

## EMS Norfolk

EMS Norfolk - Constitutional Hydrotherapy is a method which joins electrical muscle stimulation or EMS with a hot compress and a cold compress. This therapy works through stimulating the immune system which enables the patient to move from a dominant sympathetic state to a calming parasympathetic state, helping to stimulate the healing process within the body. The electrical muscle stimulation causes muscle contractions so as to enhance lymph and venous blood circulation.

Constitutional Hydrotherapy is even utilized as a complementary treatment meant for various physical conditions such as respiratory infections, irritable bowel syndrome, asthma, premenstrual syndrome plus numerous other conditions in order to help support the immune system. On average, patients may require up to 10 treatments to be able to see results.