

## EMS Kingston

EMS Kingston - The process of combining a cold compress and a hot compress together with EMS or otherwise called electrical muscle stimulation is a therapy known as Constitutional Hydrotherapy. This therapy stimulates the immune system enabling the patient to be able to shift from a dominant sympathetic state to a much more calm parasympathetic state, which really helps to stimulate the bodies healing process. The electrical muscle stimulation causes muscle tightening in order to increase lymph and venous blood circulation.

Likewise utilized as a complimentary treatment, Constitutional Hydrotherapy can work for various physical conditions like for instance irritable bowel syndrome, asthma, premenstrual syndrome or pms, respiratory infections plus other physical conditions which help to support the immune system. Patients may need up to 10 treatments to notice real benefits.