

BEH PODCAST – EPISODE 22

WHAT IF YOU DO NOT SEE FLASHING WHEN DOING MCS?

Dr. Miller: The next question is one regarding a father asking about his daughter. The daughter is doing the therapies and she doesn't see flashing when she does the color therapy, but the father and his wife tried the strap on their eyes and they see the flashing with the microstim treatment. So they are wondering if that's normal.

Before I answer that, let me first just say something briefly. The intention of the microcurrent therapy is to attract stem cells to your eyes. So if you just remember that, it's attracting those cells that are going to help your eyes regenerate. So microstim is important to do, but the question here is about whether you need to see the flashing. You see the flashing if your eyes are healthy. If your eyes are quite diseased, you may not see the flashing. And when you start to see the flashing, you'll know your eyes are getting better. But, the most important thing and the answer to the question is to remember that the way that you would adjust the current output for the microcurrent unit has nothing to do with the flashing.

We talk about the flashing because it happens. We don't want you to be frightened about it, we want you to understand that it's a normal thing. However, you don't adjust the current output based on the flashing. You set the current based on what you feel. With the strap on, you turn the unit up, until you first start to feel some tingling in your eyes, and then you back off until there's no feeling at all. You should do the treatment at that level. If during the treatment, you start to feel something again, you adjust the current a little lower. The idea is that you want a sub-threshold treatment; you want to be treating your eyes with as much current as possible, without feeling anything. That's important. Resist the temptation to ignore the tingling. Sometimes you feel a little tingling and you think, "oh this helps me know I'm getting something". No, you want to feel nothing. So make sure the unit isn't turned all the way down. If the only way you don't feel anything is you've got the unit basically turned off, then let us know that you're having that issue. The flashing shouldn't change how you adjust the machine. If the flashing is there, that's fine. If it's not there that's also fine.