



WHAT IS THE NEUBIE DEVICE?

THE NEUBIE: THE ULTIMATE IN NEUROMUSCULAR RE-EDUCATION

NEUBIE is NeuFit's patented electrical stimulation device. It is an acronym for "NEURO-BIO-ELECTRIC STIMULATOR," and is FDA-cleared. When the NEUBIE is combined with NeuFit protocols, the system provides for new methods of Neuromuscular Re-education. As we all know, the nervous system controls every muscle movement. If a movement dysfunction is contributing to your pain, keeping you injured, limiting your mobility, or robbing you of performance, then the NeuFit System may be able to help you.



The **NEUBIE** is unique for several reasons. It uses pulsed direct current (DC) as opposed to alternating current (AC); it has unique effects on the body's tissues to promote healing; and it has unique effects on the nervous system that, when combined with the NeuFit System, allows practitioners to provide a meaningful dose of neuromuscular re-education.

Using DC is important, because it has numerous, positive biological effects. DC fields have been shown to accelerate the body's own physiological processes of healing, repair, and regeneration, (1-6) and to have unique effects on the nervous/neuromuscular system. (6-9) Although this has been known for a long time, most devices out there are alternating current (AC). These devices are cheaper and easier to engineer, and most people don't know the difference. Unfortunately, they won't have anywhere near the same effect at the cellular level.

In addition to having positive effects on tissues, the NEUBIE is used along with the NeuFit System for neuromuscular re-education. The NeuFit system is based on new research showing that electrical stimulation can affect reflex patterns, (10-13) brain activity, (14-17) muscle output, (18-19) and pain. (20-22)

Treatments with the NEUBIE and NeuFit System are active rather than passive. Traditional e-stim treatments have patients lying down, passively accepting the current and not moving. In contrast, the DC signal of the NEUBIE actually permits movement, even at therapeutic levels of stimulation. This allows for optimal, eccentric contractions, which research is proving to be a major factor in effective rehabilitation (23-25).

See References on: <https://www.neu.fit/theneubie>

THE NEUFIT SYSTEM HELPS YOU:



HEAL FASTER

when you're hurt - typical results include reducing healing times by **30-70%**.



GET FITTER

Accelerate progress in fitness - build muscle & burn fat in fewer workout sessions.



PERFORM BETTER

Overcome plateaus in athletic performance - when you work on weak links in the nervous system, you can bust through plateaus so you can reach your full potential.



TURN OVER TO LEARN
ABOUT THE NEUFIT SYSTEM!

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