

What is ECP Therapy?

Good circulation is vital to good health. It is how the blood delivers the oxygen, nutrients, antibodies and other materials that cells need to support, repair, and protect the body. It also takes away waste, preventing the build-up of harmful substances over time. Enhancing the efficiency of the heart and blood vessels through improved blood circulation can improve quality of life and reduce the potential risk of serious health problems. Widely regarded as an effective method to increase blood flow, ECP Therapy can aid in improving quality of life, cardiovascular efficiency, and sports recovery.

Benefits of ECP Therapy

- Helps increase energy levels
- Helps improve overall cardiovascular health
- Helps reduce build-up of lactic acid in muscles
- Helps decrease inflammation
- Helps reduce fatigue
- Helps naturally enhance endurance and stamina from the rigors of training
- Helps decrease recovery time between workouts
- Helps recover from any form of injury faster
- Helps with anti-aging

Who Can Benefit from ECP Therapy?

Athletes Ensuring athletes can maintain an intense level of training while minimizing the risk of injuries and fatigue is vital in any training program. When injury does occur, an athlete may be limited in their training necessary to maintain a high level of cardiovascular ability, which, in turn, will result in the further loss of athletic stamina and endurance. The physiological effects stimulated by ECP Therapy have been shown to offer benefits to athletes looking to aid recovery and enhance sports performance by maintaining a high level of cardiovascular performance with no intense training. The treatment has also been shown to substantially reduce the levels of stress and inflammation markers, further aiding a faster recovery time.

Executives Everyone can benefit from enhanced circulation and improved cardiovascular health. Reported benefits of ECP Therapy include increase in energy, vitality for physical therapy, and circulation to brain as well as improvement in sleep and mental performance. In addition, it helps you to be more alert and mentally focused.