern changed before the regeneration of the limb began. It was as if the new electric pattern was directing the regeneration of the limb.



Normally frogs can't regenerate an amputated limb. But when Dr. Becker electrically stimulated the amputated stump of a frog limb to recreate the same electrical pattern that he had observed in the salamander, the frog regenerated a new limb.

### Electrotherapy In Humans

Dr. Becker began to apply his knowledge of electrotherapy to humans in his medical practice. He developed a method to heal fractured bones. He was even able to heal amputated fingers to a limited degree. In very young children, if a finger tip was accidentally amputated, he used electrotherapy to stimulate the finger tip to regenerate perfectly.

### Electrotherapies Of The Past

From the early 1900's through 1934, thousands of medical doctors and osteopaths in the United States developed and used electrical and magnetic therapies to successfully treat their patients. However, the American Medical Association rallied against the use of electrotherapy. The AMA's focus

was on drugs and surgery, believing that electrotherapy had no value.

One particularly successful electrotherapy practitioner was Dr. Alfred Abrams, an osteopathic physician in San Francisco, California. In 1922 the AMA decided to shut down Dr. Abrams' famous clinic by exposing him and the



***Alfred Abrams, DO***

supposed fraud of electrotherapy. So, the AMA hired the well know journalist Upton Sinclair to investigate and publicly condemn Dr. Abrams.

Sinclair anticipated that just a couple days at Abrams' clinic would be enough to prove the doctor a fraud. Sinclair ended up spending two weeks at the clinic and against the AMA's wishes wrote a favorable article that he titled, "The House Of Wonder." Sinclair wrote, "Here in Abrams's clinic you see it happening, and you feel as if you were watching the old-time Bible miracles. The blind begin to see, the deaf begin to hear, and the lame begin to walk! I

“speak the literal truth when I say that after a week in Abrams’s clinic I had lost all feeling of the horror of the three dread diseases, tuberculosis, syphilis, and cancer.”

In 1934 (based on the findings of the Flexner Report) the American Medical Association decreed that the practice of medicine was limited to the use of drugs and surgery. The AMA was the legal entity that granted medical licenses at the time and threatened to revoke the licenses of any doctor using electrotherapy. As a result, doctors stopped using electrotherapies. Access to them was lost.

## Frequency Healing Resurfaces



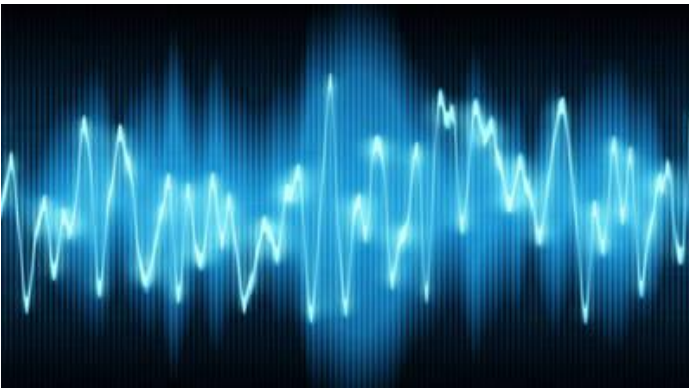
*Carol McMakin, DC*

Fortunately, the electrotherapies of the early 1900’s were never completely lost. In the late 1990’s a chiropractor in Oregon, Dr. Carolyn McMakin learned about and began treating her patients with the electrotherapy methods that had been discovered and used so long ago by doctors like Dr. Alfred Abrams.

The healing power of Dr. Abrams' electrotherapies was in the discovery of specific frequencies that tapped into the body's electronic communication system. Dr. McMakin began using modern digital microcurrent equipment to apply the specific frequencies that Dr. Abrams and others in the early 1900's had used. What she saw were immediate and dramatic improvement in all types of conditions.

### Specific Frequencies For Healing Specific Ailments

Dr. McMakin quickly learned that the frequencies she was using were indeed very specific. That is, they were specific in how they affected changes in the body. One frequency was specific for inflammation. Another frequency increased the vitality of a tissue or organ. Yet another frequency increased the secretion of a tissue or organ. And another dissolved scar tissue.



There were also frequencies that targeted specific tissues and organs. There were frequencies for nerves, the spinal cord and for different parts of the brain. There were other frequencies for the esophagus, stomach, small intestines, pancreas, gall bladder, etc.

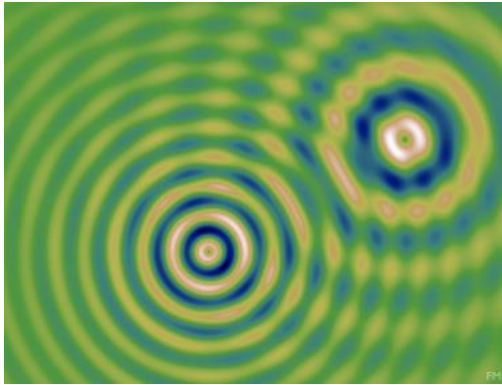


**The frequencies were only effective when the correct frequencies for the patient's condition were used.** Take for example a patient complaining of headaches. Headaches can be caused by pain referred from the joints in the neck, by tight muscles at the base of the skull, by toxins, by low blood oxygen, and many other causes. All of these causes have different and unique healing frequencies. The correct frequency that matches the cause of the headaches must be used to remedy the individual's pain.

### Frequencies Are Paired

The frequencies that were developed in the early 1900's fall into two broad groups. The first group is the Condition frequencies. These are frequencies that are associated with a body process, function or imbalance such as inflammation, secretion, congestion, scar tissue formation, calcification, etc. The second group is the Anatomical frequencies. These are frequencies that are associated with a specific tissue, organ or microbe such as the prostate, brain, liver, kidney, stomach, adrenal glands, vertebral disc, vertebral joints, viruses, fungus, etc.

**Pairing these two types of frequencies simultaneously in a treatment is the secret that produced their extraordinary results.**



*Paired Frequencies Interacting*

Condition frequencies are paired with Anatomical frequencies. That is, a frequency that addresses a specific condition is paired with the affected anatomical structure. For instance, inflammation of a nerve could be alleviated by using the frequency for inflammation at the same time as the frequency for nerves. The electrodes conducting the two currents would be placed in a way so that the currents both pass through the inflamed nerve.

### **Dr. Mittag's Personal Experience**

Off and on for 40 years I had low back pain and leg pain from a pinched nerve in my low back. I ended up in the emergency room three different times over a period of 30 years after doing heavy lifting and other things I shouldn't have. I had two MRI scans that showed a herniated disc in my low back pressing on a nerve. At one point there was so much pressure on the nerve I had foot drop. On two occasions I consulted with surgeons—but decided against surgery both times. Instead, when the pain was severe, I took care of myself with chiropractic, exercise (swimming) and anti-inflammatory nutrients like fish oil and curcumin.

When I discovered frequency specific microcurrent I decided to try it for my low back.



### ***Distribution of Pain In Disc Herniation and Nerve Root Compression***

I was amazed at the results. I had six treatments over an eight-week period. Within 3-4 treatments my low back was looser than it had been in years and I had no leg pain. By the end of the series of treatments I couldn't believe the difference. Perhaps the greatest change is that I can now do heavy lifting when I need to and not end up in the Emergency Room. If my low back or leg starts to hurt a little bit after exerting, I can do one treatment and I'm completely better. I was so impressed by FSM that I decided to become a practitioner.

### **Frequency Specific Microcurrent Training**

In 2017 I had the privilege of taking the FSM certification course from Dr. McMakin in Chicago. Frequency Specific Microcurrent training is an educational training and

certification program for health practitioners who want to treat patients using FSM. The training was a four-day event that was attended by chiropractors, medical doctors, osteopathic physicians, physical therapists, occupational therapists, psychologists and massage therapists. Dr. McMakin taught the FSM treatment protocols for the many conditions listed below under “What does Frequency Specific Microcurrent Treat?” Dr. McMakin continues to be a resource to me, for consultation on cases in a private online forum.

## Frequency Specific Microcurrent Treatments

Microcurrent treatments use specialized equipment that is capable of delivering the required specific frequencies to appropriate areas of the body.



*FSM Treatment Device*

Treatments are done either lying on your back, on your side, face down or while seated. Two to four electricity conducting pads are placed so that they sandwich the area being treated. With low back pain for example, two pads are placed on the back and two additional pads are placed on the abdomen, sandwiching the low back. During the treatment two very low intensity currents are pulsed through the structures in the low back. One current is

pulsed at the desired Condition frequency and the other at the Anatomical frequency. Treatments last from 15 minutes to one hour, and in rare cases longer. Depending on the severity of the condition being treated, a course of 3 to 12 treatments has been shown to produce the best and lasting results.



*Electrode placement in a Frequency Specific Microcurrent Treatment.*

Treatments are done daily for severe conditions. Treatment of less severe, or chronic conditions are done once or twice a week.

### **FSM Treatment Requirements**

A major prerequisite for successful treatment with FSM is to be well hydrated. FSM works by pulsing electron flows through tissues. Electrons cannot flow easily through dry or dehydrated tissues. It is important to drink lots of water and avoid over consumption of caffeinated drinks before treatments.

## What Does Frequency Specific Microcurrent Treat?

The benefit of frequency microcurrent has been reported for numerous conditions. Here are some of them (alphabetical list).

- Achilles Tendonitis
- Adhesions
- Asthma
- Back Pain
- Bell's Palsy
- Benign Prostatic Hypertrophy (BPH)
- Bronchitis
- Carpal Tunnel Syndrome
- Chronic Regional Pain Syndrome (CRPS)
- Concussion
- Emotional Issues
- Endometriosis
- Fibromyalgia Associated With Cervical Spine Injury
- Fibrosis
- Fractures
- Frozen Shoulder
- Gout
- Herpes
- Interstitial Cystitis
- Irritable Bowel Syndrome
- Kidney Stone Pain
- Lymphedema
- Migraine Headaches
- Myofascial Pain

- Osteoarthritis
- Neuromuscular Pain and Inflammation
- Peripheral Neuropathy
- Post-Herpetic Neuralgia
- Post Surgical Pain
- Post Traumatic Stress Disorder (PTSD)
- Reflexive Sympathetic Dystrophy (RSD)
- Restless Leg Syndrome
- Scar Tissue
- Sciatica
- Shingles
- Sinusitis
- Spinal Disc Pain
- Sports Injuries
- Stress
- Temporomandibular Joint (TMJ)
- Tendon and Ligament Injury or Pain
- Tension Headaches
- Tennis Elbow
- Vulvodynia
- Whiplash Injury
- Wound Healing

Thank you for taking the time to read about FSM. If you'd like to discuss how this therapy may help you, please schedule a 30 minute consultation with me.

I've included a list of research studies and books below if you'd like additional information about FSM.

## Frequency Specific Microcurrent Research Studies

Numerous research studies have been done on Frequency Specific Microcurrent, all with good results. Here are a few of those.

***Microcurrent therapy: a novel treatment method for chronic low back myofascial pain; 2013, by*** Caroly R. McMakin, M.A., D.C.

"...microcurrent treatment was the single factor that made the most consistent, immediate and substantial difference in muscle tissue status and pain."

***Cytokine changes with microcurrent treatment of fibromyalgia associated with cervical spine trauma; 2004,*** by Carolyn. R. McMakina,, Walter. M. Gregory, Terry M. Phillips

"...subjective pain improvement scores were accompanied by substantial reduction in serum levels of the inflammatory cytokines IL-1, IL-6, and TNF-a; and the neuropeptide substance P."

***The efficacy of frequency specific microcurrent therapy on delayed onset muscle soreness; 2010, by*** Denise Curtis, MSc, NMT, Stephen Fallows, PhD, Michael Morris, MS, Carolyn McMakin, MA DC

"FSM therapy did provide significant protection from post-exercise muscle soreness."



***Microcurrent stimulation in the treatment of dry and wet macular degeneration***; 2015, by Laurie Chaikin, Kellen Kashiwa, Michael Bennet, George Papastergiou, Walter Gregory

"The changes observed indicate the potential efficacy of microcurrent to delay degeneration and possibly improve age-related macular degeneration, both wet and dry."

***Nonpharmacologic Treatment of Neuropathic Pain Using Frequency Specific Microcurrent***; 2010, by Carolyn McMakin, MA, DC

"Dual channel, specific-frequency microamperage current produced dramatic improvements in a collected case report of patients with chronic neuropathic pain."

***Non-Pharmacologic Treatment Of Shingles***; 2010, by Carolyn McMakin, MA, DC

"One particular frequency combination, 230Hz and 430Hz, produced dramatic improvement in this patient. It appears to have promise in the treatment of acute shingles. It is low risk, appears to have no side effects, and has been consistently effective in other cases."

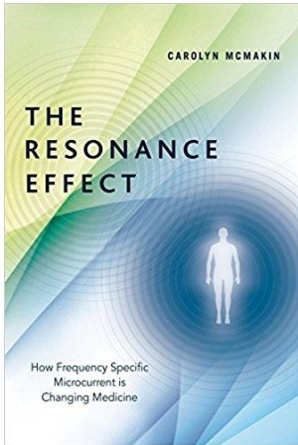
**Frequency Specific Microcurrent Online**

[FrequencyMicrocurrent.com](http://FrequencyMicrocurrent.com)

[FrequencySpecific.com](http://FrequencySpecific.com)

[MNChiropractors.com](http://MNChiropractors.com)

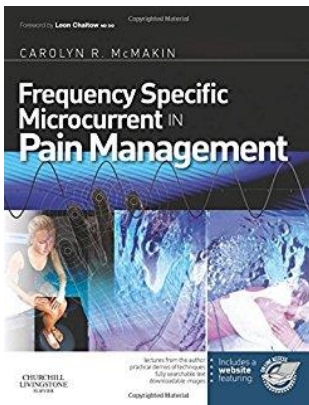
## Books On Frequency Specific Microcurrent



*The Resonance Effect* by Dr. Carol McMakin

“A fantastic read! Whether you are a patient seeking answers or a health care provider looking for breakthroughs, this book will open your eyes to a whole new world of possibilities.”

Roger Billica, MD (former NASA space program chief of medical operations)



*Frequency Specific Microcurrent In Pain Management* by Dr. Carol McMakin

“This is a very readable revelation of this truly new modality that is capable of undreamed-of, effective treatments.”

David Simons, MD

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## Testimonials On Frequency Specific Microcurrent

**Dr. Leon Chaitow** - *“Until I personally experienced the rapid and remarkable pain-relieving effects of frequency specific microcurrent, I was a skeptic.”*

**Robert Lerman, MD, PhD** - *“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”.*

**David Simons, MD** (author of *The Trigger Point Manual*) - *“FSM is a whole new approach to the treatment of musculoskeletal pain patients that is far superior to any other treatment available.”*

**Neil Nathan, MD** (author of *Healing Is Possible*) - *“I specialize in treating patients who are unusually ill with chronic, severe disabilities. I personally observed dozens of patients with cervical-trauma fibromyalgia, large thyroid goiters, PTSD, shingles, imbalances and toxicities of widely varying forms respond dramatically to this therapy.”*