

## EMS St. John's

EMS St. John's - Constitutional Hydrotherapy is a process that combines electrical muscle stimulation or otherwise known as EMS along with a hot compress and a cold compress. This particular therapy works by means of stimulating the immune system that allows the patient to be able to move from a dominant sympathetic state to a relaxing parasympathetic state, helping to stimulate the healing process within the body. The electrical muscle stimulation causes muscular contractions so as to boost lymph and venous blood flow.

Also used as a complimentary treatment, Constitutional Hydrotherapy could work for various physical conditions including asthma, irritable bowel syndrome, premenstrual syndrome or pms, respiratory infections plus other conditions which help to support the immune system. Patients could require up to 10 treatments to notice actual benefits.