

Everything you need to know before your first call.

You found EECP. You're curious. You're not ready to pick up the phone yet. This guide answers the questions most people have before they call — so that when you do, you already understand what you're asking about.

WHAT IS EECP?

Enhanced External Counterpulsation (EECP) is a non-invasive, FDA-cleared therapy that uses precisely timed pressure to improve circulation at the cellular level. Inflatable cuffs wrap around your calves, thighs, and hips and inflate and deflate in sync with your heartbeat — timed to the millisecond using an EKG signal.

When your heart rests between beats, the cuffs inflate — pushing blood back toward the heart and increasing coronary perfusion. When your heart contracts, the cuffs deflate instantly — reducing cardiac workload. Over a course of sessions, this repeated stimulus promotes the growth of new blood vessels (angiogenesis), improves endothelial function, and increases nitric oxide production — the body's natural vasodilator.

WHAT DOES A SESSION FEEL LIKE?

Most people describe it as a deep, rhythmic leg massage in time with their heartbeat. You lie back fully clothed (loose pants, no shoes) for 60 minutes. Many people fall asleep, read, watch a show, or take work calls. There is no pain, no needles, no recovery time.

HOW LONG IS A FULL COURSE?

Format	Sessions	Timeline	Best for
Standard	35	7 weeks (1/day)	Most clients
Two-a-day	35	~3 weeks (2/day)	Faster completion
20-session block	20	Flexible	Starting point

WHO DOES EECP HELP?

Asheville EECP operates under the Renew NCP-5's FDA clearance for **healthy individuals** — for vasodilation, increased VO₂, and improved circulation. We do not treat specific medical conditions. The published evidence base for EECP broadly includes:

Chronic & refractory angina	78% of participants in the MUST-EECP trial reported significant improvement in symptoms.
Ischemic heart failure	The PEECH trial showed improved exercise duration, quality of life, and NYHA functional class.
Post-COVID & long COVID	Observational data shows improvement across all 8 SF-36 quality-of-life domains.
Healthy & athletic wellness	Increased VO ₂ , vasodilation, and improved blood flow — passive cardiovascular conditioning.
Peripheral artery disease	Collateral vessel growth and improved endothelial function in peripheral circulation.

WHAT DOES IT COST?

Option	Price	Per session
Single session	\$200	\$200
20-session block	\$3,400	\$170
Full 35-session course	\$5,600	\$160
Couples 35+35	\$10,400	\$5,200/person

Self-pay only. No insurance billing. In-home sessions include a standard travel fee. Couples at the same address share one travel fee.

WHAT DO I NEED TO GET STARTED?

1. Free 30-min consult call

Talk through your situation with Jack Clifford. No commitment, no pressure.

2. Physician clearance note

A written note from your doctor confirming you're cleared. We provide the form — your primary care doctor can usually sign it at a routine visit.

3. Schedule & deposit

50% deposit at scheduling, 50% at first session. Or full payment with a 3% discount.

"We did the expensive trial-and-error so you don't have to. Asheville EECP is the result of nearly two decades of searching for what actually works."

— Jack Clifford · Founder, Asheville EECP & Atlantic EECP

READY TO TALK? BOOK YOUR FREE 30-MINUTE CONSULT

calendly.com/jack-g-clifford/30min · (321) 423-2829 · hello@ashevilleecp.com

ashevilleecp.com · Cowan Cove Road, West Asheville, NC 28806

This guide is for informational purposes only. Asheville EECP operates as a wellness amenity under the Renew NCP-5's FDA clearance for healthy individuals — for vasodilation, increased VO₂, and improved circulation. We do not treat specific medical conditions. Physician clearance is required before your first session. Self-pay only. © 2026 Asheville EECP · ashevilleecp.com