

A collage of symbolic objects including a red wheel, a blue wheel, a compass, and a pair of glasses.

What Works?

SCENAR
Certification
Training
Seminar

Jerry L. Tennant, M.D.

Vision, Direction,
Protocols, and
Achievement with
Energetic Medicine

SCENAR and Energetic Medicine

Dallas, Tx

June 10, 11, & 12th

Thursday, June 10, 2004

7:00 PM – 10:00 PM
Orientation

What Works for Wellness, Energetic Medicine and SCENAR

Dr. Jerry Tennant

Cellular Physiology
Newtonian vs. Quantum Physics
Understanding the Body's Electronics
Biologically Closed Electric Circuits
Magnetic Fields
Electronics for Energetic Medicine
Healing of Injured Tissue and Bones
Integrating Energetic Medicine with Traditional Medicine

Friday, June 11, 2004

8:30 AM- 9:00 AM

Registration and Forms Completed

Instruction Format Preview of Manual, Pre-Assessment

9:00 AM- 10:00 AM

Welcome and Overview of SCENAR--Dr. Jerry Tennant

Quick Start Guide—*How the Scenar Works*, Energetic Medicine
Technologies, Biofeedback, Hands-on Practice and Case Studies

10:10 AM – 11:00 AM

SCENAR Quick Start-- Dr. Jerry Tennant

Lecture, Demonstrations, Practice, and Evaluation
Quick Start information will allow you to begin using the SCENAR and
achieve immediate results
Brief History of the SCENAR
Basic Knowledge of SCENAR theory
Benefits of SCENAR-therapy
Indications for SCENAR Use
General Contra-indications, Warnings and Cautions
Reported Effects of Scenar Therapy
General Guidelines before Beginning Therapy
Rules for SCENAR Quick-Start

11:10 AM – 12:00 Noon

Practical Application of SCENAR Quick Start Theory

How to turn it on, and apply it to the skin

12:00 -- 1:00

Lunch On Our Own

1:10 PM – 3:00 PM

Biofeedback and Basic Treatment Methods

Lecture, Demonstrations, Practice, and Evaluation

3:10 PM – 5:00 PM

Question and Answer

Hands-On Practice

Please note: Dr. Tennant reserves the right to alter the above agenda to meet the needs of the participants after he conducts the pre—assessment to determine training focus. Please also remember to bring your SCENAR and a shirt that will allow access to your back for practice. We look forward to learning with you.

Saturday, June 12, 2004

8:30 AM – 10:00 AM

Russian Algorithm Of Work With SCENAR—From Manual

Lecture, Demonstrations, Practice, and Evaluation
Primary and Secondary Signs,
Asymmetry, Small Asymmetry
Healing Crisis

10:10 AM – 11:00 AM

Clinical Knowledge In SCENAR Therapy

General Zones in Scenar therapy include; three pathways and six points, abdominal, collar, and gynaecological
Horizontals & dermatomes (neurological segments)
Skills in operating Scenar device 97.4
Understanding the settings in the device
Settings for acute or chronic illness.
Application in emergency situations
Knowledge of Scenar techniques:

- Application of the following techniques: (when to apply, the aim, on which settings)
- Principals: "Higher"/"All Higher" "Stabilization Technique - Measure of the reaction"
- Zones in Scenar therapy
- Working on the complaint
- "Pirogovs Ring"
- "Little Wings"

11:10 AM – 12:00 Noon
Reaction

How to Evaluate and Treat Based on the Initial

Lecture, Demonstrations, Practice, and Evaluation

Hands-On Practice

12:00 – 1:30

Lunch On Our Own

1:30: PM – 5:00 PM

Lecture/Examples

How the SCENAR works on a Disease—

Hands on Practice

Preparation for Case studies

In preparation for Level II Certification, you will be expected to present six case studies in order to show your ability to:

- ✓ Conduct a consultation
- ✓ Plan an appropriate course of treatment
- ✓ Work according to Scenar rules
- ✓ Determine combinations of zones for general action with specific zones for the particular condition or disease
- ✓ Apply different techniques "Higher", "All Higher", and "Stabilisation technique" where appropriate
- ✓ Estimate a prognosis
- ✓ Monitor the patient's condition throughout the course of treatment Only after accepted case studies, successful written and verbal assessment you will be granted a certificate of "fully accredited Scenar Therapist in association with Russian School of Scenar".

SCENAR Therapist Certification Training

Table of Contents

Section I—Course Preparation Documents

How Do I Prepare for SCENAR Training?

- ❖ SCENAR Training Pre-Assessment
- ❖ SCENAR 97.4 –FDA Status
- ❖ Waiver of Liability
- ❖ Notice of Declaration
- ❖ SCENAR 97.4 First Impressions

Section II—Course Introduction

What Is The Vision, Mission, And Motto For SCENAR Therapy?

- ❖ *What Works for Wellness?*
 - How do we understand the complexities and interdependencies of the physical, intellectual, spiritual, emotional, social, and environmental aspects of wellness?
- ❖ *Understanding Energetic Medicine and Biofeedback*
- ❖ *Level One SCENAR Therapist Course Preparation*
 - How do we develop trust and integrate the best of Allopathic and Energetic medicine?
 - What is Energetic Medicine, What is Biofeedback Therapy, What is SCENAR Therapy?
 - How does the SCENAR work?
- ❖ *How Do I Get Started?*
 - Quick Start Guide
 - SCENAR Therapy Notes
 - What is Craniosacral Therapy "Bowling Ball Therapy"?
 - What is the "Little Wings Therapy"?

Section III—Russian School of SCENAR ABC Introduction Training Course Manual

- ❖ Translated by Zulia Valeyeva-Frost, MD

Section IV—Client Care Process, Protocol, and Forms

How Do I Create a Therapist Practice?

- ❖ SCENAR Therapy Notes
- ❖ Pathway to Disease and What Works for Wellness Handout
 - Master Cleanser and Acid/Alkaline Balance
 - Water for pH Balance and Wellness
 - Autonomic Nervous System Balance
 - Acid Alkaline Balance Food Chart
 - Life in the Box Life Style Management Self Assessment
- ❖ SCENAR therapy Session Form (Face Route, 6 Points)
- ❖ SCENAR therapy Session Form (3 Pathways, Spine Route)
- ❖ CPT Codes
- ❖ Bibliography

Cover Pocket

SCENAR Quick Card
Voll Points PowerPoint Slides
Spinal Nerve Chart
SCENAR 97.4 Quick Start Slides
Energetic Medicine Paper

SCENAR Training Pre-Assessment

Please assess your knowledge and experience related to the following questions to provide Dr. Tennant with the ability to align training to your individual needs.

Preferred Name and Title on Certificate _____

Address _____

Phone Number _____ E-mail _____

May we add your contact information to our list and share it with other SCENAR practitioners on our Website?
Yes _____ No _____

1. Please provide your level of experience, type of experience and years of experience

_____ Medical Doctor	_____ Behavioral Health	_____ Occupational Therapist
_____ Naturopath	_____ Biofeedback	_____ Reflexology
_____ Massage Therapist	_____ Chinese Medicine	_____ Exercise Specialist
_____ Registered Nurse	_____ Dietician	_____ Medical Technologist
_____ Acupuncture	_____ Herbal Consultant	_____ Physician's Assistant
_____ Osteopathic	_____ Homeopathic	_____ Other Specialty Type
_____ Ayurvedic	_____ Meditation Instructor	_____
_____ Chiropractor	_____ Nutritional Counselor	_____

2. Level of human anatomy knowledge (circle one with 5 as the highest) 1 2 3 4 5

3. Level of Energetic Medicine knowledge (circle one with 5 as the highest) 1 2 3 4 5

4. I am interested in SCENAR therapy for personal and family use (circle one) Yes No

5. I am interested in SCENAR therapy for use in my practice (circle one) Yes No

6. Average number of clients/patients served daily _____

7. Other background training, degrees and other interests.

8. Please list specific questions you would like answered or topics you would like discussed during training .

9. Are there techniques, products, and/or technologies that you would like to explore with other SCENAR therapists?

10. How did you hear about the SCENAR? _____

SCENAR 97.4 - FDA Status

Note: the SCENAR device is “FDA Accepted” as a Class II device. Only Class III devices are “FDA Approved”.

Device Name:	SCENAR 97.4 +/-BF
Common/Generic Name:	Biofeedback electro-stimulator
Classification Name:	Device, Biofeedback
Device Class:	2
Product Code:	HCC
Regulation Number:	882.5050
Medical Specialty:	Neurology
Owner/Operator Number:	9054043
Registered Establishment Name:	Neuro Energy Development Corp.
Date of Listing:	11/21/02
Listing Status:	Active
Establishment Operations:	Manufacturer

You can view the device listing for the SCENAR 97.4:

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfRL/Listing.cfm?ID=82165>

(Note: This page and ID # tends to change monthly on the FDA web site. To see each months updated listing, click on new search, then search on the Owner / Operator Number 9054043. This will allow the updated page to load.)

Waiver of Liability

Use of Self-Controlled Energetic Neuro Adaptive Regulator (S.C.E.N.A.R.)

I, _____ (Print Name),

1. I certify that I am seeking SCENAR Certification Training from sEnergy Medical Group, Inc. for personal reasons only.
2. I certify that I am not representing any governmental agency in any capacity.
3. I certify that I am not representing any law firm or attorney. I certify that I am not involved in a law-suit nor am I gathering information for a pending lawsuit.
4. I agree not to involve sEnergy Medical Group, Inc. or any of its agents in any lawsuit that I may file against a third party. I also understand that Jerald L. Tennant, M.D. and Thomas B. Tennant, M.D. are acting as alternative care consultants and nutritional advisors and as consultants to sEnergy Medical Group, Inc. I understand that they are not acting as medical doctors. As such, both Dr. Tennants do not accept me as their patient, and I do not view them as my physician. Their M.D. degrees and licenses are not being utilized in this setting. I also understand that Dr. Jerald Tennant is a retired ophthalmologist and is not trained as a family practitioner or internist. I enter into this Waiver of Liability and join this voluntarily. I understand that it applies to all of the therapy, care and advice given to me or my family by CSR and sEnergy Medical Group, Inc. and its Doctor(s).
5. I release all the persons and organizations listed in #6 below from any liability during demonstration of the SCENAR device and/or therapy with the device.
6. If I purchase a SCENAR, I am responsible for the use of the SCENAR device by me and/or under my supervision. I hereby release and hold harmless Scenar Training Center, Ltd., Neuro Energy Development, Ltd., Computerized Stress Reduction, LLC, MarTen Group, Inc., DBA sEnergy Medical Group, Inc., current or future agents of these organizations, Zulia Valeyeva-Frost, M.D., Jerald L. Tennant, M.D., Thomas B. Tennant, M.D., Guy Beckerlegge, Mubeen Heaton, Scott Tennant, Garnet Dupuis, PhD, Barbara Forsberg, Jared Tennant, Tina deLeon, or Donny Armstrong, personally and their agents, estates, or assigns from any and all liability, real or imagined, current or future, which might result from the use of my SCENAR(s) by me or any of my agents or any other person(s) or entity. I further agree to actively pursue the protection of the above named entities from any claim for liability resulting from the use of my SCENAR(s) by me or any of my agents or any other person(s) or entity. I also agree to assume any liability for said use which might result from the findings of any court of law, administrative body, arbitration, or regulatory body and to actively hold harmless said organizations and individuals named above.
7. Arbitration: Any claim or dispute, which is not for any reason subject to this Waiver of Liability, shall be settled by binding arbitration in Dallas, Texas in accordance with the Commercial Rules of the American Arbitration Association. Each party will be responsible for their own expenses related to the arbitration.

Signature _____ Date _____

Witness _____ Witness (Printed) _____

Waiver of Liability

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I, _____ (Print Name),

1. I certify that I am seeking SCENAR Certification Training from sEnergy Medical Group, Inc. for personal reasons only.
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7. Arbitration: Any claim or dispute, which is not for any reason subject to this Waiver of Liability, shall be settled by binding arbitration in Dallas, Texas in accordance with the Commercial Rules of the American Arbitration Association. Each party will be responsible for their own expenses related to the arbitration.

Signature _____ Date _____

Witness _____ Witness (Printed) _____

NOTICE AND DECLARATION Of Ninth Amendment Rights

U.S. CONSTITUTION-AMENDMENT IX: "The enumeration in the constitution, of certain rights, shall not be construed to deny or disparage others retained by the people".

I, the undersigned, hereby declare the following God-given and natural rights, as reserved to the people, under the 9th Amendment to the Constitution of the United States of America and which rights I reserve as follows:

- 1. I reserve the right to seek or ask nutritional advice, counsel, information, assessments, recommendations, evaluations, tests, and/or treatment(s), regimen(s), or modality(s) from the nutritionist(s) or doctor(s) of my choice for any health reason or purpose.**
- 2. I, also reserve the right to select or reject any individual(s) as my personal nutritionist(s) whether that individual be a Medical Doctor, Naturopathic Physician, Osteopath, Nutripath, Chiropractor, Nutritional Consultant, Dietitian, Herbalist, Natural Health Practitioner, Health Food Store Salesperson, Friend, Neighbor, Relative, and/or anyone from the general public who has, or has not, any known formal training, claimed knowledge, education, insights, and/or qualification of a nutritionist.**
- 3. Furthermore, I reserve the right to freedom of choice in medicine in it's most liberal construction including the right to choose my own diet, obtain, purchase, and/or use any treatment, therapy, regimen, modality, herb, food, medicine, and/or health product for any health condition I have or may have as evaluated by myself, the doctor, nutritionist, and/or therapist of my choice.**

The enumeration, in this declaration, of these rights shall not be construed to deny or disparage others retained by me, or my right to amend this declaration at any time.

CONSTRUCTIVE NOTICE

Notice is hereby given to any and every person or persons who receive a copy of this declaration and who, acting under color of any law, intentionally interfere with the free exercise of the rights reserved to me under the 9th Amendment of the U.S. CONSTITUTION, as enumerated in this document, that they may be subject to civil and/or criminal penalties pursuant to TITLE 42, UNITED STATES CODE, Sections 1983, 1985, and 1986, and/or TITLE 18, UNITED STATES CODE, Sections 241 and 242. Penalties include up to \$10,000 fine and/or 10 years in prison, or both, and up to life imprisonment, if death results.

DATE: _____ SIGNATURE: _____
"without prejudice" UCC 1-207

NAME (PRINT): _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

A copy of this declaration is on file with _____, who is hereby authorized to give copies to the appropriate local, state, and federal authorities.

SCENAR 97.4-First Impressions

Today's Date: _____

We are very interested in your opinions and suggestions and would encourage you to contact the Research and Development department at any time now or in the future with your ideas and critiques.

Please print clearly:

Name _____

Address _____

Phone _____

Fax _____

Email _____

Date you Received your SCENAR _____

Location and Dates of Your Training _____

List 3 things you **like** about the function or design of your SCENAR 97.4: (write on back if necessary)

1. _____

2. _____

3. _____

List 3 things you find **confusing or uncomfortable** about your SCENAR 97.4: (write on back if necessary)

1. _____

2. _____

3. _____

Additional comments including your **wish list** of future SCENAR features: (write on back if necessary)

What Works for Wellness

Vision: Researching, Discovering and Sharing
Mission: Integrating Energetic and Allopathic Medicine
Motto: "What Works for Wellness"

Thank you for your interest in *What Works for Wellness*. Even though the majority of our inquiries are from experienced health care practitioners, approximately one-third of the questions are from individuals with limited medical background. With that in mind, we see the importance of providing some basic information in an attempt to integrate the best of allopathic and energetic medicine. As Senergy Medical Group and Dr. Tennant conduct research and discover improved technology and therapies that data will be shared. The following data is intended for informational purposes and should not substitute for additional advice provided by other medical professionals. This information is not intended for diagnosing or treating a health problem or disease, or self prescribing any medication unless licensed to do so. The educational CD's were created by a private individual, not by the manufacturer or distributor of the SCENAR. SCENAR training and the SCENAR manual provide details and should be carefully followed as skills are refined. If there is a concern or suspicion that a medical problem exists, promptly contact a health care provider.

Essential Wellness Foundation

- ❖ Become informed of basic anatomy, nutrition, energetic, biological, and chemical interactions
- ❖ Commit to achieving a harmonious and balanced life style
- ❖ Create an accurate picture of current health
- ❖ Accept personal responsibility and eliminate self-defeating habits
- ❖ Learn about energy and understand the self-healing power latent in all organisms
- ❖ Cleanse the body of toxicity and nourish it
- ❖ Develop the discipline to follow through with an individualized protocol to eliminate disease and create future wellness
- ❖ Understand what works and the requirements to achieve optimum health
- ❖ Understand that it may require more than one modality or behavior change to obtain desired results
- ❖ Learn how to live "Out of the Box"

Understanding the Body's Complexities

- ❖ Autonomic nervous system, pH balance, adrenal function and consumption of nutrients, vitamins and minerals.
- ❖ Acid or alkaline residue after metabolism.
- ❖ Autonomic Nervous System (ANS)
 - Sympathetic (fight or flight) and parasympathetic (rest and digest). The sympathetic is turned on by the following mechanisms and inhibits the parasympathetic:
 - Experiencing real danger (usually abuse in our society)

- Feel victimized by job, marriage, kids, boss, etc. (In a Box).
- pH is acidic
- Allergic to the foods you eat = wheat (gluten), corn, dairy and eggs
- Toxins in the environment
- Pain or trauma
- Dental Issues

What Works for Wellness

- ❖ Understand what is needed to achieve and maintain optimum potential for health and the complex interaction and impact of the:
 - ❖ physical
 - ❖ intellectual
 - ❖ emotional
 - ❖ spiritual
 - ❖ environmental and
 - ❖ social aspects of our life
 - ❖ Personal unique characteristics
 - ❖ Role that nutrition, exercise, sleep, water, pH and ANS balance and stress reduction play in a healthy lifestyle

Integrating Allopathic and Energetic Medicine

- ❖ Understanding how modern technology and advanced physics are combined with ancient systems
- ❖ Accepting the opportunity to wisely apply dynamic interconnections of Allopathic and Energetic Medicine--gaining more knowledge about obtaining energy
- ❖ Creating a health history and recording daily lifestyle behaviors and collecting current biofeedback data
- ❖ SCENAR Technology provides valuable biofeedback to obtain information for personal assessment and data to share with health care professionals

SCENAR--Self Controlled Energetic Neuro Adaptive Regulator

- ❖ Cybernetic Biofeedback/TENS Unit
- ❖ Developed by the Cosmonaut Program by Drs. Revenko, Nadtotschij, Kerasev, Garfinkle
- ❖ Received Approval of USSR Medical Council (their FDA) in 1986.
- ❖ Licensed in UK and CE for Pain Relief.
- ❖ FDA-accepted Class II Biofeedback device in US
- ❖ SCENAR technology was a Russian military secret until perestroika.
- ❖ SCENAR technology was brought to the West by Zulia Valeyeva-Frost, MD, a Russian born/trained pediatrician who is now a British citizen.

FDA Accepted Device

- ❖ SCENAR 97.4+ Biofeedback-controlled Electro-stimulator. Regulated by the US FDA under 21 CFR 882.5050, Generic Name: Device, Biofeedback,

Product Code HCC, Class II exempt from 510(K) pre-market notification according to FDA Notice FR21ja98-84 as a battery-powered, professional use device for relaxation training and muscle education.

- ❖ A Class III FDA approval is pending. Prior to that approval, the manufacturer can only promote use for above in the US.

Features

- ❖ Innovative & Unique Cybernetic Biofeedback Device
- ❖ FDA Accepted For Muscle Relaxation And Re-Education
- ❖ New To The West
- ❖ Electromagnetic Delivery
- ❖ Hand Held, Convenient & Portable
- ❖ Easy To Learn And Use
- ❖ Cost Effective—Quick Return On Investment
- ❖ Immediate Feedback Numerical, Sound, Touch—Results
- ❖ Referral Generator
- ❖ Tool For Delegating To Technical Staff & Ca's
- ❖ Conserve Personal Energy
- ❖ Patient Flow And Results
- ❖ Non Invasive Drug Free Therapy

Energetic Medicine

- ❖ Physicians have a strong background in biology and chemistry.
- ❖ Some physicians will have a background in nutrition and Energetic Medicine and will understand how energy affects wellness.
- ❖ The theory of traditional medicine is that the body is a complex system of chemical reactions and the best way to influence it is with other chemicals.
- ❖ The theory of energetic medicine is that the body knows how to heal itself, and, given enough energy and correction of the "switches", it will do it--- whatever is wrong with it.

New Proof of How We Heal and How SCENAR Restores Healing in Chronic Disease

- ❖ Whenever we have an injury or infection, the area becomes electropositive.
- ❖ The electropositive current sends a message to the digital brain via the acupuncture meridians.
- ❖ The brain decides how to cure the area and sends those instructions back to the area via the analog perineural nervous system.
- ❖ The analog perineural nervous system sets up local ionic capacitors to store energy to keep the current of injury positive until healing is complete.
- ❖ The local ionic capacitors communicate with the local chemistry via electromagnetic frequencies.
- ❖ The injured area must remain positive because the things necessary to heal the area are all electronegative = RBC, WBC, proteins, fats, etc. They are drawn into the area and healing occurs.

Energetic Medicine Concepts

- ❖ Consider cells as if they were buckets of water and the amount of water in each bucket is the amount of energy in each cell.
- ❖ The body will always try to keep the energy balanced in each cell.
- ❖ If the cell is injured, it will be surrounded by an increase in impedance = resistance to flux correcting the problem.
- ❖ The charge in areas of increased impedance will pass through the tissue with the least impedance = acupuncture meridians and perineural nervous system. Thus internal organ problems are reflected to the skin and along the spinal cord where they can be measured and modified by the SCENAR.
- ❖ Voll found the impedance of acupuncture points to be 95,000 ohms and the surrounding skin to be 2,000,000 ohms.
- ❖ Traditional Chinese Medicine found 12 main acupuncture meridians plus two governor meridians. Voll found eight additional paired meridians: lymphatic, nervous system, fatty degeneration (toxins), organ decay (includes cancer), non-malignant degeneration, skin, joints, and allergies.
- ❖ The action of the SCENAR on the skin is transmitted back to the organ system in question by the same low-impedance acupuncture meridians.
- ❖ The charge in areas of increased impedance will pass through the tissue with the least impedance = acupuncture meridians and perineural nervous system. Thus internal organ problems are reflected to the skin and along the spinal cord where they can be measured and modified by the SCENAR.
- ❖ The impedance of acupuncture points are 95,000 ohms and the surrounding skin is 2,000,000 ohms.

Action Potential Of A Cell

- ❖ The Action Potential is the transient electrical spike that causes the cell to act.
- ❖ When cells are injured, there is a constant action potential = area creates Positive Current of Injury.
- ❖ Local ionic capacitors must be established to provide ongoing energy to maintain this positive action potential.

Example:

As Stomach Becomes Sick, Impedance Around It Spreads To Skin And Spine Via Acupuncture Meridians And Perineural Nervous System. It Is Represented On The Skin As Sticky Areas Of Increased Impedance.

Reported Physician Benefits

- ❖ Patient—Immediate relief from stress and pain
- ❖ Convenience of use and portable
- ❖ Easy to learn—Immediate use
- ❖ Return on investment—cost effective
- ❖ Competitive referral source—excellent results
- ❖ Save time—Therapy assisted or unassisted and quick
- ❖ Restore personal energy—hands on therapy often energy depleting
- ❖ Ability to work through different senses

- Blind—sounds and touch
- Deaf—visual numerical readout, skin color and touch

Reported Patient Advantages

- ❖ Gentle/Subtle
- ❖ Drugless
- ❖ Non-invasive
- ❖ Highly effective long term results increased energy, flexibility and mobility
- ❖ Immediate relief from pain or restrictions
- ❖ Identifies stressed points of body
- ❖ Relaxes and re-educates muscles
- ❖ Quick and simple treatment time
- ❖ Can be used with other treatments and drugs
- ❖ Ability to resume normal activities after treatment

Patient Protocol

- ❖ Effective and Efficient Patient Process Billed and reimbursable at \$150/hr
- ❖ Patient Completes Forms
- ❖ Patient History
- ❖ Patient Education
- ❖ Patient Drink 4 oz. Of Water
- ❖ Patient Puts On Gown
- ❖ SCENAR Therapy—Point of Pain and/or General
 - Face
 - Neck
 - Spine and Para Spinal
 - Abdomen
 - Hands/Feet
 - Patient Check Out
 - Patient Follow-up—Between 1 to 10 Sessions

Case Report

Recurrent Viral Conjunctivitis

A 28 y/o female has had recurrent viral conjunctivitis for several years. The left eye currently has 3-4 + injection with pre-auricular nodes and peri-limbal hemorrhages. It is very painful, tearing, blurred vision, mild keratitis.

- ❖ The impedance of the supra-orbital and infra-orbital nerves are high = abnormal capacitors.
- ❖ Rx with SCENAR for four minutes.
- ❖ Pain and tearing stopped immediately. Redness gone next morning.
- ❖ No recurrence of conjunctivitis in past four months.

Case Report

Scar Reversal in Intestinal Obstruction

A 56 year old female had five surgeries in five months in 1983 (hysterectomy, colon resection, intestinal obstruction X 3.

- ❖ This year, she developed intestinal obstruction again proven by x-ray.
- ❖ She was Rx'd with SCENAR while awaiting surgery. Soon the bowel began to function.
- ❖ Barium follow-thru showed the scars creating the three obstructions had disappeared.
- ❖ She remains symptom-free.

Case Report

Bilateral Osteoarthritis of Hips

60 year old female had pain 24 hrs./day from bilateral osteoarthritis in hips (bone-on-bone); on walker.

- ❖ SCENAR Rx was given.
- ❖ The next day, the pain was worse (a desirable response).
- ❖ At the end of the third day, the pain was gone able to bend down and pick up a dropped pencil. She has been pain free for six months and walks normally and without assistance.

Case Report

Chronic Uveitis

70 year old male had a buckle for retinal detachment eight months ago. Vision has been poor and glaucoma difficult to control since.

- ❖ Exam = 20/200, 2+ corneal edema, 1+ iritis (cells and flare), 2-3+ vitritis, can't see fundus.
- ❖ Rx with SCENAR.
- ❖ Next day = 20/30, cornea clear, AC clear, vitreous clear
- ❖ End of day three = 20/20 with no meds—all clear. Pressure 16.

Dr. Tennant's Testimonial

"I Owe My Life to Energetic Medicine"

I was told that I would develop Burkett's Lymphoma and that nothing could be done about the multiple viruses in my system.

My blood profile suggested I would die in the summer of 1999.

Dr. Tennant is Dedicated to Integrating Traditional and Energetic Medicine

His health continues to improve since he discovered Energetic Medicine. He Conducts Orientations to Energetic Medicine and Teaches Physicians and Individuals how to use the SCENAR in their Practice or for their personal health care

Case Study from Dr. Tennant

Last month Dr. Tennant was asked to go to the emergency room where his neighbor Steven was taken with an appendicitis attack. After the examination, the emergency room doctor determined that Steven needed to have immediate surgery and called a surgeon. Dr. Tennant conducted an examination and concluded that the appendices were inflamed and used the SCENAR for twenty

minutes on the acute settings over the point of pain. The pain subsided and Steven said he was now hungry. Dr. Tennant concluded that Steven would no longer need surgery. A short time later, the surgeon examined Steven and also decided that surgery was no longer necessary.

Energetic Medicine Bibliography

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Understanding Energetic Medicine And Biofeedback

Energetic Medicine is the oldest form of medicine. It is discussed in the oldest known written medical texts: Compiled roughly two thousand years ago **The Medical Classic of the Yellow Emperor** forms the theoretical basis of Traditional Chinese Medicine. **Ayurveda** (pronounced I-your-vay-da), the science of life, prevention and longevity is the oldest and most holistic or comprehensive medical system available. It was placed in written form over 2,000 years ago in India, it is said to be a world medicine. Before the advent of writing, the ancient wisdom of healing, prevention and longevity was a part of the spiritual tradition of a universal religion. Medical knowledge from all areas of the world gathered in India, and the famous sage Vyasa, put into writing the complete knowledge of Ayurveda, along with the more directly spiritual insights of ethics, virtue and Self-realization. Egyptian **Kahun Papyrus** 2000 BC discusses herbal remedies and the use of the magnetic lodestone. Western medicine began about 500 BC in Greece with writings of Hippocrates. Hippocrates wrote about magnetic lodestone and creation of static electricity with amber and wool.

The 1600's were the beginning of the argument between those who believed the body is a complex machine (mechanists) and those who believe it is compelled by a life force (vitalists). Luigi Galvani (1737-1798) searched for the proof of electricity as the life force. He discovered direct current. Alessandro Volta (1745 – 1827) invented a storage battery and discovered that Galvani's direct current was different from static electricity. Hermann von Helmholtz (1821-1894) found that the speed of a nerve impulse is much slower than that of a wire. In 1871, Julius Bernstein showed that ions inside the nerve cell differed from the outside tissue fluid and this resulted in the nerve-cell membrane being electrically charged. Nerve impulses occur when the ions move across the membrane. This was later found to be true of all cells. In 1921, Otto Lowei proved that the transmission of nerve-to-nerve was chemical. This discovery was used to dismiss the concept of the vitalists that a vital energy exists in the body. The mechanists were secure in their belief that all living things can be reduced to chemical machines.

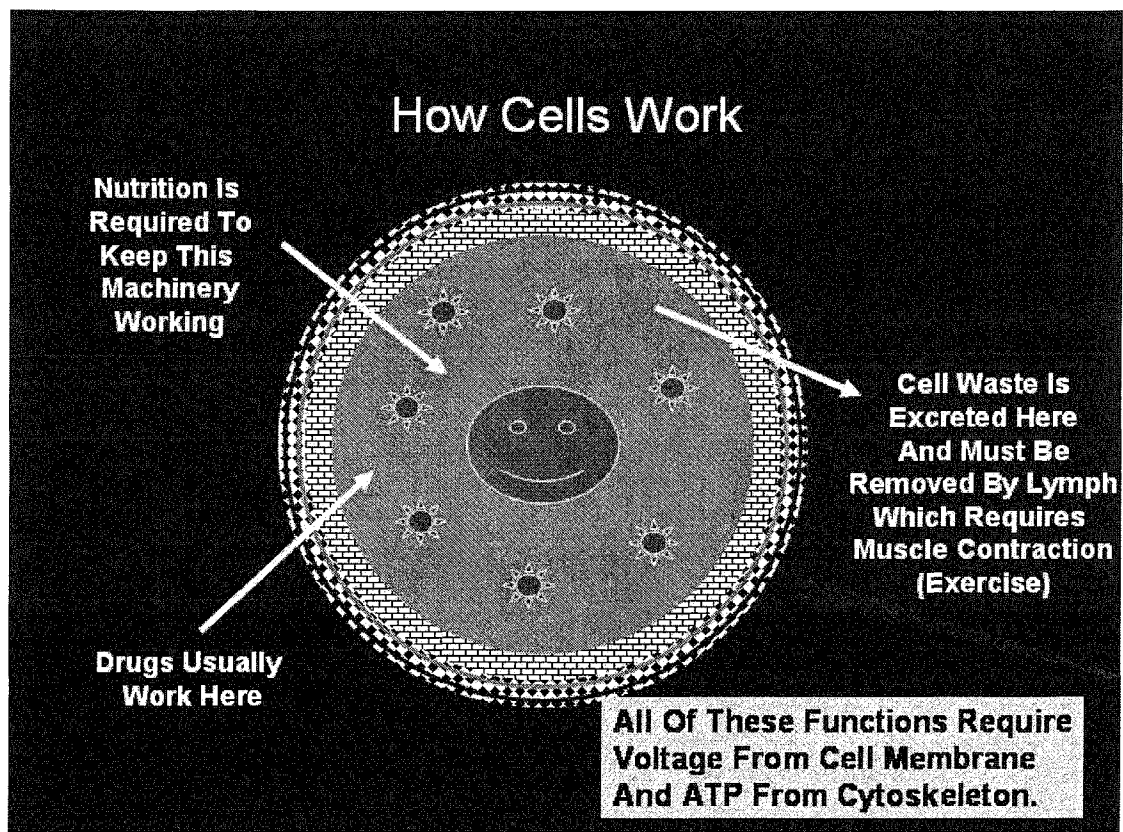
The **Flexner Report**, as it was called, was published in 1910. It was sponsored by the Carnegie Institute and other major foundations. As anticipated, it *was* "published far and wide," and it *did* "do much to develop public opinion." The report quite correctly pointed out the inadequacies of medical education at the time. No one could take exception with that. It also proposed a wide range of sweeping changes in medical education, most of which were entirely sound. No one could take exception with those, either. The alert researcher will note, however, the recommendations emphatically included the strengthening of courses in pharmacology and the addition of research departments at all "qualified" medical schools and banning of energetic medicine. Congress forbid the use of funding for any form of energetic medicine including homeopathy. The courts and medical licensure boards then began to vigorously enforce the concept that energetic medicine was fraudulent and that only pharmaceutical medicine would be tolerated in this

country. This is why the rest of the world has continued to advance the concepts that the body contains/requires energy while these concepts have been outlawed in the U.S.

The first return of energetic medicine in the U.S. was published as *Acupuncture. NIH Consensus Statement 1997 Nov 3-5; 15(5):1-34*. It said, "There is sufficient evidence of acupuncture's value to expand its use into conventional medicine and to encourage further studies of its physiology and clinical value". Thus we have finally come full circle.

Before the development of fast computers, it was impossible to measure things at biological speeds. This made it difficult for those who believe, "If you can't measure it, it doesn't exist" to grasp the fact that the chemistry of the body interacts with and requires the voltage of the energetic portions of the body.

. Now we know much more about the electronic system of the body.

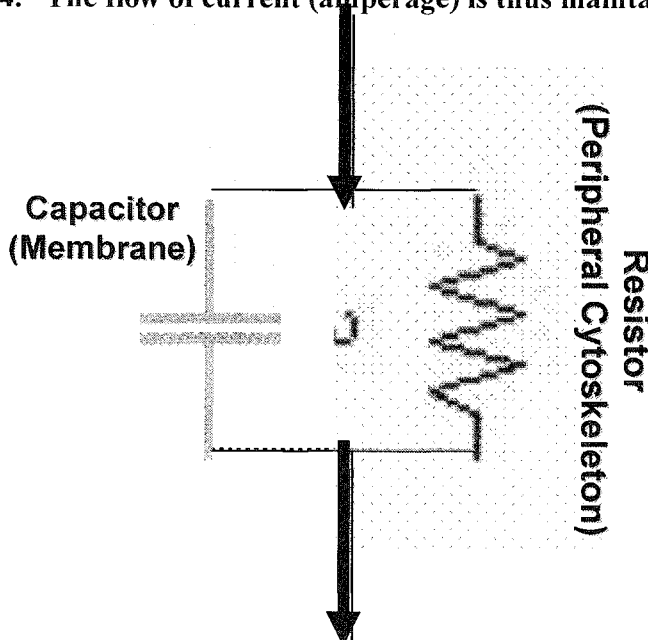


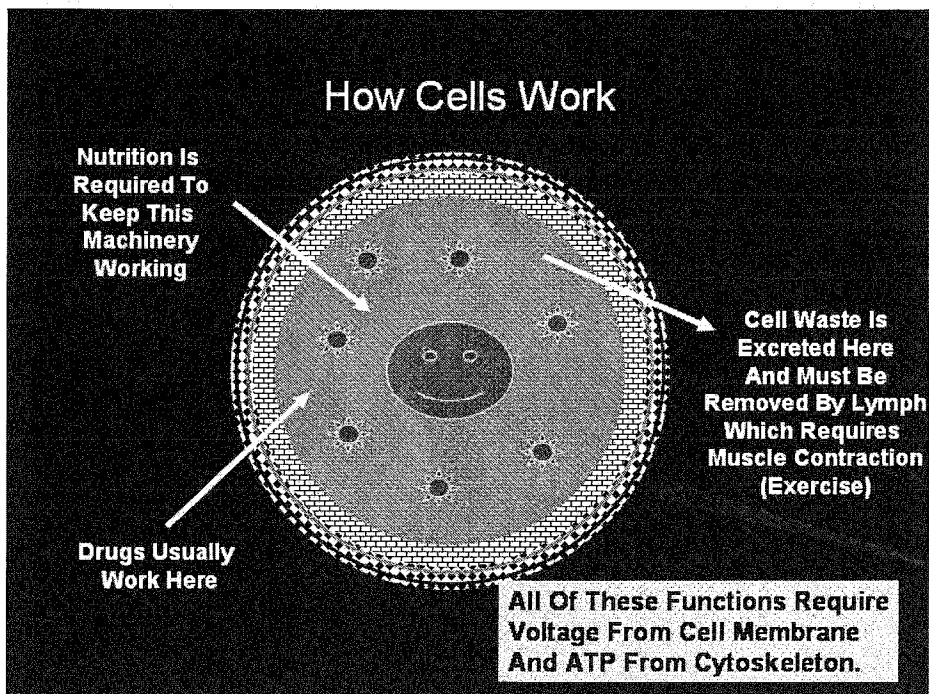
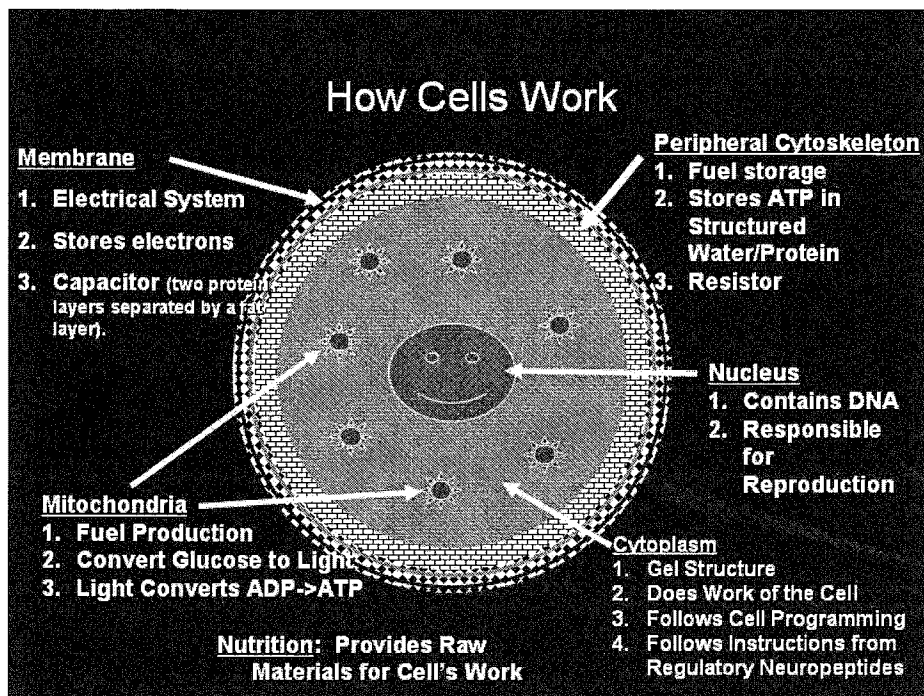
- The **cytoplasm** of the cell does what it is programmed to do. If it is a liver cell, it does "liver functions". If it is a heart cell, it contracts. Cells know what they are programmed to do and they will do what they are designed to do if they have the energy to do it!
- Thus the body knows how to heal itself and, if it has the energy, it will do so!

- The **nucleus** of the cell is the reproductive organ. It allows the cell to duplicate itself.
- Cells work just fine without a nucleus. They just can't reproduce without the nucleus.
- The **mitochondria** of the cell are the "petroleum refinery" plants. Just as refineries process crude oil into gasoline, mitochondria process glucose into adenosine triphosphate (ATP), the fuel for cells.
- In the mitochondria, glucose is processed via Citric Acid Cycle of Krebs to CO₂ and H₂O with the release of light photons.
- Light photons convert ADP to ATP.
- ATP is transferred to the Peripheral Cytoskeleton where it is stored for future use.
- The peripheral cytoskeleton lies just inside the membrane. It is the fuel storage for the cell. It stores ATP, is a resistor (impedance) that controls cellular electronics and passage of ions into the cytoplasm via structured water layer, and uses electrons from the membrane to maintain the proper flow of current (amperage).
- Cells can function with holes in the membrane, without a membrane, and without a nucleus. They cannot function without a peripheral cytoskeleton.
- In electronics, a capacitor is a structure capable of storing and releasing electrons. It is dielectric = two conducting layers separated by a non-conducting layer.
- The membrane is a dielectric structure, i.e., it is two layers of electron-conducting proteins separated by an insulating fat layer. Thus it is just like a typical capacitor.

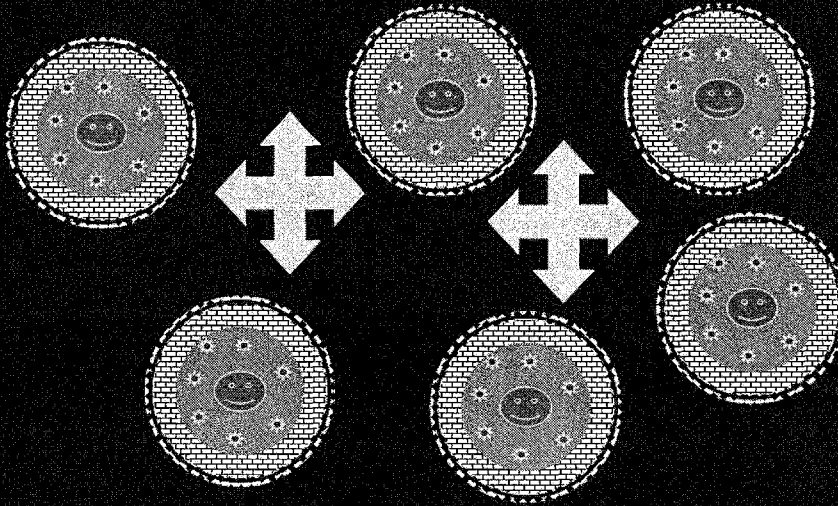
Cells work like this typical circuit.

1. Current flows to the capacitor/resistor combination.
2. Electrons may be stored in the capacitor and/or flow through the resistor.
3. The capacitor may store or release electrons to keep the flow through the resistor constant.
4. The flow of current (amperage) is thus maintained at a constant level.

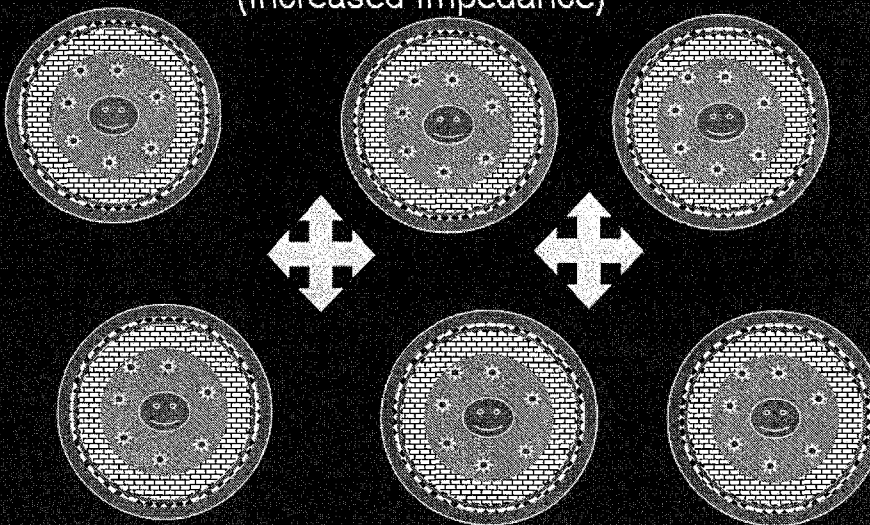




Electrons are Shared From Cell to Cell to Maintain Function of Organs/Systems



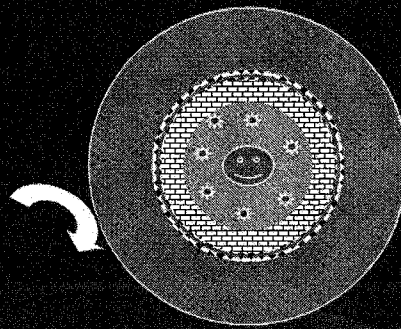
As Cells Begin to Swell When They Become Sick, Resistance to the Flow of Electrons Increases (Increased Impedance)



- Cell injury (trauma, infection, metabolic) causes swelling with an increase in impedance (resistance).
- Cell membrane (capacitor) provides electrons to try to maintain normal current.
- Cell membrane (capacitor) runs out of electrons (decreased voltage).
- Loss of current to cell results in slowing → stopping of cell function.

Cell Inflammation = Increased Cell Impedance

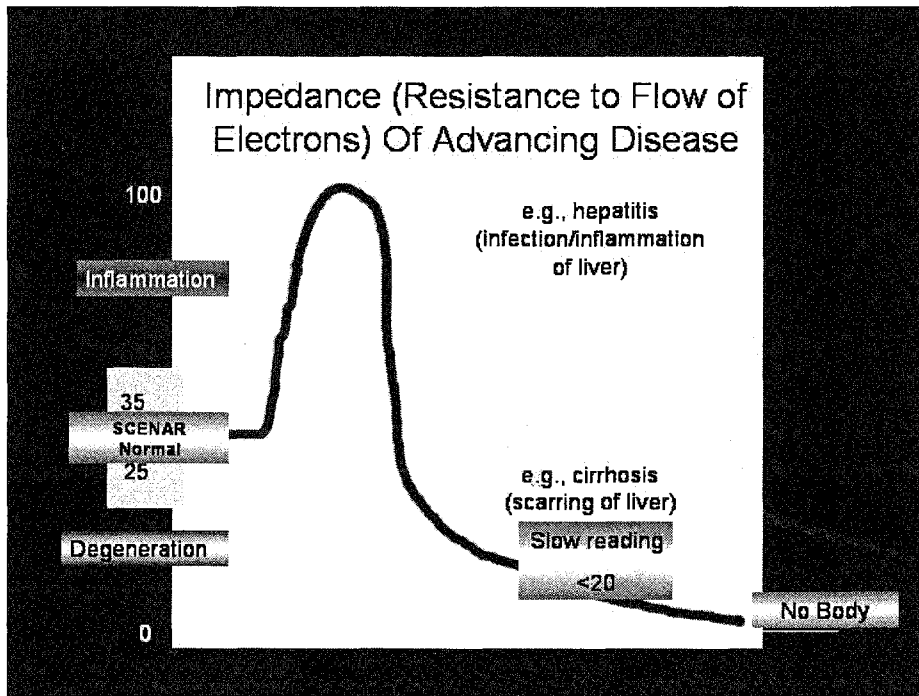
**As Impedance
(Resistance)
Increases, Flow of
Both Electrons
(Power) and
Nutrients to the
Cell Decreases.**



- As cellular dysfunction continues, swelling becomes degeneration and then scarring.
- Degeneration and scarring destroy the cell's capacitor (membrane) and resistor (peripheral cytoskeleton).
- Cell function is then lost.
- Healing requires restoration of the power supply to the cells.
- One must supply electrons to the membrane (capacitor).
- One must supply light (or glucose to create light) and nutrients to create ATP ("cellular gasoline").
- Once they have enough energy, cells know what to do---it's programmed into them = the body knows how to heal itself.
- Healing always requires the restoration of the power supply to the cells/organs.
- The restoration of power to cells/organs is called Energetic Medicine.

Because of Ohm's Law, voltage is equal to resistance times amperage. In alternating current, resistance has additional features and is called impedance.

If one measures the impedance of organs, the impedance increases as the organ becomes inflamed and decreases below normal when the organ degenerates. For example, if one measures the liver with a device where normal impedance is 25-35 ohms, then as the liver becomes infected with hepatitis, the impedance will rise above 35. The more inflamed, the higher the reading. As swelling keeps the cell membranes from being recharged, voltage drops and cells begin to die. This can be detected by measuring the impedance which will drop below 25.

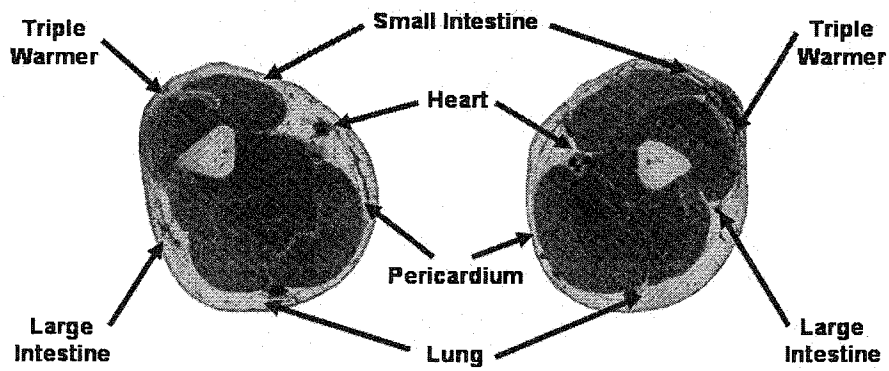


In the journal **The Anatomical Record**, Volume 269, Issue 6, 2002, pp 257-265. Relationship of acupuncture points and meridians to connective tissue planes. Helene M. Langevin and Jason A. Yandow show that the acupuncture meridians are simply the fibrous tissue facial planes that separate muscles and surround organs.

In addition to the facial planes, there is a fibrous sheath that surrounds nerves and can be measured as they enter the spinal cord.

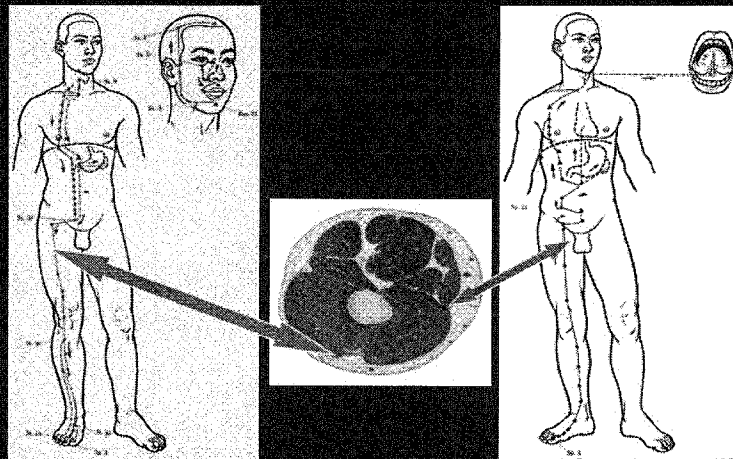
Because the body tissue that has the least resistance to the passage of electrons is fibrous tissue, these fibrous systems create the “wiring system” of the body. Measuring an acupuncture meridian or nerve sheath tells us what is happening in the cell membranes of the connected organs.

Arms



Anterior (front of the body)

Stomach and Spleen Meridians



<http://www.acumedico.com/colon.htm>

SPINAL COLUMN SIDE VIEW	AREAS SUPPLIED BY NERVES	POSSIBLE EFFECTS OR CONDITIONS
CERVICAL SPINE	1C Blood supply to the head, the pituitary gland, the scalp, bones of the face, the brain itself, inner and middle ear, the sympathetic nervous system.	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, mental conditions, nervous breakdowns, amnesia, epilepsy, chronic tiredness, dizziness.
	2C Eyes, optic nerve, auditory nerve, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, certain cases of blindness.
	3C Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema.
	4C Nose, lips, mouth, eustachian tube, mucous membranes.	Hay fever, rose fever, etc., hard of hearing, adenoid infections, post nasal drip.
	5C Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions like a sore throat, etc.
THORACIC SPINE	6C Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup.
	7C Thyroid gland, bursa in the shoulders, the elbows.	Bursitis, colds, thyroid conditions, goiter, tennis elbow, tendinitis.
	1T Arms from the elbows down, including the hands, wrists and fingers, also the esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands, symptoms similar to carpal tunnel syndrome.
	2T Heart including its valves and covering, also coronary arteries.	Functional heart conditions and certain chest pains.
	3T Lungs, bronchial tubes, pleura, chest, breast, nipples.	Bronchitis, pleurisy, pneumonia, congestion, influenza, grip.
	4T Gall bladder and common duct.	Gall bladder conditions, jaundice, shingles.
	5T Liver, solar plexus, blood.	Liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis.
	6T Stomach.	Stomach troubles including nervous stomach, indigestion, heartburn, dyspepsia, etc.
	7T Pancreas, islands of Langerhans, duodenum.	Diabetes, ulcers, gastritis, hypoglycemia.
	8T Spleen, diaphragm.	Lowered resistance, acute and chronic infections, hiccoughs.
LUMBAR SPINE	9T Adrenals or supra-renal.	Allergies, hives, hypertension, anemia, hypoglycemia, obesity, hair loss.
	10T Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.
	11T Kidneys, Ureters.	Skin conditions like acne or pimples, eczema, boils, etc., auto-intoxication.
	12T Small intestines, Fallopian tubes, lymph circulation.	Rheumatism, gas pains, certain types of sterility.
	1L Large intestines or colon, inguinal rings.	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias.
	2L Appendix, abdomen, upper leg.	Appendicitis, cramps, acidosis, varicose veins.
	3L Sex organs, ovaries or testicles, uterus, bladder, knee.	Bladder troubles, menstrual troubles, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains.
	4L Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica, lumbago, difficult, painful or too frequent urination, backaches.
	5L Lower legs, ankle, feet, toes, arches.	Poor circulation in legs, swollen ankles, weak arches, cold feet, weakness in legs, leg cramps.

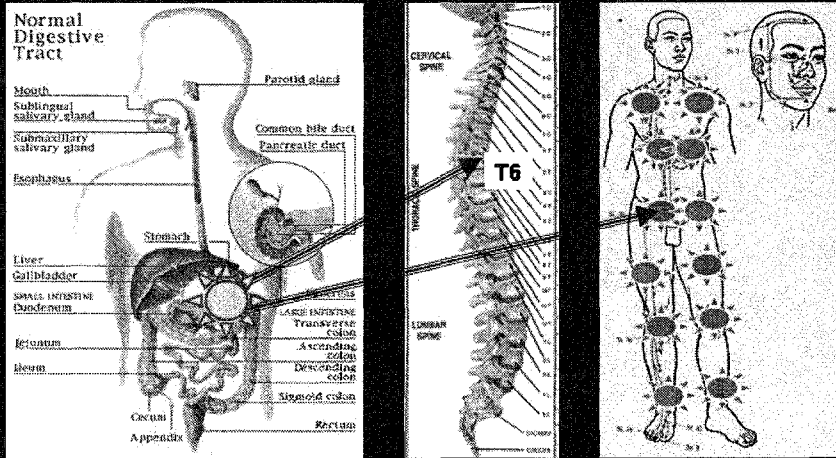
In the 1960's **biofeedback** was developed. The original biofeedback utilized the conscious mind to change body functions. For example, one might look at a meter of the pulse or blood pressure and use the mind to lower them to normal.

Cybernetic biofeedback does not use the conscious mind. It uses a computerized device to measure the electronic signals coming from the body and to send correcting signals back to the body to modulate the organs back to normal.

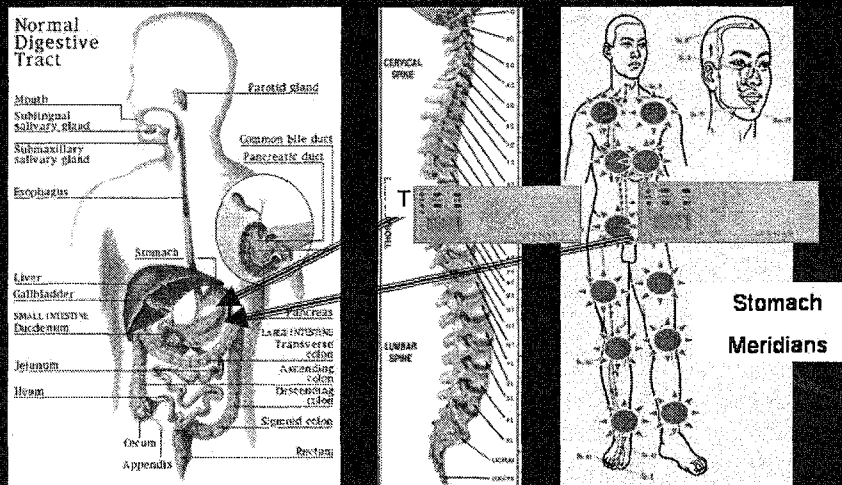
The primary device we use is such a cybernetic biofeedback device. It is called the SCENAR (Self Controlled Energetic Neuro Adaptive Regulator). It was designed by the Russian space program and was a military secret until Perestroika.

The SCENAR has a mode that measures the impedance of organs via the fibrous "wiring" system of the body. If a degenerative organ is found, electrons are provided to recharge the membranes. If the organs are inflamed, the device helps modulate it back to normal. Once the electronics of the cells are normal, the chemistry in the protoplasm goes back to work and healing occurs.

Example: As Stomach Becomes Sick, Impedance Around It Spreads To Skin And Spine Via Acupuncture Meridians And Perineural Nervous System. It Is Represented On The Skin As Sticky Areas Of Increased Impedance.



Example: Modulation From SCENAR Flows To Deep Organs Via Acupuncture Meridians And Perineural Nervous System.



In addition, we use various light frequencies to assist in restoring normal levels of ATP and to help eliminate free radicals (atoms that are missing an electron).

A variety of other devices may be used to measure and normalized the electronics of the body. Ask us about other things that you may have questions about.

LEVEL ONE "SCENAR THERAPIST" COURSE PREPARATION

Please review the SCENAR Quick Start Guide on CD

General Knowledge of Human Anatomy and Associated Terminology and Functions—if you are not a medical practitioner, a review prior to the SCENAR Seminar is advisable as this is not included in the SCENAR course:

- ✓ Muscular
- ✓ Skeletal
- ✓ Autonomic Nervous System
- ✓ Endocrine
- ✓ Organs
- ✓ Skin

Overview of How the SCENAR Helps A Person Achieve Optimum Health--
One of the most effective ways to understand and develop full potential for wellness is to learn how to:

- ✓ achieve a harmonious and balanced life style,
- ✓ create an accurate picture of current health,
- ✓ accept personal responsibility,
- ✓ obtain the energy necessary to help the body heal itself and
- ✓ develop the discipline to follow through with an individualized protocol for reversal of a pathway to disease and achieve future wellness.

This process begins by creating a health history and recording daily lifestyle behaviours and then collecting current biofeedback data. The SCENAR is one device that helps provide valuable biofeedback in this process of helping a person obtain information for personal assessment and data to share with health care professionals. This data is intended for informational purposes and should not substitute for additional advice provided by other medical professionals. As a reminder, a person should not use only this information for diagnosing or treating a health problem or disease, or self-prescribing any medication unless they are licensed to do so. The SCENAR manual should be carefully read and followed. If there is a concern or suspicion that a medical problem exists, promptly contact a health care provider. This information is not intended to substitute for informed and comprehensive medical advice.

There is a wealth of information to help us achieve and maintain our optimum potential for health. Resources are abundant from various sources. The Internet and numerous publications provide additional details about the complex interaction and impact of the physical, intellectual, emotional, spiritual, environmental and social aspects of our life. If a person is knowledgeable about wellness and their personal unique characteristics, they are well aware of the important role that nutrition, energy, exercise, sleep, water, and stress reduction play in a healthy lifestyle. Modern technology and advanced physics combined with ancient systems offer us the opportunity to wisely apply these dynamic interconnections. Thus, it is essential to become informed of basic energetic, biological, and chemical requirements for optimum health; to understand that it may require more than one modality or behavior change to obtain desired results; to become informed about these basic interactions and ultimately take responsibility for acquiring optimum health.

Overview of Biofeedback

Biofeedback, as defined by the National Library of Medicine MedLine database, is a process that uses instrumentation to give a person immediate and continuous signals of change in his/her bodily functions of which he/she is usually unaware. Relaxation and muscle re-education biofeedback therapy with the SCENAR/BF is similar to using a hand-held massager. A small amount of electrical current is applied at and around the affected area from the electrode pads on the underside of the device. During a treatment you

may experience a mild tingling sensation as a result of the biofeedback process. The device will emit soft bell tones as your body responds to the treatment and the therapy progresses.

Biofeedback treatment with the SCENAR/BF is non-invasive and drug-free. This therapy provides a welcome alternative to drugs, especially in disorders that require long-term management. Unlike some drugs, the SCENAR/BF leaves the mind alert. The dangerous side effects of drugs are avoided, including accidental, intentional, and/or suicidal overdosing. After treatment, there are usually no physical limitations imposed so you can resume normal activities. The treatment is simple and easy. People treated with the SCENAR/BF usually report a pleasant, relaxed feeling of well-being. The SCENAR/BF is only one therapeutic approach. It may be added to other therapies prescribed by your doctor. Generally, the SCENAR/BF will not interfere with most other treatments. Once you understand the basic procedures, you will find the SCENAR/BF is easy to use. Please read the entire manual thoroughly before using the SCENAR/BF.

Initial Biofeedback Research:

Biofeedback is a well-accepted therapeutic modality in modern medicine. A review of peer-reviewed medical literature via MedLine in 2002 reveals 3891 published articles on biofeedback and 18,472 articles on feedback in general relating to medical care. In its infancy, biofeedback used the conscious mind as part of the process of re-training the body. For example, one might repeatedly take the blood pressure. And then, using the mind to think about lowering high blood pressure, the body would gradually make changes to allow the blood pressure to drop to a more normal level.

Biofeedback Therapy:

Biofeedback therapy provides visual, auditory or other evidence of the status of certain body functions so that a person can exert voluntary control over a particular function, and thereby alleviate an abnormal bodily condition. Electrical devices are often used in biofeedback therapy to transform bodily signals indicative of such functions as heart rate, blood pressure, skin temperature, salivation, peripheral vasomotor activity, and gross muscle tone into a sound or light, the loudness or brightness of which shows the extent of activity in the function being measured. The recording and studying of the electrical properties of the nerves and skeletal muscles is called electromyography. It is often used in biofeedback therapy. SCENAR biofeedback therapy senses the same electrical activity but differs from electromyography, which is a diagnostic procedure. In SCENAR biofeedback therapy, electromyography is used to sense the response of the body to electro-stimulation in an adaptive, feedback process where each successive stimulation pulse is interactively modulated based upon the response to the previous pulse.

Development of the SCENAR for Biofeedback:

With the development of computers, instrumentation improved so that blood pressure could be taken automatically. The conscious mind would still be used to help the body to make the necessary adjustments, but more rapidly, and with greater ease. As computers became more sophisticated and provided faster processing speeds, it became possible to develop a "cybernetic loop" between the instrumentation and the body. Thus, the body's electronics could be measured in response to a signal sent from the instrument. The instrument could then send back a signal designed to modify the body's abnormal signal. The resulting response signal can then be measured and a new modifying signal returned, and so forth. Thus, with modern biofeedback, the body's abnormal electronics can be retrained. A Russian team of doctors and scientists, based at Sochi University and led by Alexander Karasev, an electronics expert and Alexander Revenko, MD, a neurologist, in the late 1970's developed a computerized method of treatment biofeedback that was energy efficient, multi-applicable, portable, and also, non-invasive.

Overview of Energetic Medicine (See handout from Jerry's PowerPoint Presentation and CD)

Energetic medicine teaches that the body is an information field composed of many separate information fields as defined by quantum physics. Thus the best way to alter pathology is via electronic information fields such as is capable with the SCENAR. The SCENAR device is an evoked response neuro stimulator (a standard medical term) combined with a dual biofeedback mode. This allows simultaneous diagnosis and therapy of the abnormal signals evoked from nerves. Secondly, traditional medicine perceives the body as a complex system of chemical reactions. Thus it is felt that the best way to alter pathology is via chemicals (pharmaceuticals). The universe, including humans and atoms, is composed of energetic Information Fields.

Human physiology is a quantic function, not a Newtonian or Theory of Relativity function. Quantum Mechanics functions at an energetic level. The most predictable and effective way to interact with human physiology is via frequency-based medicine or Energetic Medicine. To understand Energetic Medicine, one must have some understanding of quantum physics and how atoms work, it requires some basic changes in our understanding of "How Things Work" that have happened this century. A more comprehensive overview of Energetic Medicine is provided on the Energetic Medicine Lecture CD included in your packet.

Basic Knowledge of Scenar theory—*The following will be discussed:*

How Scenar works--*general mechanisms as you would explain them to your client*

The SCENAR/BF is a precision medical instrument used in biofeedback therapy. The Model BF—Biofeedback Electro-stimulator is used for:

- Relaxation Training
- Muscle Re-education

The SCENAR, Self-Controlled Energo-Neuro Adaptive Regulator, was developed for the Russian space program to overcome unique problems of space travel. Pharmaceuticals were impractical due to the specificity of each drug, leading to a need to store a large variety and quantity of drugs. Further, due to the introduction of toxins into the water recycling system, the treatment of one person might well treat the whole crew. SCENAR therapy was developed as an alternative means for promoting the body's own healing processes. SCENAR-therapy takes its name from the name of a device developed for this method of alternative medicine. SCENAR is a small device, powered by a single 9V- battery. SCENAR-therapy is a non-invasive drugless method of alternative medicine. It activates the body's own reserves in order to heal and make express-diagnostics for recognition of weak points. What makes SCENAR a unique physical therapy device is its constant 'dialogue' with the body, with the help of biological feedback. SCENAR-therapy is individually adapted for every patient. It is painless and conducted by putting the SCENAR device on to the skin.

The Russian-designed biofeedback device works by reading skin impedance and classifying the derived value according to one of three different pathological regimes: chronic illness with mainly general symptoms that require amplification of signals in the 15-60Hz range, sub-acute illness with mainly local symptoms necessitating reinforcement of signals in the 60-120Hz range and acute illness with mainly local symptoms for which dampening of signals greater than 120Hz is needed. (Hz stands for Hertz, the measurement of the number of times per second that a signal switches back and forth in polarity, also called cycles per second.) The SCENAR uses biofeedback to stimulate the nervous system in order to teach the body to heal itself (through biofeedback). The device normalizes pathological signals by amplifying deficient body electronics, as in retraining unused muscles to contract, or nullifying over-active body electronics, such as the signals that cause muscle spasms and pain.

Nerve Fiber Activation:

The C-fibers, which comprise 85% of all nerves in the body, react most readily to the electro-stimulation and are responsible for the production of neuro-peptides and other regulatory peptides. The body can get accustomed to a stable pathological state, which may have been caused by injury, disease or toxicity. The SCENAR catalyses the process to produce regulatory peptides by stimulation of C-fibers for the body to use where necessary. It is these neuro-peptides that in turn re-establish the body's natural physiological state and that are responsible for the muscle retraining and relaxation. As these peptides last up to several hours, the healing process will continue long after the treatment is over. Note: It has been observed that muscle retraining on one area may aid other chemical imbalances, thereby correcting disorders in other parts of the body. As the device is moved over the surface of the skin a tingling prickly sensation is felt. In cases of severe pain or acute conditions, the sensations may be stronger. Patients usually report that they experience an immediate reduction in pain and feel "energized" after a session.

Benefits of SCENAR-therapy--The SCENAR is:

- ✓ Safe
- ✓ Gentle
- ✓ Drugless
- ✓ Non-invasive
- ✓ Highly effective

- ✓ Positive effects appear after the first session
- ✓ Identifies weak points of the body
- ✓ Can be used together with a standard drug treatment
- ✓ Helps to decrease large doses of drugs
- ✓ Can help several conditions at the same time

Current US Federal Regulations regarding the SCENAR

The SCENAR is currently accepted for FDA as a class 2 biofeedback muscle relaxation and re-education device. The SCENAR is certified by the European Common Market equivalent of the FDA for pain control. Application has been made with the US FDA for use as a pain control, biofeedback device. Caution statement for United States: Federal law restricts the SCENAR/BF to sale by or on the order of a licensed health care practitioner. The SCENAR 97.4+™, Biofeedback-controlled electro-stimulator is regulated by the United States Food and Drug Administration, under the provision of the U.S. Code of Federal Regulations, Vol. 21, Section 882.5050, Generic Name: Biofeedback Device, Product Code: HCC, Class II. The FDA has exempted certain Class II devices from the 510(k) pre-market notification requirement in a Notice published in the Federal Register, January 21, 1998, p. 84, including battery-powered biofeedback devices for prescription use in relaxation training and muscle re-education.

Outside of the United States: The SCENAR 97.4+™ is available in most countries without a prescription but consultation with a qualified health care professional is recommended for difficult and unresponsive problems or when used in conjunction with pharmaceuticals or other therapeutic intervention. CE conformity statement for Europe: The SCENAR 97.4+™ has been found to be in conformity with the laws and regulations of the European Union as a Class IIa, Type B medical device. Electro medical Device Safety: The SCENAR 97.4+™ has been independently tested by the appropriate agencies to demonstrate conformity to the applicable standards in the United States and the European Union for medical equipment safety and electromagnetic compliance. Like the Rolls Royce automobile, slight imperfections in the appearance of your SCENAR may be apparent due to the hand crafting of each and every part of the SCENAR.

Indications for SCENAR Use

The SCENAR/BF is a biofeedback device indicated for use in relaxation training and muscle re-education.

Muscle Re-education—

- Relaxing muscle spasm
- Preventing or retarding disuse atrophy
- Maintaining or increasing range of motion
- Stimulating muscles in the leg and ankle of partially paralyzed patients to provide flexion of foot and thus improve the patient's gait

Relaxation Training—

- General muscle relaxation
- Reduction of "secondary stress" that often accompanies disabling injuries and disorders

General Contra-indications, Warnings and Cautions

Following are descriptions of general hazards that could result in injury to the user or the patient, or lead to product damage. Specific warnings and cautions are found in relevant sections of the SCENAR manual. While the SCENAR is safe and we have not had any reports to the contrary, please use caution when using the SCENAR until you are able to attend training. Training will provide you with the opportunity to receive maximum benefits. Remember to ask the patient if they have a pace maker or other electronic implant; are intoxicated, pregnant or suffering from emotional or mental conditions. Also be careful not to touch the SCENAR to any metal surface and do not allow the SCENAR to get wet. When using the SCENAR™ Biofeedback Electro-stimulator, please observe these basic precautions to reduce the risk of injury or equipment damage which may result in damage to the circuitry and thus void the warranty:

- ✓ Read and understand all instructions pertaining to the SCENAR.
- ✓ Follow all warnings and cautions on the SCENAR and in the Owner's Manual.
- ✓ Do not use the SCENAR for anything other than its intended use.
- ✓ Do not touch the SCENAR to any metal surfaces including jewelry
- ✓ Do not immerse any portion of the device in water or other fluids.
- ✓ Avoid spilling any fluids on the device.

- ✓ Do not disassemble the SCENAR.
- ✓ Dangerous voltages could be present. If the device needs repair or service, contact your dealer or an authorized service representative.
- ✓ Do not use the SCENAR without clearly identifying contraindications. Use of the SCENAR is contraindicated in patients with pacemakers, especially demand-type pacemakers.
- ✓ Concomitant devices (such as pacemakers) may be adversely affected by the electrical impulses generated by the SCENAR operation.
- ✓ Potential interference with other devices. Electromagnetic radiation from the SCENAR may adversely affect the operation of other medical and non-medical devices in the vicinity of the SCENAR. Verify compatibility with other devices before using the SCENAR.
- ✓ Do not operate the SCENAR in such situations before verifying that other devices will continue to operate properly.
- ✓ The SCENAR may be damaged by mechanical/physical abuse such as immersion in water or other fluids, drop exceeding 18 inches, impact from falling objects, excessive dust, vibration, or exposure to temperatures above 104° F.
- ✓ Do not expose any part of the SCENAR to chemical solvents or harsh cleaning fluids. Do not sterilize the SCENAR.
- ✓ Do not attempt to service the SCENAR yourself as opening or removing covers may expose you to dangerous voltage or other hazards and damage operating circuits. Refer all servicing to qualified service personnel.
- ✓ Do not use the SCENAR
 - If liquid has been spilled into the device.
 - If the device has been exposed to rain or water.
 - If the device does not operate normally when following these instructions.
 - If the device has been dropped or the case is damaged.
 - If the device performs abnormally.

Reported Effects of Scenar Therapy

Case studies report that SCENAR biofeedback therapy for muscle relaxation and re-education effects include:

- ✓ Therapeutic and revitalizing effects appear after the first session
- ✓ Achieved effects are intensive and long-lasting
- ✓ Recognition of weak points of the body and positive influence on them
- ✓ Stimulate the body's energy
- ✓ Balance homeostasis
- ✓ Eradicate repetitive Central Nervous System patterns
- ✓ Pain Relief
- ✓ Reduces inflammation
- ✓ Regulates body temperature
- ✓ Helps with coagulation
- ✓ Improves microcirculation
- ✓ Increases nutrients to damaged cells
- ✓ Removes toxins
- ✓ Balances Hormones
- ✓ Speeds wound healing and regenerates damaged tissue, ulcers (including peptic ulcers)
- ✓ Stimulates Parasympathetic and Balances Autonomic Nervous System improving digestion and sleep
- ✓ Improved sense of wellbeing
- ✓ Swift rehabilitation effects
- ✓ improvement of the general condition

As a result, SCENAR-therapy assists the natural healing process of the body and does not just take away the symptoms.

Because of highly-efficient influence of SCENAR-therapy on the body, it can help both acute and chronic problems (excluding those needing urgent clinical treatment). These might include problems of:

- ✓ Respiratory system and ear complications
- ✓ Digestive system

- ✓ Urogenital system (kidney problems, prostatitis, enuresis, cystitis, impotence, gynaecological complications)
- ✓ Joints' and back, muscular problems
- ✓ Sports related injuries
- ✓ Neurological system as stress, tic, neuralgia, hemiplegia, sciatica and lumbago
- ✓ Dermatological

This is not a complete list and every case is individual, it will be beneficial to discuss medical issues on an individual bases. Patients of any age can be treated. The sooner the treatment is begun, the faster and more effective the result will be.

General Guidelines Before Beginning Therapy

Ask the patient not to shower or bath two hours before and after the treatment. It may be necessary to shave the areas to be treated, as SCENAR requires electrical contact with the skin. It does not matter if the patient has eaten recently. It is best to treat on a table in a comfortably warm room, with the patient either sitting or lying. Before Starting Treatment:

- ✓ Explain the SCENAR biofeedback therapy
- ✓ Obtain a signed liability waiver (See example in the manual)
- ✓ Take a history of the patient's complaints – past and present, including the contra-indications.
- ✓ Before each subsequent treatments, obtain a complaint "here and now" to assess progress.
- ✓ Note any medication being used.
- ✓ Note any allergies, family history, etc.
- ✓ Current Complaints
- ✓ Ask the patient to point with one finger (if possible) to any areas of muscle spasm or extreme "tightness".
- ✓ Ask the patient to identify areas of muscle weakness or lack of coordination.
- ✓ Ask the patient to recall anything about the pain, e.g., character, severity, timing, radiation, etc.
- ✓ Ask the patient to point with one finger (if possible) to what is the most pressing problem right now, usually pain.
- ✓ Is there a movement that triggers or regenerates the pain?
- ✓ If possible, make the patient elicit/demonstrate the pain. Where appropriate compare with the opposite side.
- ✓ Test any weaknesses.

Skin Signs in SCENAR Therapy

Examine the skin properly before, during and after the treatment. The signs or treatment indicators will show where to work and the dynamics of the treatment process. Primary Signs Differences in the skin that may be apparent **before** treatment:

- ✓ Color
- ✓ Itching
- ✓ Erosions and Sores
- ✓ Rash
- ✓ Pigmentation and Spots
- ✓ Scars
- ✓ Scales

Possible Changes That May Appear During And After Treatment

- ✓ Hyperemia / pallor
- ✓ Focal pain
- ✓ Itching / Rash
- ✓ Local pain after treatment
- Another topical complaint

Algorithm Of Work With Scenar *(Primary And Secondary Signs, Asymmetry, Small Asymmetry):*

Primary—Patient is able to identify and point to the pain and/or difference of four higher in the Initial Reactance when in Diag-1 mode and/or an asymmetry is identified.

Secondary—Asymmetry area in another part of the body not previously treated.

Asymmetry-- The term asymmetry (meaning something different about the tissue characteristics in the vicinity, and only in the area, that is being treated or as a result of treatment such as:

- ✓ In the color of the skin (reddening or pallor)
- ✓ In patient sensation (numbness / hypersensitivity)
- ✓ Changes in the sound of the SCENAR when working- louder / quieter (the machine begins to chatter electronically when it hits the right zone)
- ✓ Stickiness of the electrode--sticky / non sticky (SCENAR drags with a magnet like quality as it is drawn over certain areas of the skin or glides smoothly)
- ✓ In pain sensation: pain / no pain
- ✓ Numerical display readings alter and are higher or lower

Small Asymmetry--When working in Diag=0 mode with the SCENAR, skin coloration changes in two ways: redness and pallor. A small white patch within a red area or vice versa, is called a small asymmetry and it is important to treat this.

Healing Crisis

A healing crisis may be a new complaint, increased thirst or feeling tired, flu-like symptoms, and/or increased pain more pronounced after treatment. Specific protocols will be taught to deal with a healing crisis and use of the SCENAR in combination with other therapies. Adverse effects, if they occur, are usually mild and self-limiting. Adverse effects seen in controlled, open, uncontrolled conditions, and by physician survey, and that are reasonably associated with the use of SCENAR therapy have included dizziness, skin irritation/electrode burns, and headaches. Prolonged SCENAR treatment at higher than necessary currents may cause dizziness or nausea. Paradoxical reactions such as hyper-excited states, increased anxiety, and sleep disturbances may occur. Patients are encouraged to get plenty of.

Clinical knowledge in SCENAR therapy

Specific detail will be taught during training and are included in your manual. You will be taught and be able to gain clinical knowledge in SCENAR therapy including: The general zones in Scenar therapy include; three pathways and six points, abdominal, collar, gynaecological, C7 and suprasternal notch.

- ✓ Horizontals & dermatomes (neurological segments)
- ✓ Reciprocal principles
 - Application for skin conditions
 - Application for muscular-skeletal disorders
 - Application for the gastro-intestinal tract disorders;
 - Application for the respiratory tract disorders;
 - Application in emergency situations
- ✓ Skills in operating Scenar device 97.4
 - Understanding the settings in the device (Diag0/1, Mod; Dmph; Intens; Z; Freq; Power)
 - Settings for acute or chronic illness.
- ✓ Knowledge of Scenar techniques:
 - Application of the following techniques: (when to apply, the aim, on which settings)
 - Principals: "Higher"/"All Higher"/"Stabilisation Technique - Measure of the reaction"
 - Zones in Scenar therapy
 - Working on the complaint
 - "Palm"
 - "Little wings"

Basic Treatment Methods

A. Initiating the treatment

- 1) Slide the SCENAR power switch (1) to the On position.
- 2) Reset the SCENAR by depressing the Increase (9) and Decrease (10) buttons together for 2 to 3 seconds. After releasing the buttons, the SCENAR will emit a series of short beeps indicating that the device has been reset to its default, factory values.

B. Setting the initial power

- 1) Before starting the procedure choose the power level for the SCENAR impulse action. Adjust the power to the "Above-Threshold" level as defined below:
 - ✓ Below-Threshold level of energy does not give subjective sensation.
 - ✓ Threshold level is sensed as slight vibration.
 - ✓ Above-Threshold level is sensed as comfortable electro-action.
 - ✓ Supra-Threshold level is sensed as painful electro-action (as shooting pain).
 The patient should experience a slight tingling and vibration, but no pain or prickliness as the

C. SCENAR is moved on the skin

- 1) Depress the On/Scroll Modes button (7) until "Diag=0" appears on the screen (11).
- 2) Set the SCENAR to the lowest possible power by depressing the Decrease button (10) until the low-pitched tone is heard.
- 3) Place the SCENAR electrode array (2) on the skin outside the area selected for treatment.
- 4) Increase the power to an appropriate level while on the skin by depressing the Increase button (9) until the patient feels a tingling on their skin. If the power is increased to a level that makes the patient uncomfortable, depress the Decrease button (10) until a more bearable level is reached.

How To Evaluate and Treat Based on the Initial Reaction

- 1) Reset the SCENAR by depressing the Increase (9) and Decrease (10) buttons together for 2 to 3 seconds.
- 2) Depress the On/Scroll Modes button (7) until "Diag=0" appears on the screen (11), then depress the Increase button (9) until "Diag=1" appears.
- 3) Place SCENAR electrode array (2) on the skin in the area under investigation. Remain in contact with the skin without moving. If the electrode does not have good contact with the skin, "Nobody" will be displayed on the screen.
- 4) The initial reaction (IR) measurement will appear on the screen. Record the position and IR value.
- 5) Repeat IR measurements in and around the area of complaint or skin signs.
- 6) Look for the area with the highest initial reactions.
- 7) Place the SCENAR on the area with the highest IR number and treat until the multi-tone bell rings. Treat for 3 seconds after the bell rings before removing the SCENAR from the skin. This is a 'Dose'. Record the 'Dose' value.
- 8) Then, compare areas of the skin that have had a 'Dose'. The one with the highest 'Dose' value is treated again until the relative speed of the reaction becomes 0; often, this will require a few minutes.
- 9) Compare the areas that have been taken to 0 and choose the area with the highest zero readings for treatment with modulation set to frequency Mod=FM and damping set to variable, Dmpf=Var for a period of two minutes.

The treatment is finished when you have completed FM/Var for two minutes in the area(s) indicated by high IR's leading to doses, high doses leading to zeros and high zeros leading to FM/Var. Asymmetries in the Individually Measured Out Mode As noted above in Basic Treatment Mode, it is important to treat asymmetries.

One way of identifying an asymmetry is to record a series of Initial Reaction (IR) readings:

- 1) While working in the Diag=1 or Individually Measured Out mode, with the SCENAR aligned with the patient's spine, start over cervical vertebra C7, take a reading and record the Initial Reaction (IR) reading (RRR—the number in the lower, left-hand corner of the screen).
- 2) Move down one electrode's width (about 1 1/2 inches), take and record another reading.
- 3) Continue taking and recording readings down the spine, until reaching the beginning of the crack between the gluteus muscles of the buttocks.

- 4) Now, take and record a reading on the neck. Usually, there will be room for only one measurement between the hairline and the starting position at C7. On a long-necked person, an additional reading may be possible.
- 5) Whenever an IR reading is greater than the initial reading at C7 by 4 or more units, a dose should be given and recorded.
- 6) Continue this pattern, until the entire spine is examined and treated.
- 7) Return to those areas with the highest dose values. Hold the device there until SS, the relative speed, (the number to the right of the timer) progresses to zero.
Now begin doing the same with the para-spinal route by going from the left of C7 to the right of C7, then to the left of T1 and to the right of T1, and so on down the back and then return to the neck.

Remove the battery when storing the SCENAR/BF for an extended time (more than 1 month). The battery is located on the reverse side of the SCENAR at the end opposite the electrode array (2). Depress the cover at the serrations and slide it off the device to reveal the battery. Always use the carrying case to transport the SCENAR/BF. When not in use, the SCENAR/BF should be stored in the carrying case provided. Clean the SCENAR/BF periodically. With the main power OFF, gently wipe the surface with a damp cloth. Use mild soap and water, if necessary. Use of other cleaning solutions may damage the case. Never spray cleaners directly on to the device. 70% isopropyl alcohol may be used on the electrodes to disinfect them between treatments, if desired.

Some Troubleshooting Ideas

- ✓ There is no sensation of current. This is normal for some people, try increasing the power or cleaning the skin with 70% isopropyl alcohol.
- ✓ There are no results. Vary the application locations. Treat all other areas of pain. Treat more often and/or for a longer time at a lower power.
- ✓ There is no output. Check the battery. Try increasing the power

The Connection Between the Autonomic Nervous System and the Pathway to Disease

Dr. Tennant's approach to SCENAR training includes a discussion about the Autonomic Nervous System and what he terms as the Pathway to Disease. To begin to understand the full benefits of the SCENAR it is helpful to understand that the principal control mechanism of the body is the autonomic nervous system. It has two parts, sympathetic (fight or run) and parasympathetic (eat and sleep). When the sympathetic turns on, the parasympathetic turns off. The sympathetic is turned on by the following mechanisms:

- ✓ You are really in danger of being hurt (some type of abuse)
- ✓ You feel in danger or you feel victimized (In a Box).
- ✓ Your pH is acidic = too much calcium in the blood and too little magnesium and potassium in the body.
- ✓ You become allergic to the foods you eat = wheat (gluten), corn, dairy and eggs are the most common because we tend to expose ourselves to them every day.
- ✓ You become toxic to something in the environment
- ✓ Actual trauma or pain

When we are sympathetic-on 24 hours a day, 7 days a week, we develop typical chronic disease and chronic fatigue. Parasympathetic shutdown means we don't make enzymes and don't have normal blood supply and innervation to the gut because the blood is sent to the muscles so we can fight or run better. That means that even if we eat a perfect diet and take \$100 worth of nutraceuticals a day, they won't be absorbed. Parasympathetic shutdown also means the large intestine won't work. Its main function is to conserve water. As the digestive sludge is delivered to the large intestine, it normally extracts the water. Without normal innervation and poor blood supply, this doesn't work well. There develops a waxy, oily coating of the large intestine. The wall of the gut becomes leaky and inflamed creating a leaky gut syndrome. This allows large molecule proteins to enter the blood, causing allergies. The blood tries to excrete them through the sinuses creating sinusitis. The debris invites Candida and parasites to live there because they like to eat the waxy, oily debris. Killing them does little thus they will keep returning until the parasympathetic system is re-activated.

When the sympathetic system is on, it also turns on all of the endocrine glands so that we can fight or run better. The brain makes more serotonin, dopamine, and nor epinephrine. The thyroid makes more hormone to increase metabolism. The parathyroid makes more hormone to increase calcium which is

necessary for nerve conduction and muscle contraction. The pancreas makes more insulin. The adrenals make more cortisol so more sugar is available. They also make more adrenalin. The gonads make more sex hormones which make us stronger. As we run out of nutrients, since the gut doesn't absorb them, we run out of raw materials to make hormones.

Since hormones are made from fat, this ridiculous low-fat diet craze doesn't help either. In addition to not having the proper building blocks to make hormones, the endocrine glands also just wear out from running 24/7. That means the brain can't think, our metabolism slows down so we gain weight we can't lose, lack of adrenalin makes it hard for us to deal with stress, lack of cortisol and insulin makes us hypoglycemic, and lack of sex hormones makes us impotent and then disinterested in sex. In addition to the endocrine glands, the sympathetic system turns on the immune system. It also runs 24/7 and wears out. We are then susceptible to both external infections and internal infections (the pleomorphic endobionts). Now we are set up for chronic fatigue and then organ failure. We are susceptible to all sorts of infections. Because our brain doesn't have the chemicals to think and we are low on adrenalin, we go from anxiety to anger to depression to anxiety to anger to depression. This causes our relationships to fail with our spouse, our parents, our children, our co-workers and our God. This is what I call the Pathway to Disease.

The degenerative phase causes the organ to slowly malfunction. Over time, total failure of the function of the organ is followed by organ death. To recover from the adaptation and degeneration of an organ system, it must be re-connected to the central nervous system or the recovery will only be temporary (no on-going) maintenance. This is most effectively accomplished with the use of the SCENAR. In either an acute injury or a chronic adaptation, the inductance of the skin over the troubled area will be elevated. The SCENAR is used in diagnostic mode to identify these areas. A change of +4 units is considered significant. Once we balance the autonomic system, the gut will start absorbing nutrients, the endocrine glands will rest and recover, the immune system will recover, and the body will be able to heal itself.

How The SCENAR works on a Disease

Due to a highly effective influence on the body, SCENAR activates the nervous fibres including the thin C-fibres. In such fibres the various groups of neuropeptides are the neuromediators. According to modern medical research, the body's biological functions are ensured by neuropeptides. As for example, endorphine provides a pain relief effect, vasopressin regulates memory and so on. The SCENAR makes neuropeptides start working actively on the body's treatment. As a result, the body heals itself by using its own reserves.

As with any therapy or treatment, patients need to accept responsibility for their health and understand the physical, mental, emotional, environmental, heredity and spiritual influences on wellness. The Russian experience suggests that it can be effective for a very broad range of diseases, including digestive, cardiovascular, respiratory, musculo-skeletal, urinary, reproductive and nervous system. Western SCENAR practitioners are reporting positive results with a wide variety of diseases and conditions.

Preparation for Case studies

You will be expected to present six case studies in order to show your ability to:

- ✓ Conduct a consultation;
- ✓ Plan an appropriate course of treatment;
- ✓ Work according to Scenar rules;
- ✓ Determine combinations of zones for general action with specific zones for the particular condition or disease;
- ✓ Apply different techniques "Higher", "All Higher", and "Stabilisation technique" where appropriate.
- ✓ Estimate a prognosis;
- ✓ Monitor the patient's condition throughout the course of treatment

When writing up a case study include the following details:- consultation form, tentative prognosis, treatment plan, techniques used and why, your notes for monitoring the progress throughout the course of treatment. When using the techniques, you have to enclose numbers in the chronological order. Verbal explanation of the techniques you have used may be required. You may also be asked for some clarification on any particularly interesting aspect of the case. Try to choose different types of conditions to demonstrate your breadth of

experience. (Eg chronic, acute, respiratory, gastro-intestinal etc). Lastly, do not write a lot, but give us essential information about the patient and your ability to give him/her an appropriate treatment. Only after accepted case studies, successful written and verbal assessment you will be granted a certificate of "fully accredited Scenar Therapist in association with Russian School of Scenar".

Case Study Examples

- 1) A patient, 36-years-old, suffered from Ankylosing Spondylitis for 19 years, said the following after the completing a SCENAR-therapy course: "Before this treatment, I could only see the shoes of the person I was talking with. Now I am able to look them in the eyes." Already after 6 procedures, the mobility of the spine increased, pain and the tension of the spine's muscles decreased. There was an improvement in the general condition of the patient.
- 2) A female patient of 40-years-old, while going through a divorce, suffered from stomach aches, insomnia, irritation, nervous tic. After the first two sessions she was much better: the tic and stomach aches disappeared; the sleep and general condition also improved.
- 3) A 53 years-old female was suffering from an anxiety attack that was a chronic problem for nearly 20 years. She received relief through drug therapy but the problem persisted. Placing the SCENAR on the Carotid Artery for two minutes caused the pain in her esophagus to "melt away".
- 4) A 47 years-old nurse suffered from occasional yet chronic outbreak of herpes blisters on her lips. She was not receiving relief after a week of medication. After placing the SCENAR on her lip for two minutes she reported immediate relief of pain and within two days the pain did not return, the blister scabbed over and completely healed.
- 5) A 70 years-old man suffered from unexplainable pain in his hips and neuralgia in his legs. His doctors could not give him an explanation or cure. After his first SCENAR treatment he obtained 90% relief from pain and after his second treatment he has remained 100% free for the past two months. His neuralgia in his legs has subsided and he now has feeling in his legs and feet.
- 6) After treating two infant siblings (7 months old and two years old) suffering from ear infections and fever for twenty minutes, both infants calmed down and their fevers dropped to normal readings.
- 7) A 53 years old woman had surgery on her colon nearly twenty years ago which left scar tissue that was now creating a blockage that was suggesting immediate surgery. After several treatments over a two day period, the pain subsided and her system was returned to normal elimination function thus surgery was not required.
- 8) A 32 years old man was unable to move his head up and down or back and forth after an accident. After one treatment he regained mobility and the pain has stopped.
- 9) A 42 years old man was treated after surgery on his Achilles tendon. The incision and surrounding tissue was irritated, swollen and inflamed. After three treatments he reported that the pain and swelling was gone and his surgeon reported a faster than normal recovery which allowed him to return to full function in half the projected time of rehabilitation.

Service and Warranty Commitments

SERVICE. The SCENAR/BF is not user serviceable. To obtain service, first contact sEnergy Medical Group, Inc., ("sEMG") for advice or a return authorization number (RAN). If necessary, send the entire unit, with all accessories, packed in the original carrying case, to sEMG. Send it insured, freight prepaid, and include a copy of your original invoice and a note describing the problem. Please do not forget to include your return address, including your phone number, and if you have them, a fax telephone number and/or an email address.

ONE-YEAR LIMITED WARRANTY. While in the opinion of sEMG, the SCENAR/BF ("product") is generally effective as a biofeedback treatment device for muscle re-education, health care is not an exact science and

individual results will vary. Accordingly, sEnergy Medical Group, Inc. and/or Perfect Solutions, LLC ("PSL") makes no warranties as to the effectiveness of its products for a given individual. sEMG warrants to the original purchaser that each new SCENAR/BF is free of defects in workmanship and materials under normal use for a period of one year from original purchase date, except for accessories. The warranty registration card must be completed and returned to sEMG to validate the warranty. Accessories, such as batteries and carrying case, are excluded from the warranty and are sold "as is" because they may be damaged before or during use.

During the warranty period, sEMG's sole obligation shall be at sEMG's option, to replace or repair the SCENAR/BF without charge. In order to recover under this warranty, purchaser must first contact sEMG by phone, mail, fax, or email for a return authorization number (RAN). Purchaser must provide a copy of the original invoice to prove that the product is still covered by warranty. The authorized return may then be shipped to sEMG safely packaged with freight and insurance prepaid. sEMG will not be responsible for damage due to improper packaging or shipment. If sEMG determines there is a defect covered by this warranty, the repaired or replaced product will be shipped back, freight and insurance prepaid, as soon as reasonably possible. If sEMG determines, in its sole discretion, that the product does not contain defective workmanship or materials, sEMG will return the product and bill for the return freight and insurance charges.

This warranty is voided immediately if the product has been subjected to abuse, accidental damage, damage in transit, negligence, acts of nature, or damage resulting from failure to follow operating instructions, or alteration/ disassembly by anyone other than by sEnergy Medical Group, Inc. or PSL. sEMG and/or PSL shall not be liable for any direct, indirect, special, incidental, or consequential damages, lost profits or medical expenses caused by any defect, failure, malfunction, or otherwise of the product, regardless of the form in which any legal or equitable action may be brought against sEMG and/or PSL (such as contract, negligence, or otherwise). In no event shall sEnergy Medical Group, Inc. or PSL's liability under any cause of action relating to the product exceed the purchase price of the product.

SCENAR Specifications

Size 6 3/4 in. x 2 1/4 in. x 1 1/4 in.

Weight 6 oz., without battery

Environment

Operating temperature

Operating humidity

Storage temperature

Storage humidity

15 - 40°C

5% - 85% relative humidity (non-condensing)

-40 - 60°C

5% - 85% relative humidity (non-condensing)

Power 9v DC +1v, -1.5v (7.5v-10v) from Alkaline 6LR61 (or equivalent) battery.

Brief History of the SCENAR

SCENAR (Self-Controlled Energetic (or Energo--Russian) Neuro Adaptive Regulator—SCENAR) was invented by Russian scientist for use in the Space Program by cosmonauts. They established a division to develop an energetic medicine device, which would fill the requirements of being effective for acute and chronic illness and be small enough to fit easily into the space capsules. The inventors received the Order of Lenin, which is like getting a Nobel Prize. The device has been widely used in Russian hospitals since the early 1980's. However, it remained a military secret until perestroika. At that time, the inventors were issued a patent for the device, and they began to make it available to the West. Zulia Valeyeva-Frost, MD is a Russian-born pediatrician who is practicing in London. She now focuses her practice to the use of the SCENAR. She has begun the arduous task of translating the Russian medical literature regarding the SCENAR into English. She provides Level I and II training.

Dr. Frost and her associates have also obtained the exclusive rights to manufacture and sell the SCENAR in the Americas and parts of the UK and Europe. Dr. Richard Kratz describes his experiences with the SCENAR as "highly effective therapy that provides non-invasive contact with the skin. The SCENAR sends low 9-volt electrical signals to the brain by way of the nerves to stimulate the brain to activate the body's own self-healing resources. Every cell and every organ in the body is controlled by and communicates with other cells and organs via electric signals. The skin, the brain and the nervous system are closely related since

they are all derived from embryonic ectoderm. The SCENAR imitates normal nerve signals and causes the brain to respond by sending pain relieving and healing electric signals....”

SCENAR Training

Zulia Valeyeva-Frost, MD provides Level I and Level II Certification training. Dr. Jerry Tennant accepted the position to provide SCENAR distribution and training for the SCENAR in the US. The training protocol has been mapped out by the Russians for three levels of training. Each level is separated by several months of experience and requirements of competency before taking the next level. Training became available January 2002 and monthly thereafter. Training and technical support are available in English by calling 866-514-8221 between 8-5 Central Standard Time. Training is available in Dallas as well as other cities as the need demands.

SCENAR Contact Information

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P/N 780-00101 Rev. A 020620

FOCAL QUESTIONS AND ASSESSMENT REQUIREMENTS
For LEVEL TWO "SCENAR THERAPIST" COURSE PREPARATION

Knowledge of Scenar theory:

- How Scenar works (general mechanisms as you would explain them to your client)
- Effects of Scenar therapy;
- Algorithm of work with Scenar (primary & secondary signs, asymmetry, small asymmetry);
- Contra-indications in Scenar therapy;
- Dealing with healing crisis in Scenar therapy;
- Combination of Scenar with other therapies;

Clinical knowledge in Scenar therapy

- General zones in Scenar therapy
- Horizontals & dermatomes (neurological segments)
- Reciprocal principles
 - Application for skin conditions
 - Application for muscular-skeletal disorders
 - Application for the gastro-intestinal tract disorders;
 - Application for the respiratory tract disorders;
 - Application in emergency situations

Skills in operating Scenar device 97.4

- Understanding the settings in the device (Diag0/1, Mod; Dmph; Intens; Z; Freq; Power)
- Settings for acute or chronic illness.

Knowledge of Scenar techniques:

- Application of the following techniques: (when to apply, the aim, on which settings)
- Principals: "Higher"/"All Higher"/"Stabilisation Technique - Measure of the reaction"
- Zones in Scenar therapy
- Working on the complaint
- "Palm"
- "Little wings"

Case study. You will be expected to present six case studies in order to show your ability to:

- conduct a consultation;
- plan an appropriate course of treatment;
- work according to Scenar rules;
- determine combinations of zones for general action with specific zones for the particular condition or disease;
- apply different techniques "Higher", "All Higher", and "Stabilisation technique" where appropriate.
- estimate a prognosis;
- monitor the patient's condition throughout the course of treatment

When writing up a case study include the following details:- consultation form, tentative prognosis, treatment plan, techniques used and why, your notes for monitoring the progress throughout the course of treatment. When using the techniques, you have to enclose numbers in the chronological order. Verbal explanation of the techniques you have used may be required. You may also be asked for some clarification on any particularly interesting aspect of the case. Try to choose different types of conditions to demonstrate your breadth of experience. (Eg chronic, acute, respiratory, gastro-intestinal etc). Lastly, do not write a lot, but give us essential information about the patient and your ability to give him/her an appropriate treatment. Only after accepted case studies, successful written and verbal assessment you will be granted a certificate of "fully accredited Scenar Therapist in association with Russian School of Scenar".

Quick Start Guide

This Quick Start Guide is intended to help you begin using the SCENAR before you are able to attend SCENAR Certification Training. It is provided to help you become comfortable with your SCENAR and should not be considered as comprehensive or a replacement for certification training, which will provide complete details and hands on instruction. Please read the SCENAR manual that accompanied your SCENAR and be aware of the contraindications. To maintain your warranty, follow the guidelines carefully for the care of your SCENAR.

There are several ways to use the SCENAR. As you gain knowledge and experience you will gain the skills necessary to develop your own approach to “What Works for Wellness”. There are several effective approaches. Individuals with very little medical or healthcare background have reported significant success even before their SCENAR Certification Training. Fortunately, it is difficult to hurt someone with the SCENAR. Just remember not to use it on people with pacemakers or other electronic devices implanted, or who are hypersensitive to electromagnetic stimulation and conduct a basic health history to identify problem areas. Also be careful around the carotid arteries or other veins that might have a blood clot. The basic concept is to find an ASYMETRY and treat it. An asymmetry is an area which is different from its surrounding area: it hurts, it is red, it will not work, it has difficult impedance readings (Initial Reaction) from the surrounding area, etc.

- You can treat in Diagnosis On or Diagnosis Off.
- You can treat a local asymmetry (where it hurts) or a general condition (spine and face).
- You can treat by measuring Initial Reactions and finding the abnormal readings or you can treat by looking for spots that are sticky, absorb the sound, and turn red.
- You can increase the body’s energy with default settings or with FM/Var.
- If you get readings over 20, you should re-alarm (dose) and reconnect (take-to-zero) the asymmetrical areas. If you get readings under 20, you should “pump in power” with default settings or FM/Var until you can get readings over 20. Then re-alarm and re-connect the asymmetry (ies).

The simplest way to get started with the SCENAR is with default settings.

1. Turn on the device. See that the on/off switch on the bottom edge is turned to “on.” Press the “On/Scroll” button.
2. Press and hold the “Up” and “Down” buttons at the same time to the count of three. Release them. You should hear a bell. Look to see that the lower left corner of the screen says, “59.3.” If it says, “*****,” press and hold the “Up” and “Down” buttons again.
3. Place the device on the neck just to the right of the spine. Now depress the “Up” button until the patient can feel the device. Increase

the power to an “annoying/just short of pain” level. Tell the patient that you want to put in as much energy as you can but that if the brain senses pain, the brain will shut off the area and you won’t get any results. Remember that you will likely have to reduce the power with the “Down” button as you proceed.

4. Now begin to paint around the neck. Move slowly and look for areas in which the skin feels sticky and the sound disappears. When you find such an area, paint it until the stickiness is gone and the sound returns. Then move on looking for another such area.
5. Once you get to the left side of the spine, retrace your path back around the neck over the front and back to the right of the spine. Then stop.
6. In this first treatment or in some future treatment, you will find that the shoulder involuntarily moves upward as you pass from the side of the neck to the front of the neck. This is called “Little Wings.” When the shoulder moves, hold the SCENAR in that spot for about 5-10 seconds. Remove it and then reapply it. You want to cause “Little Wings” about 5-6 times. Because this balances the autonomic nervous system, releases endorphins, and moves the plates of the skull, you will see significant changes in the patient after “Little Wings.” During the time the shoulders are moving, many patients will have uncontrollable laughter or crying. That is good.

I like to start with the neck in most patients because almost all chronically ill patients have an autonomic nerve imbalance. In addition, many people have the center of gravity of their skull mis-centered. This causes the body to have to move under the center of gravity to hold the head upright. Such distortion of the back causes headaches, neck aches, backaches, and a rotated pelvis and shortened leg. It interferes with the cerebro-spinal fluid pump. Correcting this system will help the body be able to heal whatever else is wrong.

Next one should consider if the parasympathetic nervous system is shut down. This occurs when the sympathetic system is active. The parasympathetic system controls digestion. If digestion is shut down, the body will not have the raw materials it needs to heal things. You must get it re-started. You will know the system is shut down if the patient has digestive symptoms. If so, go to the abdomen (the area from the bottom of the rib cage to the navel). Set the power to the sub-pain setting. If you go all the way to 250 without pain, paint the abdomen from the center to the edge. When you find sticky areas, loss of sound, or redness (asymmetries), paint the areas until they are normal. Then look for new areas. Finish with the abdomen.

Next we have to decide if we are dealing with a local or systemic problem. A local problem is generally identified by the patient being able to take a finger and point to an area that hurts. Have them do so as this helps focus the brain on this area. If the patient can’t point to an area that hurts but has several areas that are

troublesome or generalized complaints, you should treat it as a general problem. General problems are treated on the spinal area and the face:

1. Turn the device on.
2. Reset the device to default settings (press “Up” and “Down” buttons for three seconds and release. The lower left should say, “59.3.” If it doesn’t, repeat.
3. You are looking for areas that are sticky or silent (normally the device sounds like an electric razor when you move it across the skin). When you find such an area, move the device from right to left, left to right, down to up, and up to down looking for the stickiest direction. Paint it until the stickiness is gone. Then look for the next sticky area.
4. Place the device on the spinal area at C7 just to the right of the spine. Pull the device to the right about 4-6 inches.
5. Move the device down one device-width and adjacent to the right of the spine. Pull it to the right about 4-6 inches.
6. Repeat this down the right side of the spine.
7. Now repeat this process on the right side of the neck.
8. Next do the left side of the spine from C7 down and then the neck.
9. Now go to the face. You will need to re-set the power as the settings for the back will be painful if you try to use them on the face.

An alternative method is to use the organ-specific spinal nerve. This is useful if you know a person has a problem with a specific organ. Let’s say the person has heart disease. Look at the spinal nerve chart. You will see that the heart is T2 (second thoracic vertebra). Since the heart is on the left, you will go to the left T2 area. In your mind, draw a line from T2 to the heart-the line will be essentially horizontal with a slight downward path. Begin to paint along this path looking for stickiness or loss of sound. When you find it, paint it until the stickiness is gone and/or the sound returns. Be sure to paint over the organ (such as the heart) to pump energy into the area.

Initial Practice—This is just a brief overview, training and the manual will provide details

With the power lever on the side of the unit slid to the on position, the SCENAR is placed in Diagnostic mode by pressing the ON/SCROLL button and then quickly pressing the Up button. One can see the DIAG change from 0 to I, which is the same as Diagnosis off to on. If the display changes from the Diag screen before you are able to change the Diag 0 to 1, repeat this process beginning with pressing the ON/SCROLL button.

The SCENAR is then placed against the bare skin near the shoulder if one is checking the spine for a generalized condition or near the point of pain if the condition is local. The UP button is pressed until the power is elevated just to the point the client can feel a slight tingling. The sensation on the skin should be strong enough to be effective, penetrating and almost irritating but never painful.

Basic Scenar Operation Notes for Diagnosis, Chronic and Acute Conditions

Display Window—What you see

Lower left # – Initial reaction (skin resistance) – use with diagnosis (ex:21)
Lower right # – Ongoing reaction (ex: 21)
Upper left # – Timer – after 5 minutes -- ignore the symbols
Upper middle # – Measures connection to the brain
Upper right # – Coefficient – L/R indicating how long it will take to zero out

Menu

To scroll through the menus to change settings:

Hold down both the UP and Down buttons for approximately 2 seconds and then release, then quickly press the ON/SCROLL button. This will scroll you through the menu, at which time you can press the UP or Down buttons to modify the chosen settings until you reach the level appropriate for the client.

1. Diag = 0 1 (Pg 10, Introduction)
2. Mode = off 1:1 2:1 3:1 4:1 5:1 Fm (Pg 11, Introduction)
3. Dmpf = off Sk1 Sk2 Sk3 Sk4 Var (Pg 12, Introduction)
4. Intens = 1 2 3 4 5 6 7 8 (Pg 14, Introduction – leave at default =1)
5. Z = 10 → 20 → → → 80 (Pg 15, Introduction – leave at default = 20)
6. Freq = 351 180 121 90.3 59.3 29.7 15.3 (Pg 16, Introduction)

NOTE:

- If the SCENAR switches screens on you before your are able to change your setting, pressing the ON/SCROLL button will bring you back to where you just were.
- Always reset the device when changing anything!! This is done by pressing the UP and DOWN buttons at the same time - hold for approx 2 seconds.
- The SCENAR will automatically put itself in power-save mode within a few minutes of no activity. To reactivate, it press the ON/SCROLL button

To Take Measurements and prepare for Diagnostics

Press the UP and DOWN buttons simultaneously for approximately 2 seconds to reset the unit, then quickly press the ON/SCROLL button to change the Diag mode to 1. Place the SCENAR on the skin near the right shoulder (or near the point of pain if the condition is local) and press the UP button until the sensation is annoying, but not painful. Record the power setting on the form provided. This intensity becomes your benchmark for subsequent readings and may increase in intensity as the patient's system awakens thus you may need to decrease the setting by pressing the DOWN button. To proceed with the diagnostics, move the device to each location. Upon lifting from the skin, allow the screen to display Nobody before setting on the next location. As soon as the SCENAR establishes contact with the skin, it will beep; hold down until you hear another beep and note the number on the bottom right of the screen. If you continue to hold, the device will continue increasing the intensity until it goes into the alarm or awaken mode, at which point the number on the bottom right will have an asterisk next to it (ex: 30)). Note this number on the form and move to the next location. If you are unable to get a reading and the display widow continues to say Nobody, you have an indication that this is an area that needs awakening. Note this on your form by documenting "Nobody" or "slow response".

Diagnosis

- a) Using one finger, can the client point to the area of pain? If they can, then treat at that point -- otherwise proceed to step b.
- b) Start at C1-7 on neck and document readings on a form (to be provided during training). You may also want to mark the back. Next begin at T1 on the Spine and take readings down as far as you can through the Lumbar. Next take readings on the face. This is explained in item 2 below as the 1st Path.

Diagnose and Treat the Spine (See item b above)

For diagnostic purposes set your device at factory default settings, then change

Diag = 1

Diagnostic Settings

Diag – 1 (change from default)
Mod – Off (default)
Dmpf – Off (default)
Intens – 1 (default)
Z – 20 (default)
Frequency – 59.3 Hz (default)

1. Determine *power* by holding the SCENAR on the skin near the right shoulder and pressing the UP button until the sensation is annoying, but not painful. Record the power setting on the form. (Forms and Charts will be provided during training)
2. 1st Path – Neck and Spine - Start at C7 if possible then proceed to T1 (bone at bottom of the neck) and take measurements all the way down the spine.

You are looking for a differential of 4 from the first measurement. If you find a measurement more than 4 above the first one, *alarm or awaken* it (by holding the device in place until you hear a beep.) If there is a big difference, or it is the second time you see a differential of 4 in the reading, go ahead and

reconnect to the brain by holding the device in place until the upper middle number becomes 0. Enter all information on the form.

- i. Example: 20
- ii. (1st Pass) 19
 - a. 24/30 (*alarm/awaken*)
 - b. 24
 - c. 28/35/60(0)
(35 is larger than 30 so *reconnect* this one)
 - d. 20
 - e. 19
 - f. 32/40/55(0)
 - g. 16
 - h. 18
 - i. 36/38 (*Reconnect* this one also)

On the second pass *treat* the highest measurements using FmVar settings. In this example that would be the 28, 32 and 36, each of which has been *reconnected to the brain*. Reset the SCENAR. Change Mode to *Fm* and Dmpf to *Var*. Re-establish the power (this time the power should be as high as possible without being painful) and hold the device on that spot for 2 minutes. *Alarm/Awaken* at the end of every path.

3. 2nd Path --Para spinal - Reset and determine power as explained above. Starting at T1, take measurements on each side of the spine (left then right, all the way down). Remember, you are looking for a measurement

that is 4 or more above the first one on the first path. Treat each high measurement as explained above. *Alarm* at the end of every path.

4. 3rd Path -- Face – Reset and determine power using a place on the upper outside of the cheek. Take measurements on each side of the face (patient's right to left) starting on the chin, then near cheekbones and finally eye sockets just below the eyebrows. Treat each high measurement as explained above. *Alarm* at the end of every path

Treatment for Chronic Conditions on a Specific Spot (See item 1. under Diagnosis)

Always determine whether the problem is acute (very recent) or chronic (on going). If you can't make a distinction, treat both ways.

SCENAR Treatment Settings

<p>Treatment - Acute Inflammation (Very Local)</p> <p>Power – High</p> <p>Diag - 0</p> <p>Modulation – 3:1</p> <p>Damphing – Sk2</p> <p>Frequency – 121</p>	<p>Treatment - Chronic Inflammation (General Aches)</p> <p>Power – Comf/High</p> <p>Diag - 0</p> <p>Modulation – Fm</p> <p>Damphing – Var</p> <p>Frequency – 15,3-59.3</p>
---	--

Treat the area of identified pain

1. Determine *power* by holding the SCENAR on the skin nearby and pressing the UP button until the sensation is very annoying, but not painful. Average *power* is 30.
2. Take measurements at multiple places around the trouble spot. Imagine a compass face and take measurements of areas to the North, South, East, and West of the trouble spot. Mark all high numbers on the skin. Do the

same thing to an equal spot on the opposite side of the body. Treat all the high readings –

- a. *Alarm* the spot and then *reconnect to the brain*
 - b. Reset the SCENAR and *treat* using *FmVar (Chronic Inflammation Treatment)* as explained above in “Treat and Diagnose the Spine (#2)
 - c. After all high spots have been treated, re-measure to determine improvement
 - d. If improvement is not evident, change the SCENAR settings to *Accute Inflammation Treatment* and use a painting motion, moving over and over the problem area. Use small, directional strokes – right to left, left to right, up to down or down to up
 - e. Again take measurements to assess improvement. If there is still little improvement, try different frequencies
- c) If the spot is on the spine, hold the device on the spot (stationary) for 2 minutes. Then go to the side of the spot and move over and over in a painting motion --- small, directional strokes – right to left, left to right, up to down or down to up. Always move away from the spine. Don't cross over the spinal column. When using the painting motion three conditions may exist which would mean that you not only need to keep treating, but should do so with more energy:
- There is no noise – you can't hear it
 - The SCENAR seems to be sticking to the skin, like a magnet
 - The skin is a patchy red with tiny white spots

Continue treating until all of these conditions are gone, not to exceed 20 minutes. After 20 minutes stop the treatment and try again the next day.

For Treating Acute Conditions and “Little Wings”

Settings: Diag = 0
Mod = 3:1

Dmpf = Sk2

Freq = 121

Increase past 70 until patient feels that it is at the proper intensity

Place the SCENAR centered below the ear and hold until your shoulder spasms up. You should be able to feel and hear the noise in the ear and tenseness in the shoulder. Hold for five cycles of the shoulder spasm. You may need to move the SCENAR around on the neck and trapezoid to find the right spot. If the patient is particularly stressed or tense, you may not get a reaction on the first try. Patients report an increased relaxation in the neck, pain “melting” away and a sensation of an automatic realignment of the spine. This therapy seems to stimulate the parasympathetic system. Another therapy that seems to stimulate and help balance the autonomic nervous system is to place the SCENAR on the carotid arteries on both sides of the front of the neck for two minutes each with the FMVAR setting mentioned above for chronic conditions.

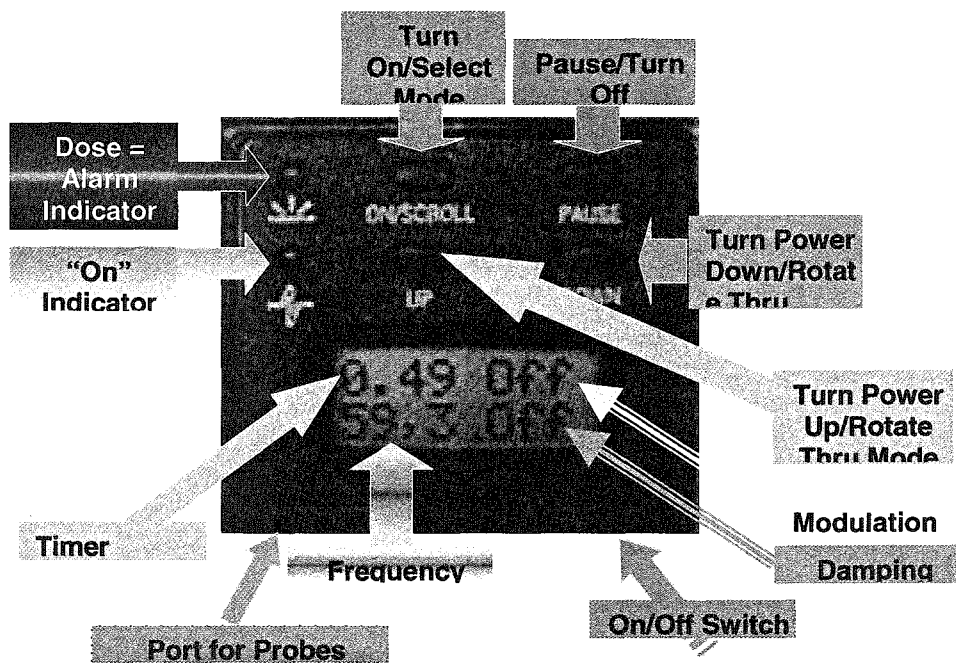
Please remember that the preceding outline is provided to help you become comfortable with your SCENAR and should not be considered as comprehensive or a replacement for certification training, which will provide complete details and hands on instruction.

**“If treatment leads to successful outcome,
this outcome is a result of activation of
internal mechanisms for healing.”**

E.Wale

SCENAR 97.4

INTRODUCTION LEVEL 1 TRAINING COURSE



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Web site: <http://www.netscenar.com>

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E-mail: info@SenergyMedicalGroup.com

Note: This manual contains two sets of page numbers. The numbers at the bottom are Chapter Numbers and start over with each chapter. The numbers at the top of each page are manual numbers and are consecutive throughout the entire manual.

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REMEMBER

*The SCENAR will be licensed in the United Kingdom
For pain relief ONLY.*

In terms of using the SCENAR for any other conditions, the information here is based on the experience of the Russian doctors.

No official evaluation of the Russian claims has been made within the UK to date. Any information in these manuals should not be taken as a substitute for qualified medical advice.

We make no claims for anything other than pain relief.

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WHAT IS A SCENAR and WHAT'S SCENAR THERAPY? Historical Reference

Scenar device is called Self-Controlled Energo Neuro-Adaptive Regulator.

Scenar Therapy is non-drug medical technology, which is directed at activating the self- healing resources of the human organism.

The device was invented in Russia nearly 20 years ago, in order to keep cosmonauts in good while in space and the group of scientists who developed it were awarded many times with government awards. In 1986 the first SCENAR device, having passed technical and clinical trails, was given permission by USSR Medical Council to be used in hospitals and in homes.

“SCENAR” is a trademark (according to class – therapeutic device and apparatus, electro-stimulators), registered in the state list of trademarks in USSR from 23 October 1989.

Together with the Committee for New Medical Technology and the department for “Non-drug Methods of Treatment” were issued 7 compilations of “SCENAR-therapy, SCENAR-expertise” where questions of therapy and practice of SCENAR-therapy are reflected.

Eight international conferences and 20 inter-regional seminars were held (Odessa, Ekaterinburg, S-Petersburg, N-Novgorod, Rostov-na-Donu) on SCENAR therapy and SCENAR-expertise.

The SCENAR device is capable of preventing many health problems and restoring health.

Scenar device is licensed as a pain relief in the UK.

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In order to avoid making any medical claims, simply speak of the experience of the Russians. "According to Russian research, SCENAR therapy"

HOW DOES IT WORK?

- The device works on the skin surface, stimulating all structures of the skin. It works on two basic principles:
- Acupuncture and Zonal therapy.
- In response of Scenar impulse, regulative neuro-peptides are released.
- Affects the whole system because regulative peptides metabolism has a cascade effect
- Operates on the Mind/body
- Regulates homoeostasis
- Wipes out repetitive Central Nervous System patterns

IS THERE ANYONE THAT CANNOT BE TREATED?

- Those with cardiac pacemakers – absolute contra-indication
- Those with cardiac fibrillation (not for beginners).
- Intoxicated individuals.
- Overly sensitive individuals. (Those who faint or go into shock easily).

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- People suffering with severe mental disorders

WHAT CONDITIONS SCENAR CAN TREAT?

The Russian experience suggests that it can be effective for a very broad range of disease processes, including:

- ◆ Diseases of the digestive system;
- ◆ Cardio-vascular system;
- ◆ Respiratory system;
- ◆ Musculo-skeletal system;
- ◆ Urinary system;
- ◆ Reproductive system;
- ◆ Nervous system;

- ◆ Diseases of blood;
- ◆ Disorders involving immune mechanisms;
- ◆ Endocrine, nutritional and metabolic disorders.

It is also useful for managing

- ENT diseases;
 - Eye diseases;
 - Skin conditions;
 - Dental problems

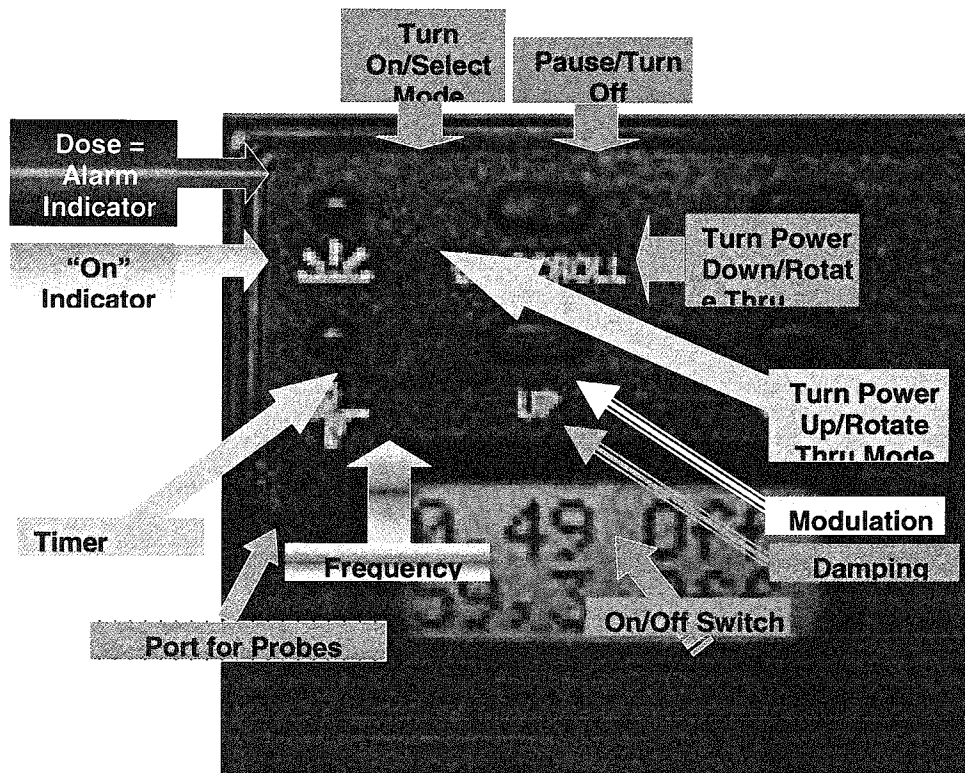
It has also been found beneficial

- in burns,
- fractures,
- insect bites,
- allergic reactions;

- Stress and mental depression, etc.

It is known to give great relief from any types of pain.

SCENAR 97.4



The SCENAR switches itself off after 5 minutes if no settings have been changed.

When 'Nobody' appears on the screen for 30 seconds, it switches itself off.

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Releasing will restore factory default settings.

When switched on and after changing the power, the power level is displayed in the top left hand corner of the screen for two seconds, after which it changes to a timer.

In Diagnosis 1, damping cannot be changed.

In intensity 2 to 8, modulation and frequency will be set at factory default settings.

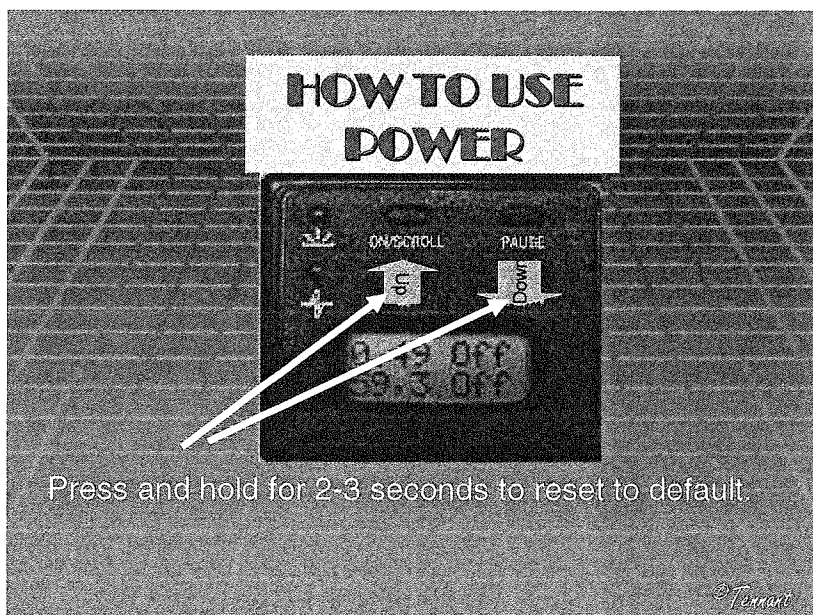
POWER

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By convention, we say that:

- Below-threshold level of energy does not give subjective sensation;
- Threshold level is sensed as slight vibration;
- Above-threshold level is sensed as comfortable electro-action;
- Supra-threshold level is sensed as painful electro-action.

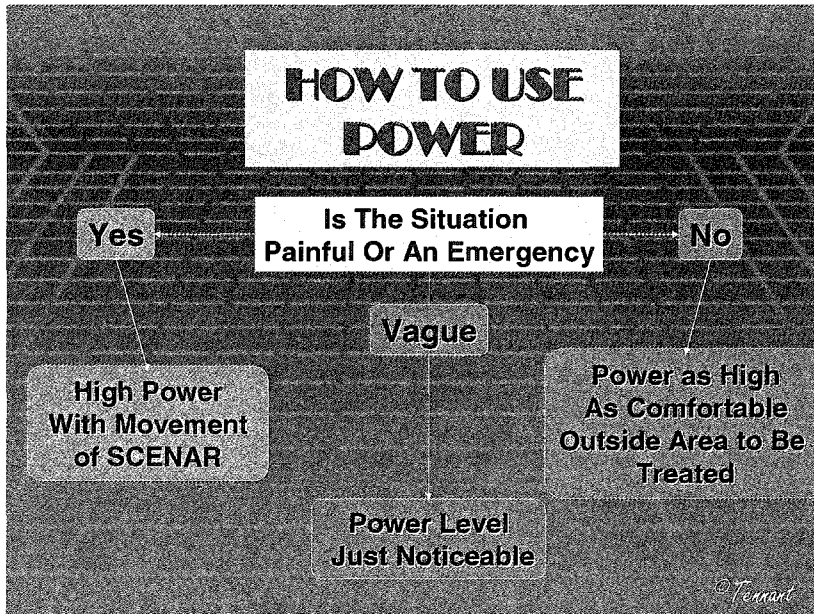
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HOW TO USE POWER



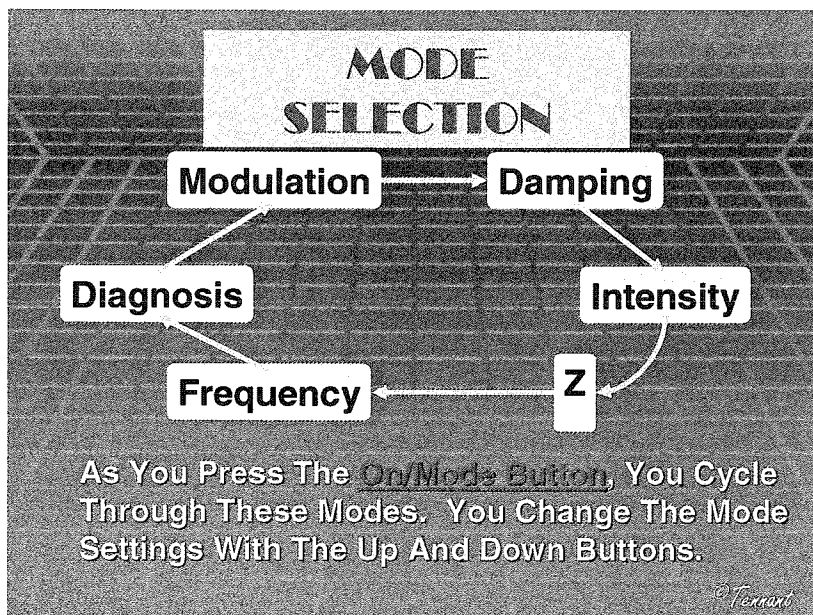
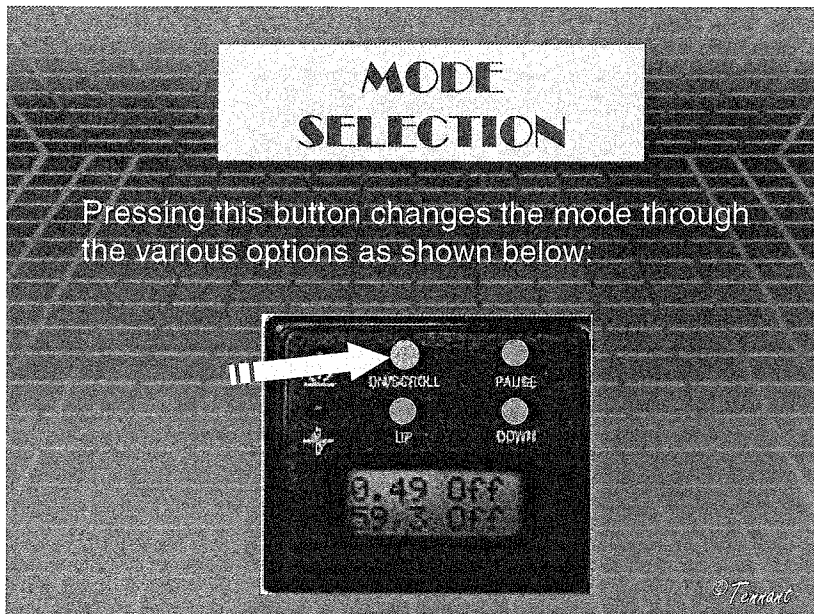
MODE SELECTION

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After changing one of the modes, when you press the mode selection button again, the mode that was changed reappears on the screen first.

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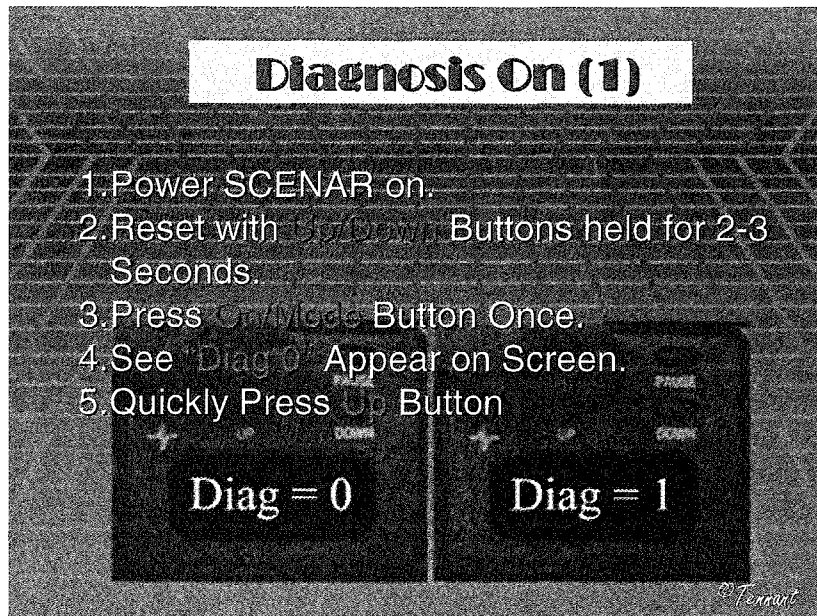
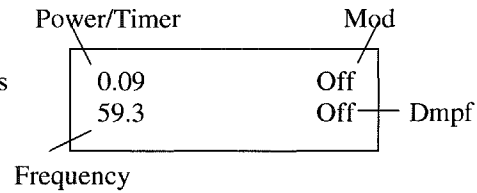
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DIAGNOSTIC MODE

- 1 Switch Machine on.

- 2 After a few seconds the screen shows

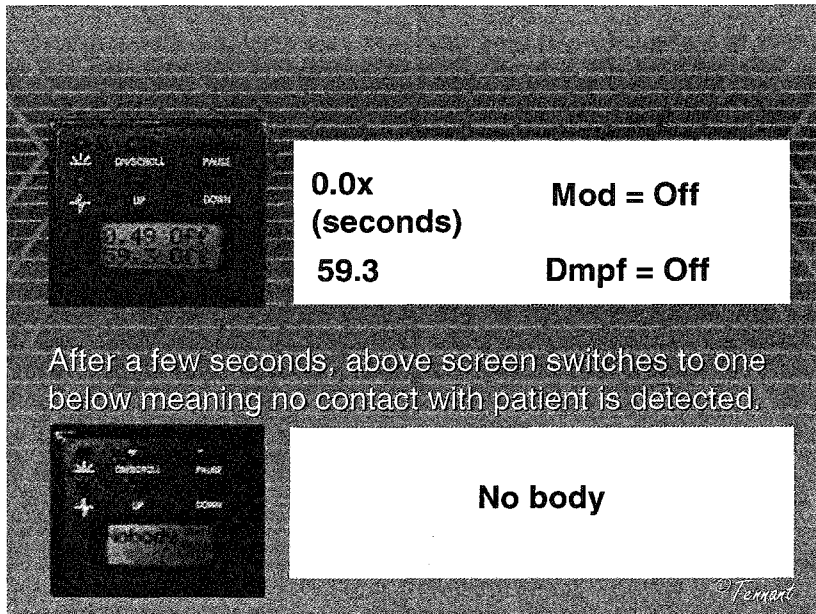


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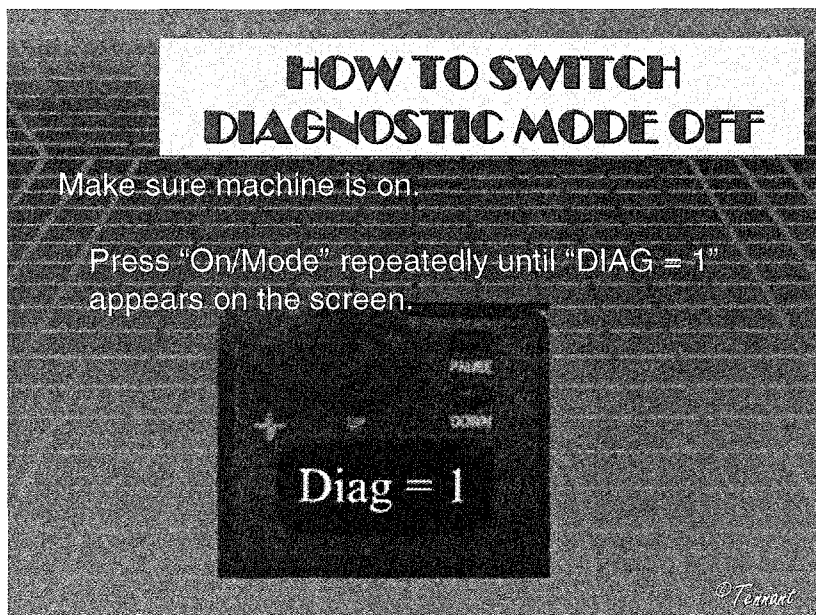
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HOW TO SWITCH DIAGNOSTIC MODE OFF

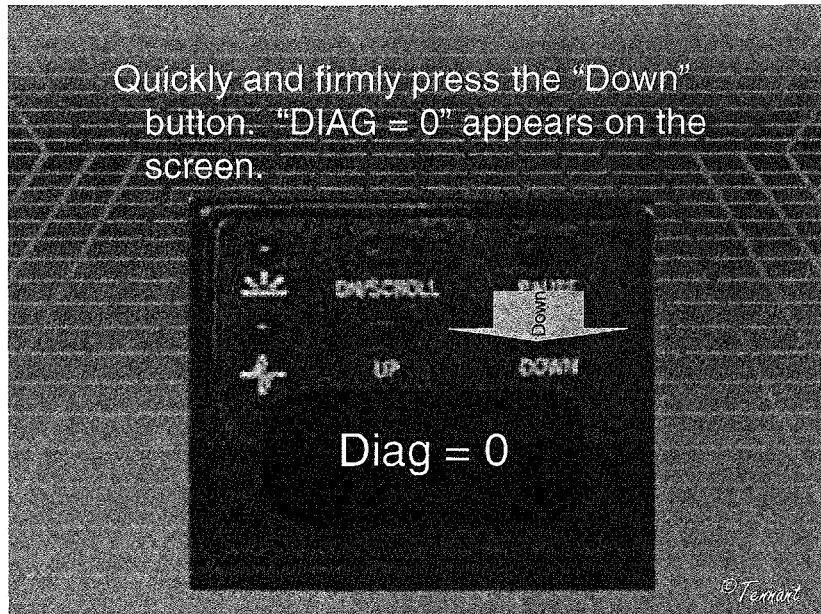


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
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MODULATION

Modulation is the ratio of time the machine is working to not working.

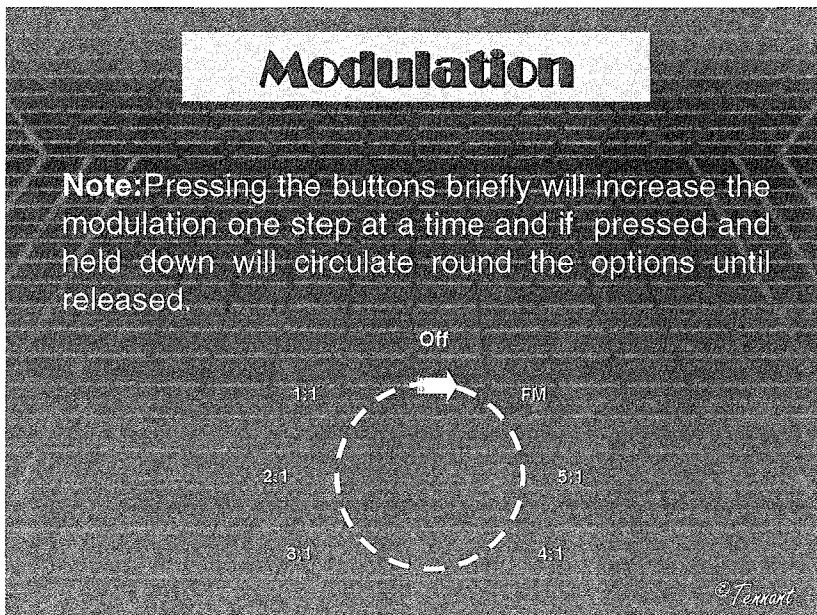
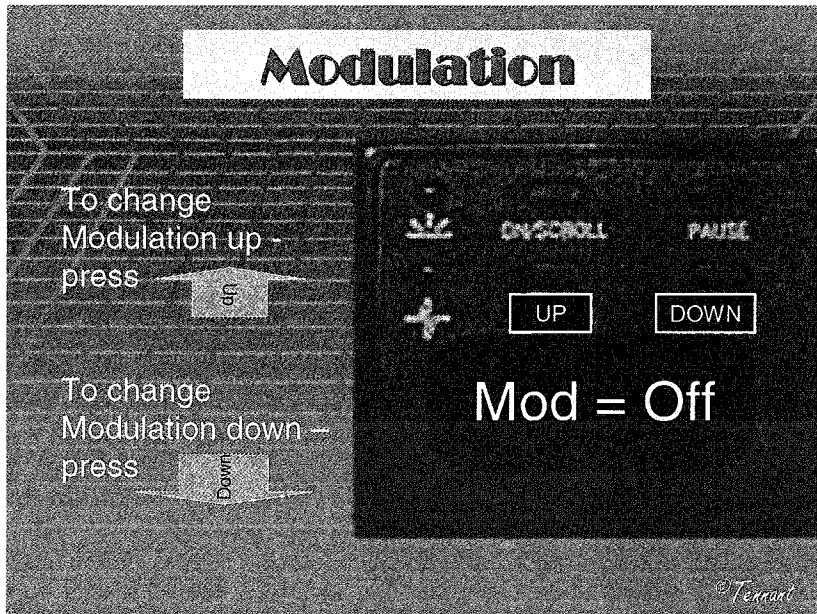
- 1 Set SCENAR at factory default settings.
- 2 From factory default settings, press  twice until "Mod = Off" appears on the screen.

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Note: Pressing the buttons briefly will increase the modulation one step at a time and if pressed and held down will circulate round the options until released.

HOW TO USE MODULATION

1. SCENAR needs to be kept still on the skin when using this facility.

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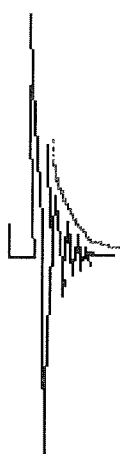
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2. Acute conditions with significant reaction during treatment - use 3:1, then 1:1.
3. Acute conditions without reaction during treatment - use 3:1 to 5:1, then 3:1 or FM.
4. Chronic conditions - use as with 3.
5. For stimulation of muscle contraction – use 3: 1 or 4:1.

Dmpf – DAMPENING OF THE WAVE FORM



Damping is the change in the initial form of the signal. Damping also controls the corresponding dynamic response of the organism at action. Damping has to do with the shape of the wave, form introduced into the body. For example, a sharp wave will elicit a particular response and damping alters the properties of the respond.

Sk1

Sk4

Sk2

Sk3

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Dmpf – DAMPING OF THE WAVE FORM

Damping is the change in the initial form of the signal. Damping also controls the corresponding dynamic response of the organism at action. Damping has to do with the shape of the wave form introduced into the body. For example, a sharp wave will elicit a particular response and damping alters the properties of the response.



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Damping

- Dmpf can only be altered when in Diag = 0.
- From the factory default settings, press three times until
- "Dmpf = Off " appears on the screen.

ON

To change Dmpf up, press



- To change Dmpf down, press



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Note: Pressing the buttons briefly will increase the damping one step at a time and if pressed and held down, will circulate round the options until released.

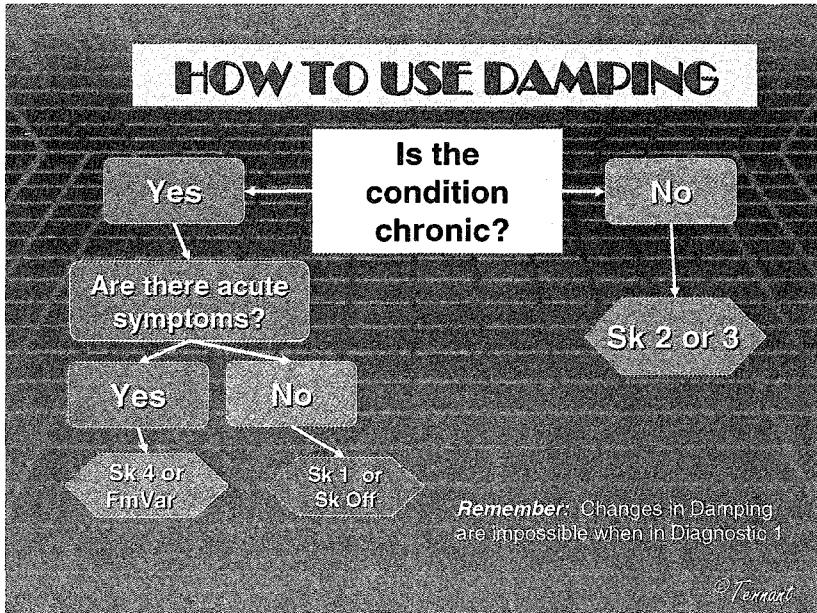
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HOW TO USE DAMPING



INTENSITY

Intensity is the number of impulses in each bundle at with frequency 59.3 Hz. In the wave form, it denotes the number of peaks in the wave.

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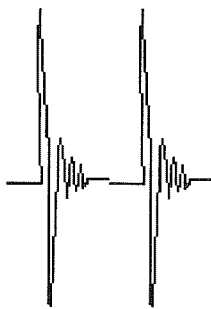
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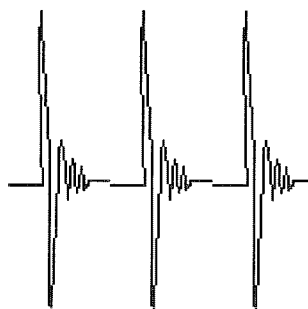
INTENSITY

Intensity is the number of impulses in each bundle at with frequency 59.3 Hz. In the wave form, it denotes the number of peaks in the wave.

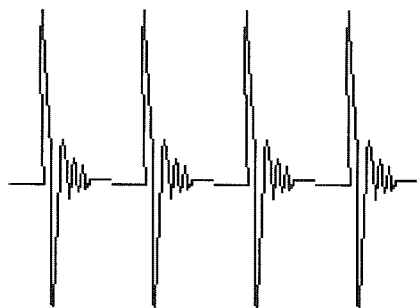
Fennard



Intensity 2



Intensity 3



Intensity 4


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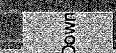
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INTENSITY

From factory default settings, press  four times until "Intens " appears on the screen.

To change Intensity up, press  (Max = 8)

To change Intensity down, press  (Min = 2)

Note: Intensity does not circulate round – only goes up to 8 and back down again, depending on which button is pressed.

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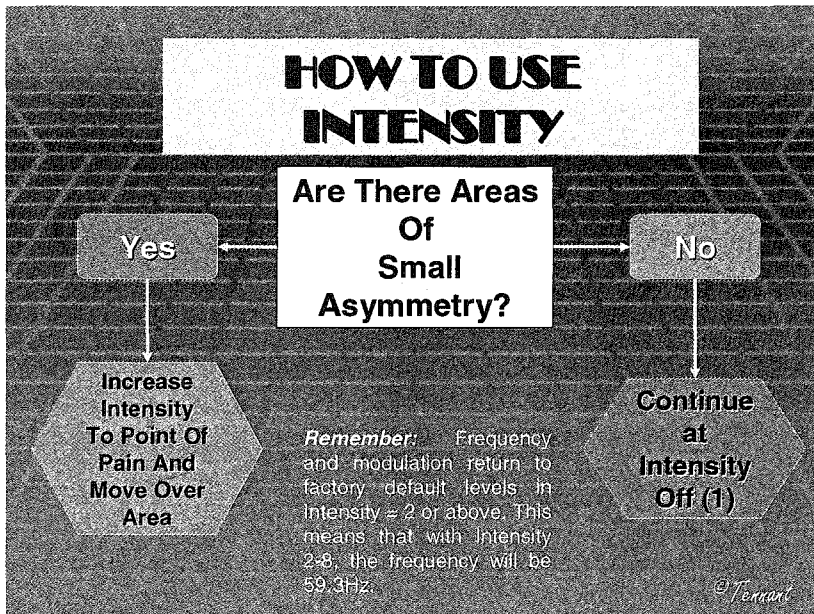
HOW TO USE INTENSITY

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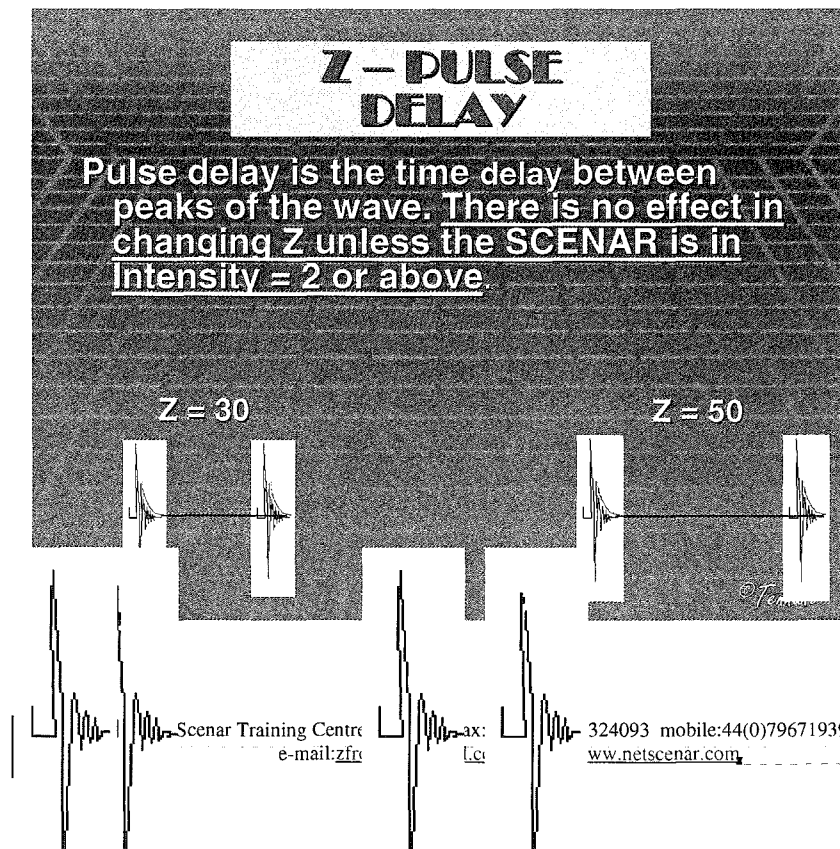
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Z – PULSE DELAY



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1 2 3 4 5 6 7


1 2 3 4 5 6 7 8 9


Z = 30

Z = 50

**Z – PULSE
DELAY**

From factory settings, press  five times until "Z =" appears on the screen.

To change Z up, press  (Max 80)

To change Z down, press  (Min 10)

Note: Z does not circulate round. It only goes up or down according to which button is pressed.

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HOW TO USE PULSE DELAY




When general symptoms predominate, use pulse delay 10 to 40.
When local symptoms predominate, use pulse delay 40 to 80.

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FREQUENCY

Frequency is the number of complete oscillations per second.

- 1 Frequency cannot be changed when Intensity = 2 or above.
- 2 From factory settings, press  six times until "Freq = 59.3 Hz" appears on the screen.
- 3 To change Frequency up, press  (Max 351 Hz)
- 4 To change Frequency down, press  (Min 15.3 Hz)

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FREQUENCY

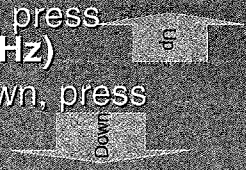
Frequency is the number of complete oscillations per second.

Frequency cannot be changed when Intens = 2 or above.

From factory settings, press six times until "Freq = 59,3 Hz" appears on the screen.

To change Frequency up, press **Up** (Max 351 Hz)

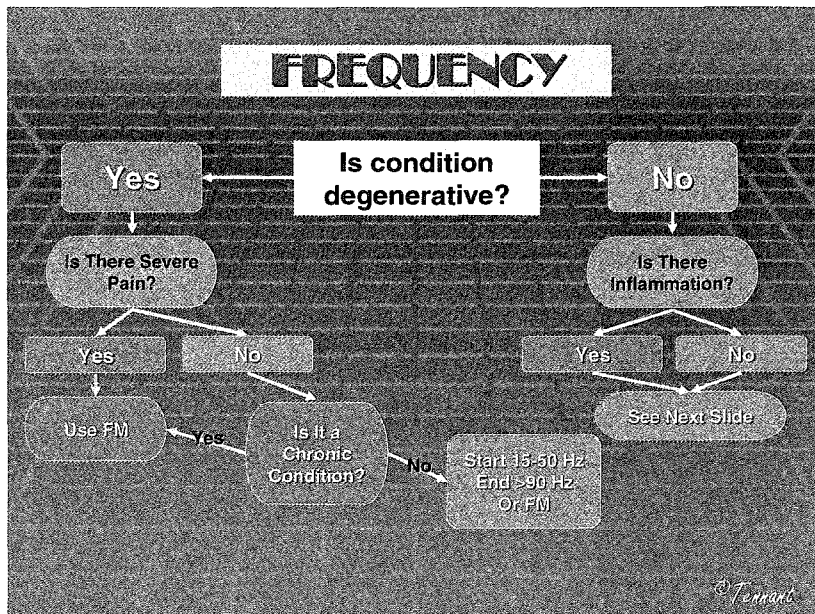
To change Frequency down, press **Down** (Min 15,3 Hz)



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Note: Pressing and releasing the button causes a change in small increments. Pressing and holding causes a continuous change in frequency. However, at the following numbers, 29.7, 59.3, 90.3, 121, 180, the numbers stop and it is necessary to release the button and press again to continue changing.

HOW TO USE FREQUENCY

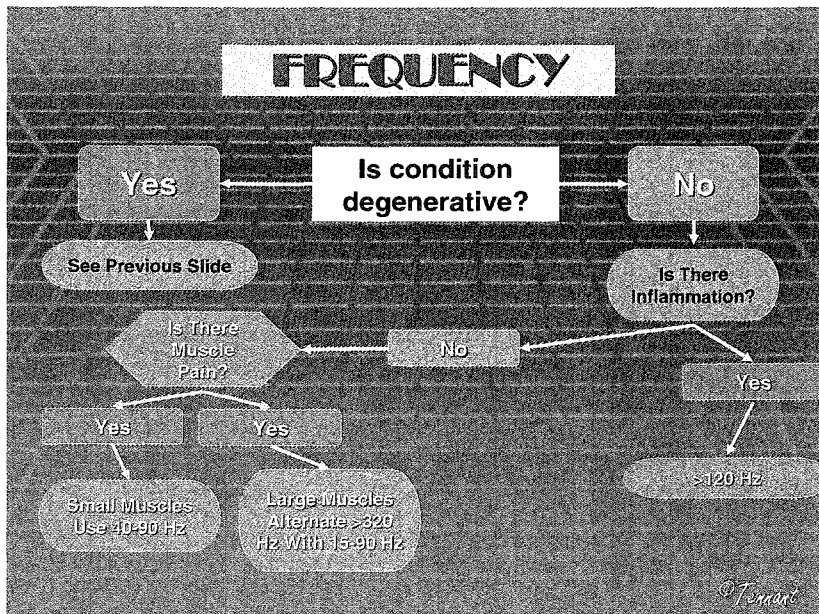


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GENERAL GUIDELINES

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- Ask the patient not to shower or bath two hours before and after the treatment.
- It may be necessary to shave the area as SCENAR requires electrical contact with the skin.
- It does not matter if the patient has eaten recently.
- It is best to treat on a table in a comfortably warm room, with the patient either sitting or lying.
- Explain about a 'healing crisis'.

BEFORE YOU START THE TREATMENT

- Take a history of the client's complaints – past and present.
- Note any medication being used.

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- Note any allergies, family history, etc.
- A Complaint “here and now”

CURRENT COMPLAINTS

- Ask the patient to point with one finger (if possible) to what is the most pressing problem *right now*. (usually pain)
- Ask the patient to recall anything about the pain e.g. Character, severity, timing, radiation etc.
- Is there a movement which triggers or regenerates the pain?
- If possible, make the patient elicit/demonstrate the pain. Where appropriate compare with the opposite side. Test any weaknesses.

SKIN SIGNS IN SCENAR THERAPY

Reaction of the organism

Examine the skin properly before, during and after the treatment. The signs or treatment indicators will show where to work and dynamics of the treatment process.

Primary Signs

Differences in the skin that are apparent before treatment.

Color	Itching		Erosions	Sores
Rash		Pigmentation	Spots	Scars
Scales				

Secondary Factors

Differences which appear during and after the treatment *outside* treatment area:

Hyperemia / pallor
Focal pain
Itching / Rash
Local pain after treatment
Another topical complaint

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Asymmetry

Local changes in, and only in the area, that is being treated or as a result of treatment.

- In the color of the skin: hyperemia / pallor
 - In patient sensation: numbness / hypersensitivity
 - In the sound of the SCENAR when working: louder / quieter
 - Stickiness of the electrode: sticky / non sticky
 - In pain sensation: pain / no pain
- In Diagnosis 1: Highest IR / Highest Dose / Highest "0"

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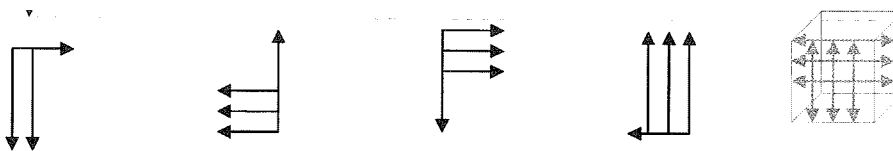
Small Asymmetry

Example: when working in Diagnosis 0, skin coloration changes in two directions: redness and pallor. A small white patch within a red area or vice versa, is called a small asymmetry and is important to treat this.

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NOTION - VECTOR

Direction of the movement of the electrode corresponding to the direction of the reaction in the body.



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General vector¶

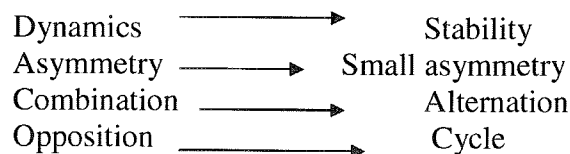
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Zonal vector

When working on the zone use the vector, which shows the most of dynamics. Once you have achieved the dynamics, then you can stop working on the zone.

GENERAL PRINCIPALS

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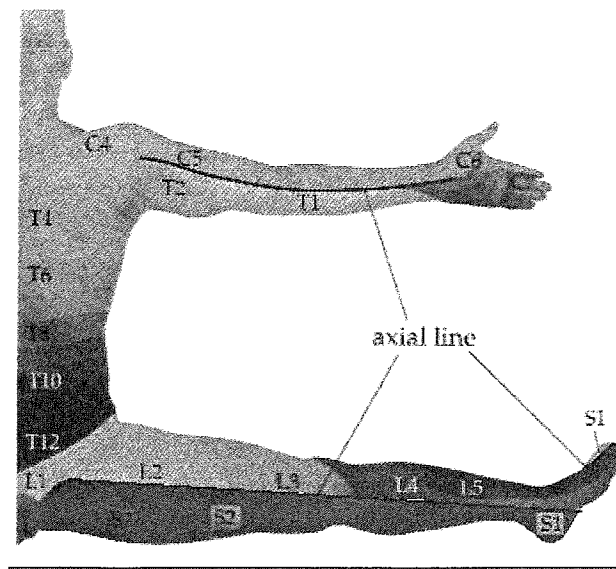
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LOCATION PRIORITY

- Secondary Factors to asymmetry
- Opposite Side
- Channel (Meridian)
- Gloves & Socks
- Treat horizontals rather than neurological dermatomes
- Treat until there is a change either BETTER or WORSE (minutes to hours)

HORIZONTAL DIAGRAM



Picture 2 Horizontal diagram

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¶ To achieve dynamics.¶

¶ We create dynamics ¶

¶ <#>as we move the device¶

¶ <#>as the skin has different conductivity at different areas¶

¶ <#>as a patient present different illness patterns¶

¶ As a result you will see that the organism will represent the same constant signs at the area which reflect a pathological focus.¶

¶ In colour:¶

¶ In the sound of the device:¶

¶ In stickiness of the device on the skin.¶

¶ In patients sensation of pain.¶

¶ Despite of variety of representation of the complaints, the body is always produce constant response in above changes, which will be a guide for us to work on. In order to achieve the therapeutic effect from Scenar on the body you will have to achieve dynamics of these constants, i.e. cause adaptive regulation in the organism. The organism remembers constant and with the Scenar will show the best vector (direction) to work in order to achieve the adaptive regulation, which will be remembered by the body. ¶

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BASIC TREATMENT METHODS

Diagnosis 0

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- Set the SCENAR to the lowest possible power.
- Place the SCENAR on the skin *outside* the area selected for treatment.
- Increase the power to an appropriate level whilst on the skin.
- Move to the area selected for treatment.
- In Diagnosis =0, move the SCENAR over the skin with firm pressure looking for signs of asymmetry – redness, stickiness etc.
- Continue rubbing with the SCENAR until the redness, stickiness etc. goes.

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Diagnosis 1

© "The Scenar Training Centre Ltd" Tel / Fax: 44(0)1722 324093 mobile:44(0)7967193968
e-mail: zfrost9412@aol.com <http://www.netscenar.com>

- Measure the initial reactions
- Look for the highest of the initial reactions.
- Replace the SCENAR on the area with the highest number and treat until the multitone bell rings. (Hold still for 3 seconds before removing from skin). This is called a 'dose'.
- Then compare areas that have had a 'dose'. The one with the highest dose (threshold of the reaction) (see page 23) is treated again until the relative speed of the reaction (second number from left on the top line) becomes 0 (often a few minutes).
- Then by comparing areas that have been taken to zero, we choose the one on which to set FM Var (often for 2 minutes).

WORKING IN THE SUBJECTIVE REGIME

DIAGNOSTIC = 0

When to use:

- In the presence of clearly defined local symptoms.
- In an emergency, - for achieving functional changes in organs/systems.
- When large surfaces are being treated.

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Move the device steadily (speed) and firmly (pressure) in one direction. Start treatment at any presenting primary signs.

In the presence of active complaints (especially in combination with primary signs) start treating here. Treat one site at a time, until any small asymmetry (or secondary sign) appears.

When you have achieved an asymmetry, change the action regime (Freq, Mod, z, Dmpf, Intensity or any combination of these). Work, looking for a small asymmetry. Then work on the area of small asymmetry, varying the

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direction of the electrode (4 directions), attempting to achieve a dynamic change (in the pain, in the color, in stickiness of the electrode, in the local sensation, in the sound from the device). Ideally work until the sign disappears or until an opposite sign appears.

Finish the procedure when you have achieved a subjective improvement of the patient's condition.

When there are no more reactions or there is an insignificant subjective effect:

- Change the action regime and extend the area of action along a horizontal line or along a segment.
- Include the general action area (3 paths).
- Continue to reveal areas of small asymmetry and secondary signs.

It is important to regularly monitor the patient's general state.

WORKING IN THE INDIVIDUALLY MEASURED OUT REGIME

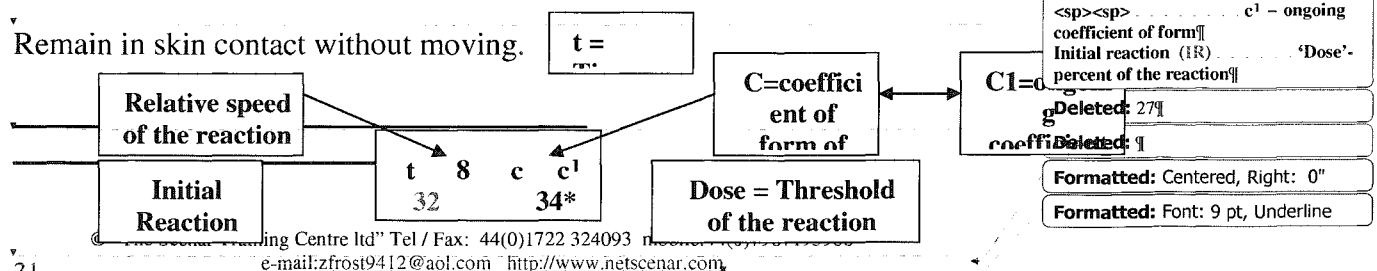
DIAGNOSTIC = 1

When to use:

- to localize symptoms
- to save time when looking for asymmetry
- to avoid healing crisis
- to optimize the action time
- If areas of small asymmetry have been revealed during the treatment in Diagnosis 0, you may work on them again in Diagnosis 1.

Place the device electrode on the area under investigation.

Remain in skin contact without moving.



The higher the bottom left figure (Initial Reaction), the better that electrode position is to treat. By comparing readings from various areas, it is possible to choose the best places to dose for optimum effect.

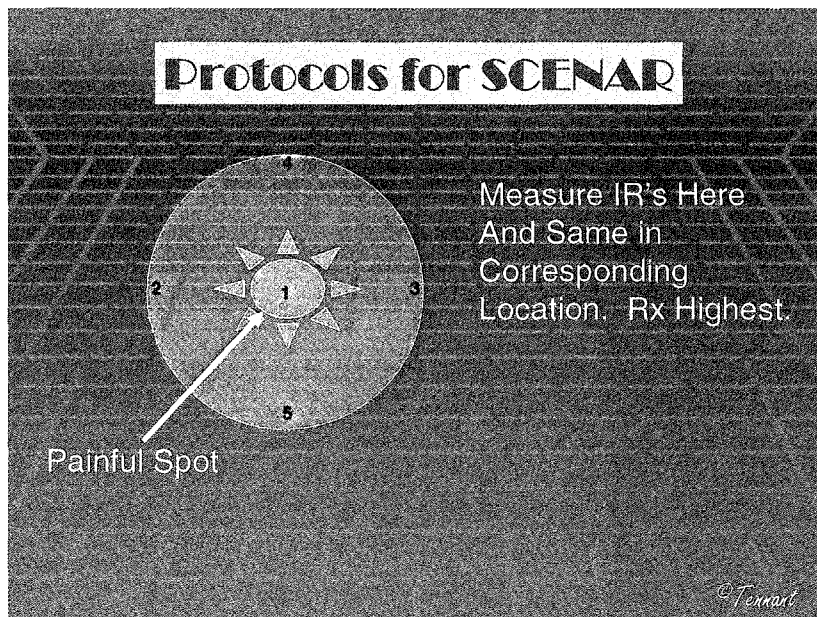
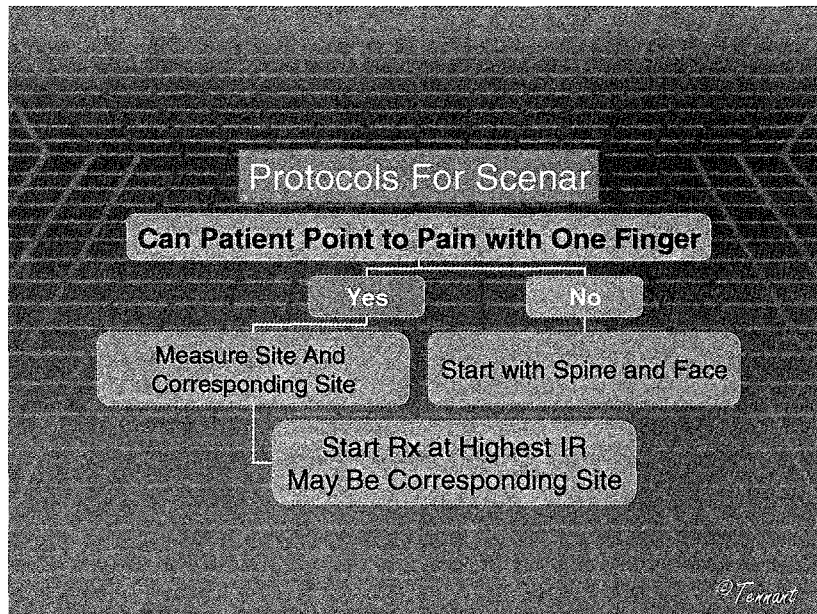
When an area is chosen to dose, the electrode is placed on the skin and a 'dose' is given. When the 'dose' is completed, the machine emits an audio signal and a '*' appears in the bottom right corner. The number in the bottom right is also recorded and can be compared to others for further treatment.

If the SCENAR is placed on the skin and the sound of the multi-tone rings immediately, remove the SCENAR from the skin and place it back. Continue to do this until contact is established and treat this area.

When the IR (left bottom corner) and Dose (bottom right corner) are the same in two areas, i.e. there is no difference between areas, choose the area for treatment with the lowest dynamic based on the form coefficient.



PROTOCOLS FOR SCENAR



In order to increase the benefits of treatment, work on the symmetrical zones (explain). It is not possible to work on pain spots because of open wounds, plaster or bandages, you should work on zones symmetrical to the painful area.

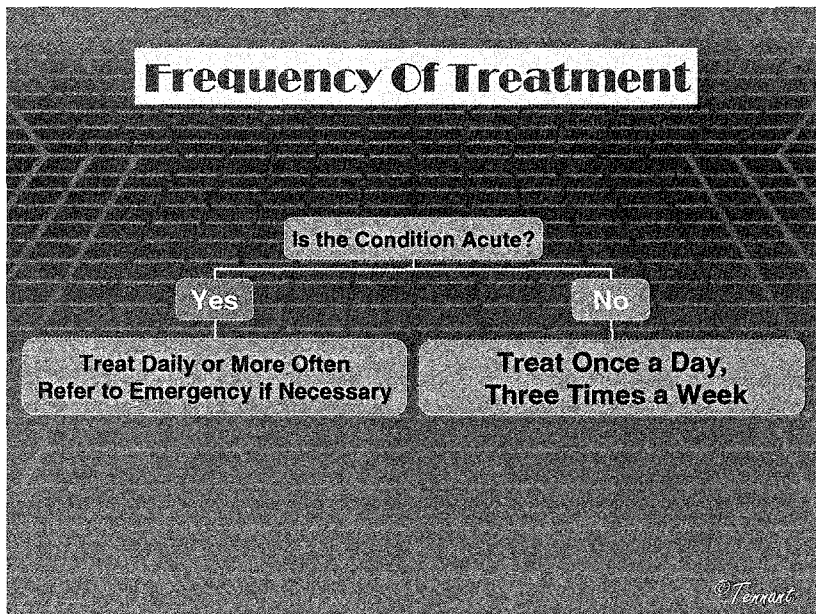
FREQUENCY OF TREATMENT

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A complete treatment usually consists of one to ten sessions. Sometimes 20 or more sessions may be required in the case of conditions such as paralysis. Everything depends on the response of the patient. In some instances it is appropriate to repeat the course of treatment. Once the symptoms have resolved, it is recommended to treat a few extra times. The best results are obtained when the patient is treated for *any* arising complaint or change in symptoms.

SCENAR SETTINGS

Settings	Acute Inflammation	Chronic Inflammation	Aggravation of Chronic process
Power	High	Comfortable	High Comfortable
Modulation	3:1 1:1	FmVar	3:1 5:1 3:1 FmVar
Damping	Sk2 / Sk3	Var	Sk4 / Var
Intensity	1-8	1	1 – 8
Z	Local symptoms predominate over general 60 – 80 at	General symptoms predominate over local 10 – 20	Local symptoms predominate over general – 60 – 80 at
Frequency	>120	15.3Hz – 59.3Hz	59.3Hz – 120 >

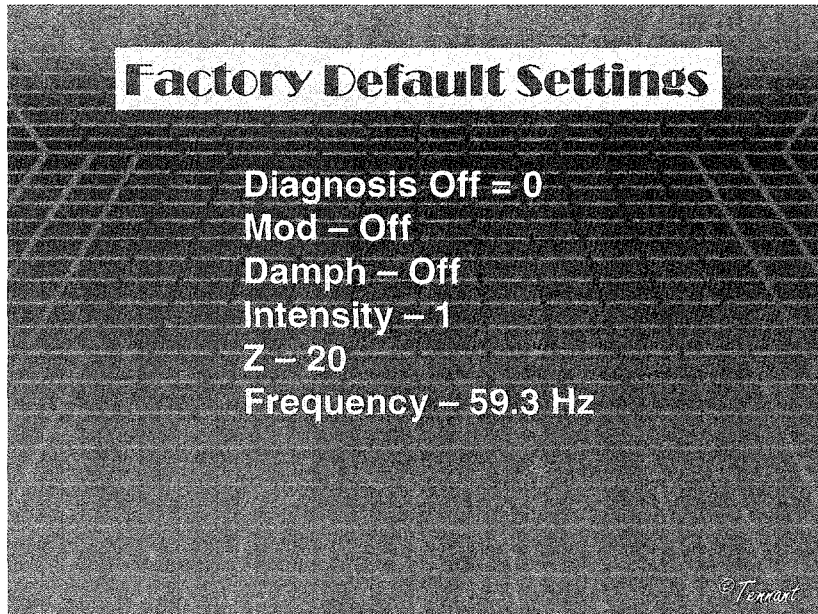
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For diagnostic purpose set your device at factory default settings:



Possible Settings	
Diagnosis	On = 1; Off = 0
Modulation	FM, 5:1, 4:1, 3:1, 2:1, 1:1, Off
Damping	Var, Sk4, Sk3, Sk2, Sk1, Off
Intensity	1,2,3,4,5,6,7,8
Z	10 to 80
Frequency	15.3 to 351 Hz.

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Adjust power to comfortable sensation and do not change the power until you complete the diagnostics.

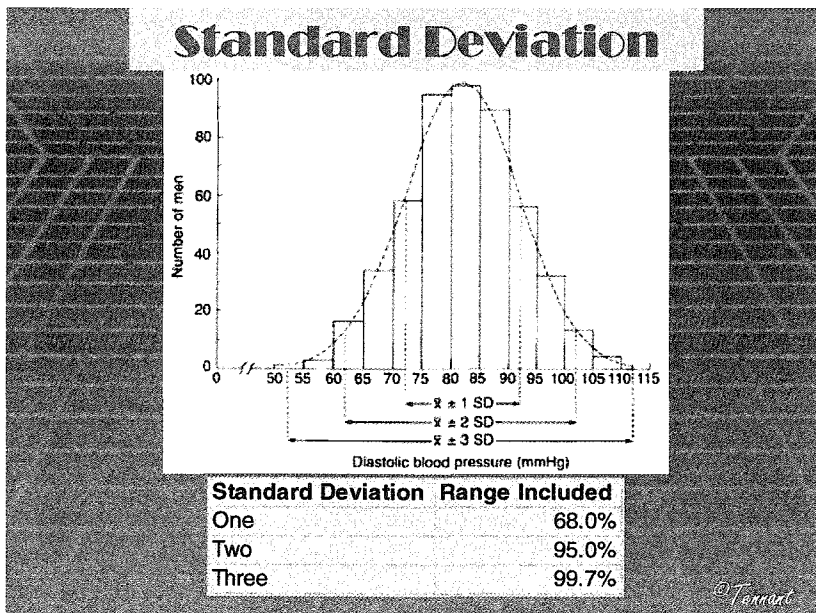
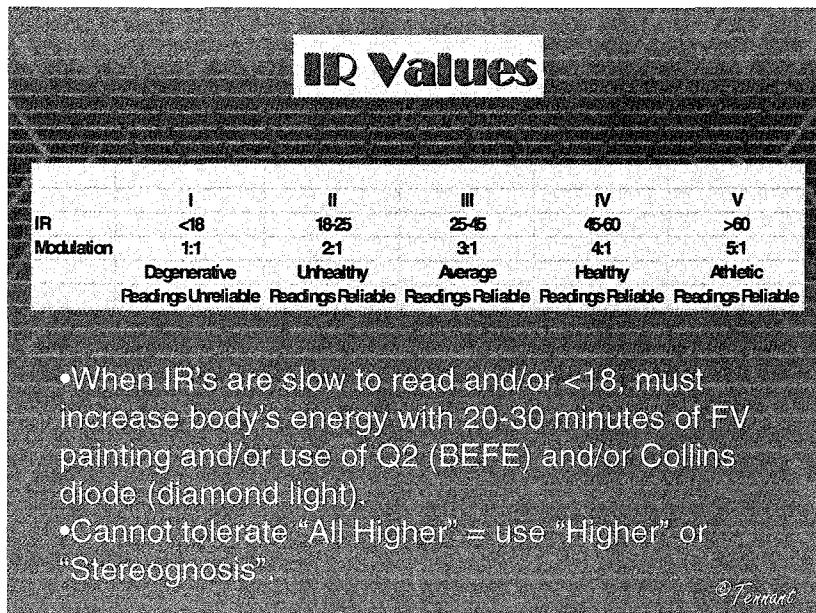
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ZONES FOR GENERAL ACTION IN SCENAR THERAPY



There are general and specific zones in Scenar Therapy.

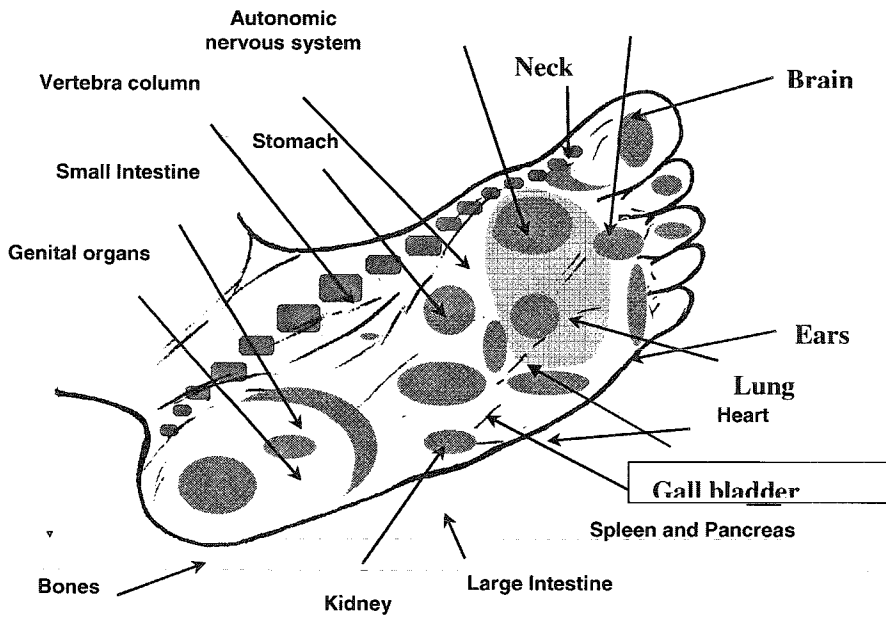
1 Three pathways and Six points;

1. Back surface of the thoracic part
2. Liver zone; & Pancreas zone;
3. Abdomen zone; or its parts
4. Gynecological zone (big triangle front, back, internal surface of the thigh and outside surface of the shin, top of the foot)
5. Meridians
6. Reflexive zones

An anatomical diagram of the human torso, showing the internal organs and their locations. The diagram is divided into two halves by a vertical line. The left half shows the organs in a simplified, shaded manner, while the right half shows them in a more detailed, anatomical style. The organs shown include the lungs, heart, liver, stomach, intestines, and kidneys. Lines connect the organs to their respective locations on the torso. The diagram is labeled with the text "© The Science Museum, London" and the number "37".

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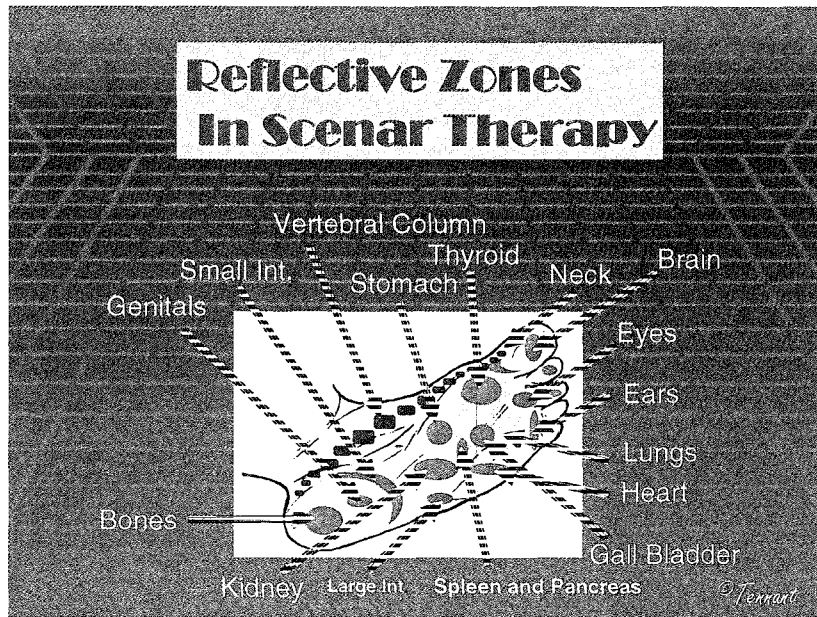
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**“If treatment leads to successful
outcome,
this outcome is
a result of activation of
internal mechanisms for healing.”
E.Wale**

SCENAR PLUS

LEVEL ONE

TRAINING COURSE

PART I



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Mobile: 44(0)7967 193 968

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<http://www.netscenar.com>

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By Dr Z Frost & Dr D McDermott

This publication is base on the research of the Russian scientists and founders of Scenar therapy theory in Russia such as Y. Gorfinkel, Prof. A. Revenko, Y. Grinberg and others.

©November 2000

REMEMBER

The Scenar is licensed in the UK for pain relief only

In terms of using the Scenar for any other conditions, the information here is based on the experience of the Russian doctors.

No official evaluation of the Russian claims has been made within the UK to date. Any information in these manuals should not be taken as a substitute for qualified medical advice.

We make no claims for anything other than pain relief.

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▪ Cardiac Arrest	41
▪ Fever	42
▪ Bleedings	42
▪ Burns / frostbite	42
▪ Wounds	42
▪ Ileus	42
▪ Head trauma	42
▪ Fracture of bones	42

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THE PRINCIPALS OF SCENAR THERAPY

Scenar-Therapy is a medical technology, which is directed towards activation of the body's own reserves. The Scenar influences the body in a non-invasive way via skin.

The skin plays a very important role in regulating body systems, as it is the interface between the body and the environment. The Scenar influences, and is influenced by, the reaction of the skin. The skin resistance varies with changes in the internal environment, which is a very finely balanced combination of chemicals of assorted nature. The Scenar reacts to these skin changes and inputs an electrical signal similar to a natural neuro-impulse.

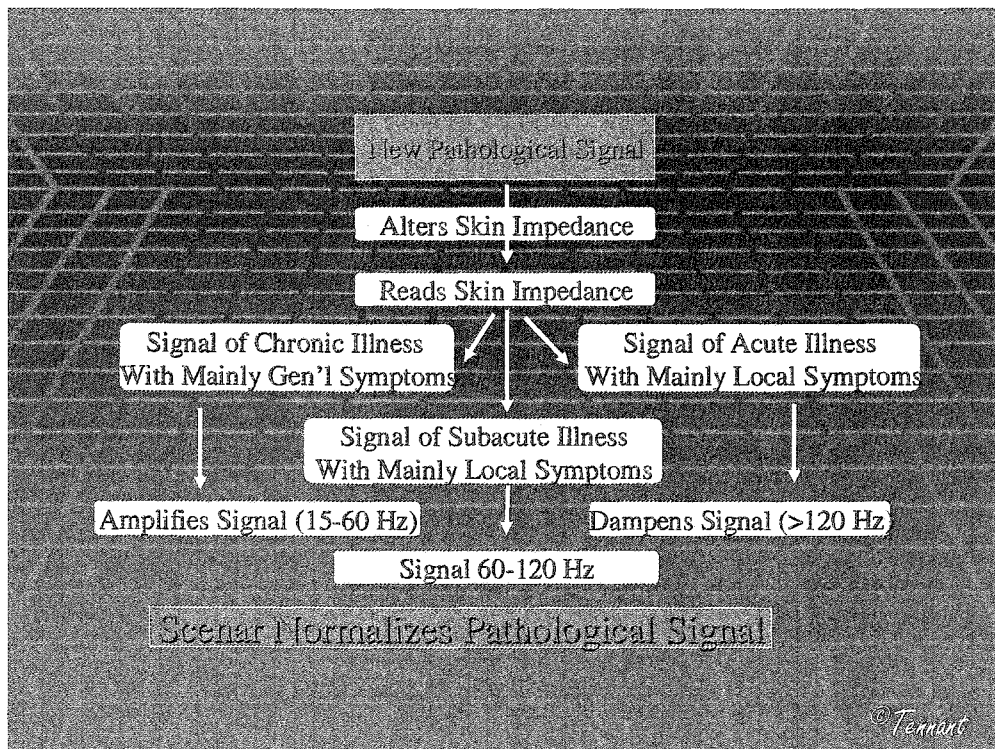
By continuously using biofeedback, the Scenar modifies each successive input to either amplify or dampen the form of the pathological signals that exist in the body.

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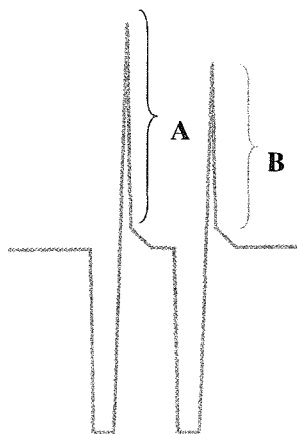
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Pic. 1 Schema of how the Scenar interface with the Pathological signals. So every impulse is actually different from the preceding input. The organism is unable to accommodate to the stimuli and the reaction to the impulses does not diminish, i.e., there is no process of habituation.



The skin develops from the same embryological layer as the nervous system. Reflexology and acupuncture treat areas on the skin that represent internal organs and energy pathways. Using the Scenar, it is possible to influence every system of the body and to balance energy flow in the meridians.

Pic. 2 Schema of the Scenar impulses

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A pathological process is not a disease, but adaptive reaction of the organism on the change of the environment. That is why classical approach from orthodox medicine – “fight” is completely wrong. How can you fight with your own organism, with the own adaptive reactions? The ability of the organism is unlimited, that is why there is such a great variety of manifestations of the adaptive reactions. Usually in orthodox medicine they are called “diseases” and adopted attitude is to “fight” with them and to extract them out of the organism.

Ideally in completely healthy person we can observe adaptive reactions (in alternative medicine – pathological processes) taking practically unnoticeable course. In healthy person informational pathways within the body are free for passage and do not overload. Therefore time of the course of the adaptive reactions is minimal and effectiveness is achieving with less effort. The slower transmission of information, the longer the adaptive reaction lasts and the brighter and expressive the manifestation of the adaptive reactions (pathological processes).

Scenar adds energy to the system, a system that may be depleted in its reserves as it attempts to heal itself.

Normally the body undergoes adaptive reactions to changes in the environment and often these are suppressed by such things as cough mixtures, anti-inflammatory medicines etc.

The signal received from the Scenar, acting on the skin, causes a regulating adaptive reaction within a short period of time. This may restore lost functions and goes some way to explain how unresolved problems from the past resurface to be dealt with.

A patient should actively participate in the process of healing and report back to the therapist as things change. The person needs to understand that the brain and nervous system will be actively participating in the treatment. Committing to a course of treatment is important and an understanding of the potential for a healing crisis is necessary.

THE MECHANISMS OF SCENAR WORK

Scenar works in three ways:

1 Central mechanism

It acts via ascending pathways in the spinal cord on the cortex of the brain. As a result, efferent pathways from the cortex convey impulses, which affect a response in the organ, the organ corresponding to the projection of the area of skin treated.

2 Segmental mechanism.

It acts directly on local spinal reflexes.

3 Local mechanism

- Membranous resonance. Each cell in the body vibrates in its own fashion and there is an overall resonance. The action of the Scenar creates its own resonance and by sending vibrations through the membranes it reaches into any pathological focus.
- Molecular Polarization. Molecules reposition themselves within an electrical field according to their electrical charge. This is an additional factor in the transmission of impulses in all directions.
- Microphoresis. There exists a mini-pharmacy on the surface of the skin and the action of the Scenar stimulates the selective re-absorption of trace elements and minerals etc. through the skin in minute dosages by microphoresis as required by the body. For this reason it is recommended not to bath or shower two hours before or after treatment.

AIMS IN SCENAR THERAPY

- Relieve pain
- Stimulate the system's energy and boost the immune system
- Balance homeostasis
- Eradicate repetitive Central Nervous System patterns

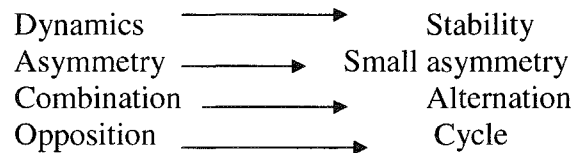
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GENERAL PRINCIPALS



First principal – Dynamics, followed by Asymmetry – Small Asymmetry – Opposites – Cycle.

Every Scenar procedure should comprise all five signs. In such case, the Scenar procedure will be efficient.

ALGORHYTHM OF SCENAR WORK

- **Assessment of the patients complains**
- **Analysis of the patient history**
- **Assessment of previous treatments.**
 - Assessment of compatibility of other therapies with Scenar therapy.
 - Development of the plan of action, combination of zones and regime for action.
 - Assessment of the prognosis of the case
 - Search for Primary signs
- **Analysis of the presenting complaints of the patient and treatment based on teaching their neurology how to function differently**
 - Search for any asymmetry work on it search for on the small asymmetry with consequent treatment. This gives the most efficient action, i.e., maximum effect in minimum time.
 - Observation and search and treatment any for Secondary Factor
 - Initial Reaction analysis to enable decisions to be made about the regime for action.
 - Individual dosing during the procedure, progressing to “0” and treating on FmVar.
 - Stabilization of the patient’s condition when necessary.

REMEMBER:

Always look for *dynamic* changes: at examination, in complaints, in sensations, skin condition and between treatments. Any change, even a worsening, is regarded as **dynamic** and useful.

Work from simple techniques and protocols to complicated ones.

RULES IN SCENAR THERAPY

- First rule** - Work according to a complaint
- Second rule** - Work on three pathways and six points
- Third rule** - Work on the horizontals and segments/dermatomes

Reciprocal principles:

- Upper/Lower
- External / internal
- Top / bottom
- Left / right.
- Front/back

E.g., area of calf muscles of lower leg and area over biceps of upper arm

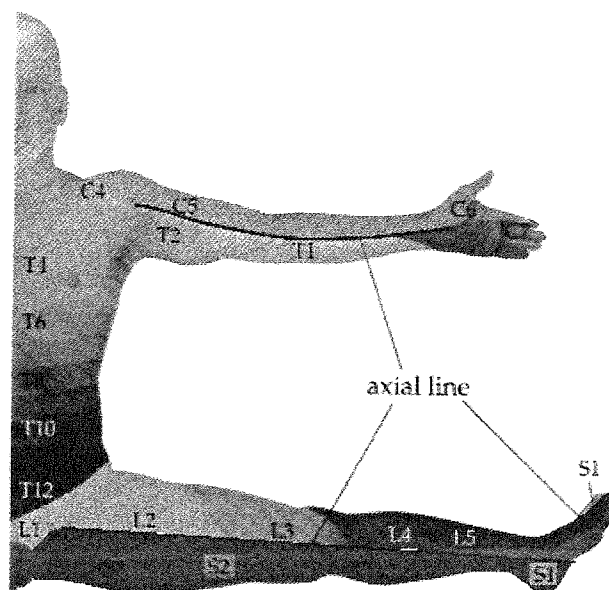
HORIZONTALS AND CORRESPONDING SEGMENTS

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Pic. 3 Diagram of the horizontals (presented in half of the human body)

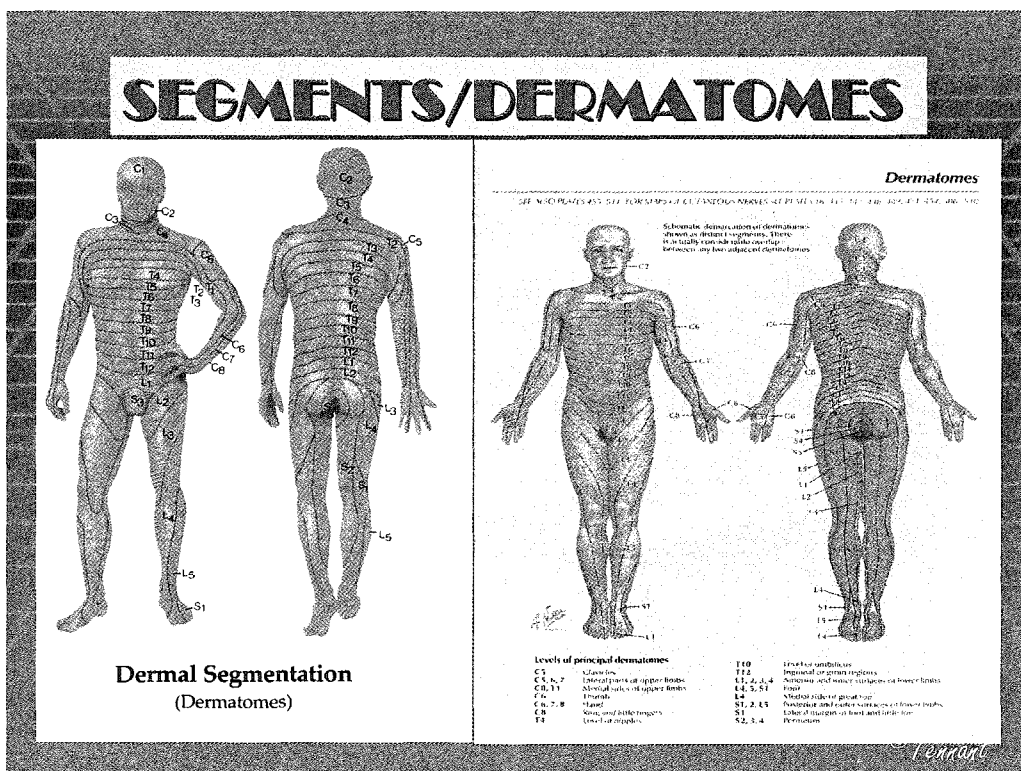
SEGMENTS/DERMATOMES

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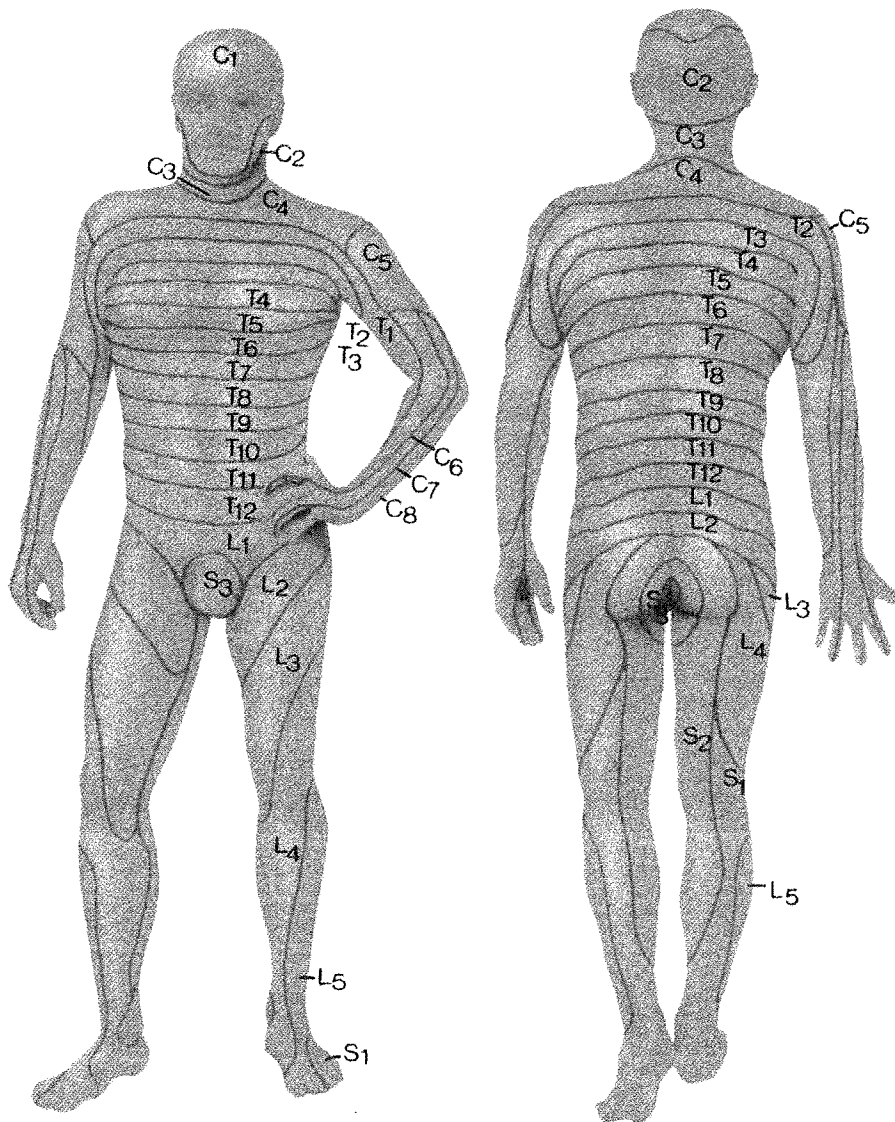
Note that Dermatomes and Horizontals are the same in the higher regions.

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Dermal Segmentation (Dermatomes)

Pict.3 Segments /Dermatomes

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PECULIARITIES OF SCENAR THERAPY

- High amplitude impulses are non-damaging.
- Bio-feedback and an ever-changing input signal prevent habituation of the patient to the treatment.
- Treat when the client has active complaints, at any stage of exacerbation.
- Start the next course of treatment if the complaints *reappear* or *new* complaints are presented.
- Results may be delayed.
- A therapist develops an expertise as experience with the Scenar increases.
- There are no strict rules. The treatment can be a creative process. Be different, change the settings frequently.

REMEMBER:

- ◆ Treat the ovaries or testicles for any condition where the patient does not show improvement
- ◆ Knowing the peak of activity of the organ being treated and treat as close to that time as possible may help.

<i>ORGAN</i>	<i>HIGH PHASE</i>	<i>LOW PHASE</i>
Stomach	7am – 9am	7pm – 9pm
Spleen and Pancreas	9am – 11am	9pm – 11pm
Heart	11am – 1pm	11pm – 1am
Small Intestine	1pm – 3pm	1am – 3am
Bladder	3pm – 5pm	3am – 5am
Kidneys	5pm – 7pm	5am – 7am
Pericardium	7pm – 9pm	7am – 9am
Triple Heater	9pm – 11pm	9am – 11am
Gall Bladder	11pm – 1am	11am – 1pm
Liver	1am – 3am	1pm – 3pm
Lungs	3am – 5am	3pm – 5pm
Large Intestine	5am – 7am	5pm – 7pm

- ◆ With pregnant women, avoid the uterus, especially in the early months of pregnancy. No research is available on the possible effects on a developing fetus.
- ◆ There are no contraindications to treating women with Intra Uterine Devices in-situ.
- ◆ Patients who have had implants inserted may feel a tingling around them. With older implants there are frequently no noticeable sensations.
- ◆ Avoid working on the breast tissue as a routine. Treat only if indicated.
- ◆ Avoid working over the projection of tumors.

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- ◆ Avoid working over a thrombus as it may be dislodged.

EFFECTS OF SCENAR TREATMENTS

1 Pain-killing effect

Usually lasts for at least four hours and gives a more profound effect than narcotics.

Mechanisms:

- Refraction in the nerve endings of the peripheral nerve fibers blocks the transmission of the pain impulse.
- A new dominant focus is established in the cortex of the brain, which suppresses the pain focus.
- Scenar action considerably reduces the edema around the nerve fibers and so reduces pressure effects and helps alleviate pain.

Three factors are involved.

- Neurophysiological
- Neuro-chemical
- Psycho-emotional

2 Anti-inflammatory effect

An inflammatory focus is surrounded by a leukocyte cuff in order to prevent the inflammation from spreading to the surrounding tissues. Eventually this cuff will be in the way of reorganization and recovery, as new leucocytes cannot reach the focus of inflammation. The action of the Scenar reduces the cuff and speeds recovery. Maximum benefit is obtained if treatment occurs every two hours.

3 Anti-edema

Helps reduce swelling by redistributing the fluid between the lymphatic and vascular systems. Again, for maximum effect, treat two hourly.

4 Haemostatic effect

As a result of collateral blood supply and the reduction of pressure in the main vessel, bleeding stops.

NB Bleeding rate may increase before stopping.

5 Hyperemia effect – Increased blood flow

Vasodilators increase the lumen of micro-circulation blood vessels and blood flow to the place of treatment increases. This is maximal 30-60 minutes after treating and is especially observed when treating coronary artery spasm.

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6 Anti-shock /Anti-allergic effect

Local or general reaction can be observed with food allergy, drug reactions and insect bites, and may manifest as urticarial rashes, edema (including that of the larynx), rhinitis, bronchospasm and so on. These symptoms are treated as they occur.

7 Antipyretic effect

Lowering of high temperatures can be obtained by treating the main blood vessels.

It's best to treat only very high temperatures, as mild pyrexias are usually normal adaptive reactions.

8 Normalization of metabolic processes:

- Increased solute levels in blood – By stimulating consumption of oxygen and nutrients, Scenar therapy increases the metabolic rate, increases venous flow and improves the removal of the products of metabolism. Lymphatic flow will increase as well.
- Normalization of cell, tissue and system function - Scenar treatment triggers the release of neuropeptides. These are further metabolized to produce a cascade of new bio-active compounds. Neuropeptides and the breakdown products help correct and balance the relationship between biochemical and functional systems in cells and tissues distant from the site being treated.

9 Normalization of hormone balance**10 Faster wound healing**

Due to faster regeneration of tissues.

11 General effect:

- good sleep
- good appetite
- good sense of well being

Due to higher levels of energy and immunity.

TREATMENT CONDITIONS

- ◆ The client must avoid baths or showers for two hours before and after the procedure.

- ◆ Ensure the client is in a comfortable position in a warm room.
- ◆ Shaving may be required to facilitate adequate contact between electrode and skin.
- ◆ Warn clients about the possibility of a healing crisis.
- ◆ Jewelry worn constantly by people can be left on, otherwise best to remove it.
- ◆ Bio-flow bracelets etc. may influence Scenar treatments.

ZONES FOR GENERAL ACTION IN SCENAR THERAPY

There are general and specific zones in Scenar Therapy.

- 6 Three pathways and Six points;
- 7 Collar zone;
- 8 Palm
- 9 Active Hormonal zone;(triangle, scrotum, big labia)
- 10 Central Lines on the limbs (top/bottom; internal/external; front/back)

Used as special zones as well as general zones:

Specific general zones:

- 7. Back surface of the thoracic part
- 8. Liver zone; & Pancreas zone:
- 9. Abdomen zone; or its parts
- 10. Gynecological zone (big triangle front, back, internal surface of the thigh and outside surface of the shin, top of the foot)
- 11. Meridians
- 12. Reflexive zones

And for specific conditions the zones according to the instruction.

Specific point zones:

- 1 Resuscitation points
- 2 SSN
- 3 Central Sternal
- 4 C7
- 5 Projections of Adrenal glands

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6 Acupuncture points

When treating, include in your treatment plan one general zone when necessary.

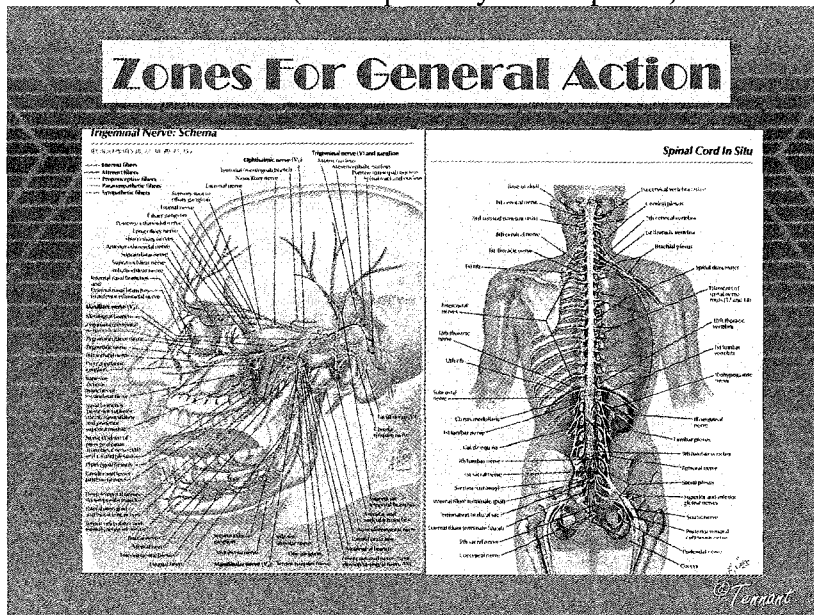
There are Local zones:

1. Local zone of the main complaint – (now and here)
2. Horizontal
3. Segment
4. Opposite side according to function (top/bottom, front/back, left right; internal/external; yin/yang)

At this level we are introducing four of the general zones for treatment:

1. spinal column zone (three pathways and six points)
2. collar zone (neck, forehead +adrenals)
3. abdominal zone (upper / lower)
4. gynecological zone (palm)

SPINAL COLUMN ZONE (Three pathways and 6 points)



Working in Diag 0, treat the spinal column as three pathways and treat six points on the face.

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When working in Diag 1, use the techniques “Higher”, “Higher according to Scenar Rules”, and others as they are learned.

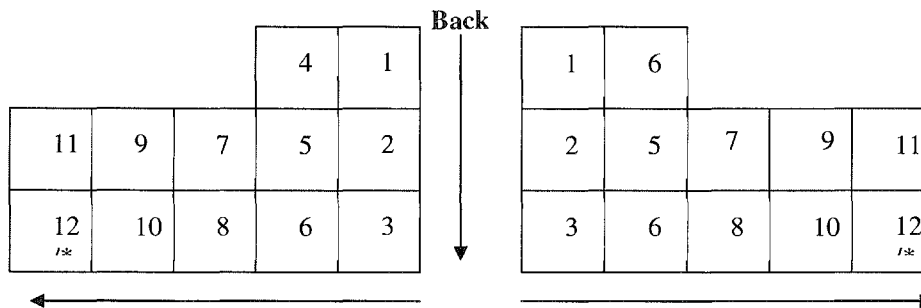
Always look for any asymmetry and work on them in order to achieve therapeutic effect.

COLLAR ZONE

The Collar Zone is defined as the back of the neck and shoulders, the forehead and the adrenals, working in this order.

In Diag 0, treat the collar zone moving the Scenar from the top to the bottom of the zone finding any small asymmetry and working on it.
Do not overlap on C7 as it is separate zone in Scenar therapy.

In Diag 1, use the following technique:
Treat a grid on the back (3 rows and 6 columns) along the neck and shoulders, as shown. Position the electrode according to the numeric sequence from the top to the bottom and from the centre outwards. As usual, left first, then right.



Use the technique “Higher”.

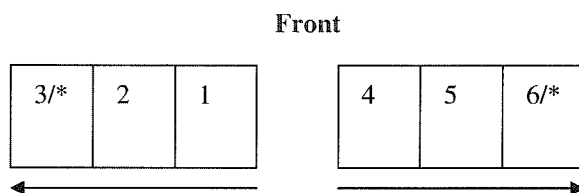
Take readings of IR. On every IR, which is higher than the previous highest IR by +1 make a dose.

Note: The difference here is +1.

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Compare all doses. On the highest, bring the reaction down to “0”.
Compare “0”s on both sides of the neck and on the higher set FmVar for 2 minutes.

The forehead (small zone) is included in the collar zone. Continue the treatment on the forehead:



Work according to the technique “*Higher*”:

Take readings of IR. On every IR which is higher than the previous highest IR by +1, make a dose. Compare all doses. On the highest, bring the reaction down to “0”.

If “0” on the forehead (front) is higher than “0” on the neck (behind) treat on FmVar for 2 minutes on the forehead. If not, leave it.

Finish up working on the ***adrenal part*** of the Collar Zone:

Take the IR of the left and right adrenal gland (junction of 12th rib and inner border of scapula) and compare them. Make a dose on the higher IR. If the dose is the highest out of all the above mentioned, bring the reaction down to “0”.

If “0” on adrenals is higher than the other “0”s, treat on FmVar for 2 minutes.

IR < IR → Dose*



GYNAECOLOGICAL ZONE

This zone consists of the suprapubic area, a corresponding area on the back, C7 and the suprasternal notch.

In Diag 0, treat the gynecological zone moving the Scenar over the lower abdomen, finding any small asymmetry to work on.

In Diag 1, use the following technique:
Place the patient's palm on the lower abdominal area centrally above the pubic area. Draw a square around the palm. Drawing on the skin also puts the brain's attention on this area. Work within this square placing the electrode vertically.

Front

1	3	5	7					
2	4	6						/*

Follow the techniques such as "Higher" or "All Higher", where IR readings are taken and a dose made on every IR which is greater than before by +1. Set "0" on the highest dose.

Place the patient's palm on the sacrum area and draw around it.

Back

1	3	5	7					
2	4	6						/*

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Again, treat as before. Compare '0's on the front with those on the back and set FM Var on the highest.

The next point to work is C7.

Place the electrode vertically on C7. Take the IR reading.



If the IR is higher than any IR, which has been found on the front or back gynecological areas, make a dose.

If the dose is higher than any dose within the gynecological areas, bring the reaction down to "0".

If "0" is higher than any "0" within the gynecological areas, set FmVar.

If not, move straight on to the supra-sternal notch (SSN).



Supra-sternal notch: In order to position the electrode vertically, ask the patient to lift their chin up.

Take the IR reading and make a dose because it is the last point on the route.

If the dose is higher than any dose so far, bring the reaction down to "0".

If "0" is higher than any of "0"s so far, set FmVar.

ABDOMINAL ZONE (UPPER AND LOWER)

In Diag 0 work all over the abdomen in the usual way.

In Diag 1, divide the abdomen into 2 areas.

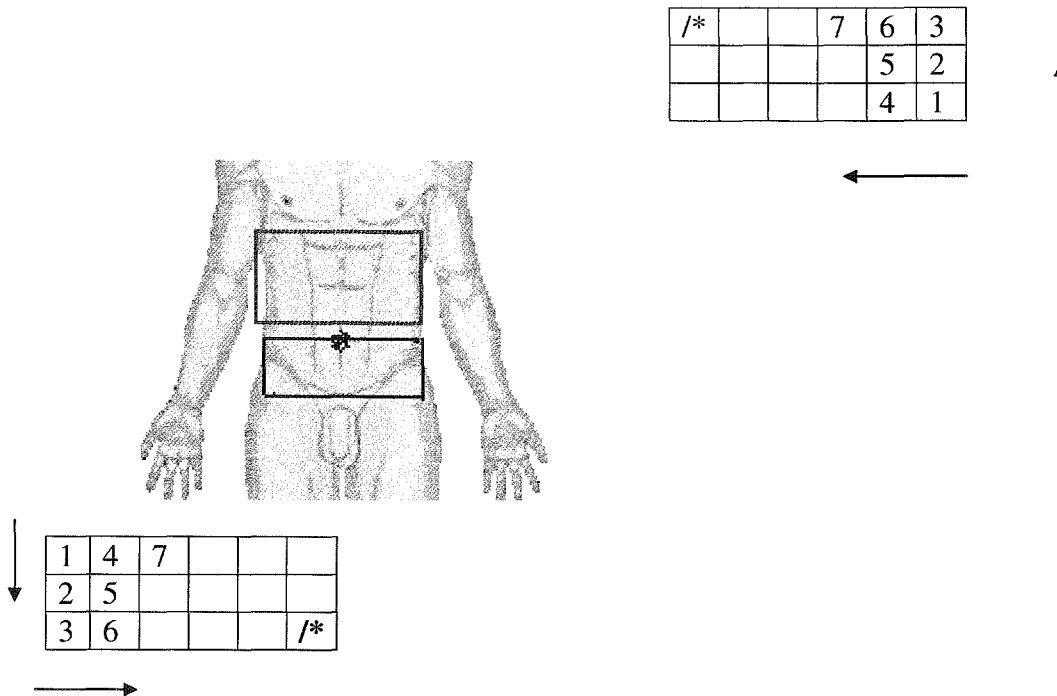
First draw a horizontal line through the umbilicus. Then draw lines along the mid-axillary lines. Then draw 2 more horizontal lines; the upper line is drawn through the xiphisternum and the lower one at the level of the pubic bone. In the upper half we start at the lower right corner and work from below to above and from right to left.

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In the lower area work from above to below and left to right.
Apply technique "Higher" on one of the zones. Work according to the algorithm explained above.

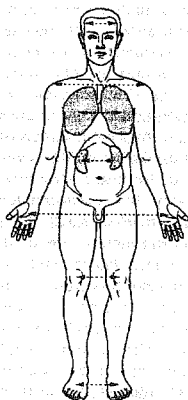
CHOOSING THE AREA TO TREAT

- Work according to the first rule, i.e., work on any complaint (usually pain).
- Determine the pathological focus and the projection of the pain. Work locally and towards any referred pain.
- Look for any asymmetry and work on all asymmetries, trying to achieve dynamics, i.e. aiming for disappearance or trying to achieve the opposite sign.
- Where there are many complaints, or none - use the second rule i.e., three pathways and six points. The areas that receive doses, "0"'s and FmVar will suggest areas that need treatment.
- Treat horizontals and segments

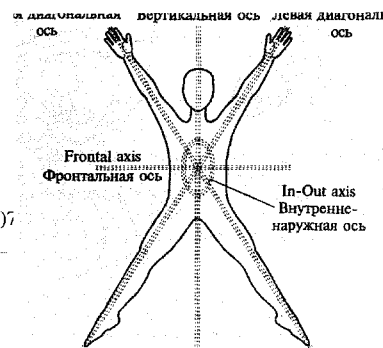
- At any stage when Secondary Factors appear, treat this area.

Remember the following options

- Work on the symmetrical area.

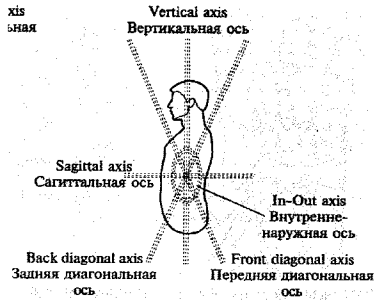


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e-mail:zfrost9412@aol.com <http://www.netscenar.com>



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➤ Reciprocal principles



➤ Su-Jock principles

➤ Meridians

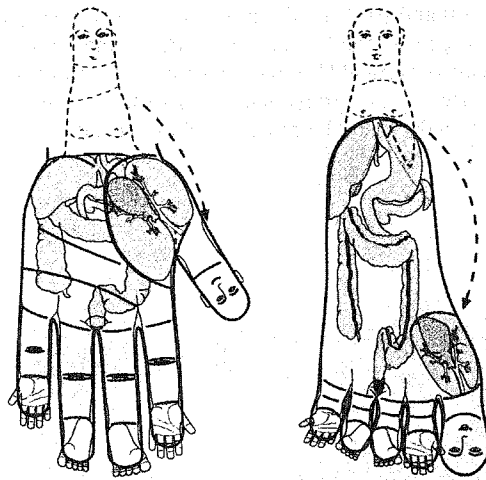


Fig. 2. The hand and foot standard correspondence to the body

FREQUENCY OF TREATMENT

- ◆ Emergency and life or death situation – work **every 2 hours** until a patient is out of danger.
- ◆ Attacks of acute pain – work until the pain is gone.
- ◆ Acute illnesses – work three/four times a day if possible, otherwise every day.

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- ◆ Chronic processes – start with a treatment daily and as things progress the interval between treatments can be extended to alternate days, then every third day and so on. A course of treatment is offered, consisting of 10 to 20 treatments. Then take a break. Start a new course of treatment when your patient has got a complaint (any) and begin from treatment of that complaint. (Remember that Scenar treatments may bring up problems from the past that were inadequately dealt with originally.)

COMPATIBILITY WITH OTHER THERAPIES

Compatible with

- TMB blanket; Acupuncture; Reflexology; Homeopathy; Aromatherapy; Oxygen therapy;
- Balneo therapy; Herbal therapy; EHF; Music treatment; color therapy.

The Russians are working to determine which other treatments are appropriate too.

Not compatible with

- Treatments which use strong psycho- or extra-sensory power.
- Rough osteopathic/chiropractic manipulation.
- Drug therapy (some types of medication e.g. pain killers).

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TREATMENT MULTILAYER BLANKET

The TMB Blanket is made of polyurethane interwoven with various metals to form a film. This screens the body from all external electromagnetic and electrostatic fields. It also reflects the body's own energies back on itself to rebalance electrical charge and energies.

If the TMB blanket is used before Scenar treatment, asymmetries may manifest ready for treatment with Scenar. If the blanket is used after Scenar therapy, it helps the system to more rapidly balance its energies.

The TMB blanket also helps to regulate psychosomatic conditions, relieves constant tiredness, and improves feelings of well being. The TMB blanket can be used to prevent premature ageing.

Maximum effects are achieved when the patient is wrapped completely and sleeps.

The person puts a cotton sheet inside the TMB and it is best if this sheet is not washed during the course of treatment.

Shake out and then hang the blanket to air after use to disperse unwanted energies. In order to sterile the blanket, it can be done in hospital conditions, using high temperature regime.

TMB may prolong the action of medicines.

There are various techniques for wrapping with the TMB blanket:

- general wrapping;
- alternate general/local wrapping twice a day;

- Local wrapping – chest, gynecological area. For example with toothache place the corner of the blanket over the painful area or lie down with the painful area on the blanket;
- to reduce energy – wrap the legs only;
- to increase energy – wrap the head only;
- lie with the injured limb or organ down on the blanket in order to achieve the best contact and therapeutic effect;
- General wrap can be from 10 minutes to 40 minutes. In order to stimulate the patient wrap him/her for 20 minutes, and 40 minutes for sedation (see manual with TMB for exact details)

WORKING ON THE COMPLAINT – THE FIRST SCENAR RULE

Pain is the most common complaint presented for Scenar therapy.

When working on a painful spot ask the patient to point out the pain spot with one finger. Draw a circle around the area. Make a *symmetrical* drawing on the opposite side of the body.



Take the IR readings as below. Make a dose whenever there is a difference of +1.

| IR2/*°

| IR2

| IR4 | IR1/* | IR5

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| IR3/*

Take readings of the highest dose or “0” on the symmetrical area. If the IR on the symmetrical point is higher make a dose when there is a difference of +1. If the dose is now higher then on the point of pain, bring down to “0”. Compare “0”s in both areas. Set FmVar on the higher.

Next take readings of IR at the paravertebral position of the corresponding level of the spinal column on the side, where you have set FmVar or where you found the highest readings.

If the IR on the paravertebral position is higher then anywhere (point of pain or symmetrical point of pain), make a dose*. If the dose is higher then anywhere – set “0” and if “0” is higher, set FmVar. In this case you are going to start treating a horizontal from the paravertebral point.

Otherwise, start treating from the point where you set FmVar (could be the point of pain or its’ symmetrical point). Work along the horizontal towards the paravertebral point near the spine, treating any asymmetry you have found.

Always work in the direction from the highest number towards the lowest number, following the corresponding horizontal.

Back

| IR | or

Paravertebral left centre

It is possible to work along the horizontals in either Diag 0 or Diag 1. If you work in Diag 1, use technique “Higher” or “All higher” with the difference of +1.

If the patient cannot pin-point the area of pain with one finger, ask them to place their palm on the area. Draw a rectangle around the palm and draw a similar rectangle on the opposite side of the body.

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Work on the rectangle using the same principle as used for the collar zone, taking readings of IR and dosing when there is a difference of +1. Make a dose on last point on the route. Use one of the techniques described for working with 97.4 Scenar, e.g. "*Higher.*"

In order to choose which direction to go, take IR readings on the *back* as wide as the palm: take IR readings in two rows (two or even three positions of the electrode).

IR Paravertebral Left or Central Rout or IR Paravertebral Right

Again, work from the highest numbers towards the lowest, and never across the spine.

SKIN DISORDERS

Skin reflects the condition of the internal environment of the organism. Be observant and note any changes on the patient's skin.

Treat skin spots, bruises, wounds, ulcers, scars, trophic changes, etc., working over the damaged area. If the wound is big, treat the edges of the wound, use different settings on the device. If you work with acute problem use the above threshold level of power, vary the settings.

If you work with chronic disturbance on the skin, use threshold level of power and lower frequency, vary the settings. Use the principals of small asymmetry.

Dermatitis

Find the area of the skin, which is affected. Choose the power level outside the area of lesion. Start working on the symmetrical area first, and then gently move to work over the affected area, until you achieve the relief from the symptoms (itchiness, pain, soreness, etc.).

Stop the procedure when you achieved significant improvement. Repeat the procedure as soon as symptoms reoccur.

Additional zones:

Liver, glands of internal secretion

Abdomen zone

Ovaries/testicles

Local and regional lymphatic nodes

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Psoriasis and Eczema

Algorhythm:

- 1 Find a first focus (maternity patch) of psoriasis and maximum active at the moment.
- 2 Work on those two patches increasing a radius of the action
- 3 When the epicenter circle from the first maternity patch meet the epicenter circle of the second new patch, treat spinal column and six points on the face, liver and pancreas
- 4 If epicenters are on the arms – put the arms close to the body and make circles across the body as well.

If a patient do not remember where was the first focus or there are too many elements – find the area of clear skin and the most active patch and work in the same manner.

Choose the most sensitive under the device patch and work from this point concentrically.

TMB

Additional zones:

Sternum
Armpits & Groin lymphatic nodules
Scrotum / Ovaries
Back surface of the shins
Souls

Herpes Zoster (shingles)

Treat area of pain and skin rash on the level of power below threshold
Corresponded segment of the spinal column
Treat until you reach a stable effect

TMB

Acne

Treat all elements on the skin, varying the settings of the device.

Additional zones:

Liver
Pancreas
Spleen
Abdomen
Gynecological zone

Muscular-Skeletal Disorders & Tendonitis, Myositis

Spinal column disorders

Algorhythm:

Observation and examination of the back and limbs

Assessment of the muscles:

Tension / relaxation,

Test muscles with physical load to see cause and site of pain

Test strength of the muscles

With a complaint of pain work on high power

Use the techniques ("Higher", "Higher according to the Scenar rules", "Stereo")

Work in Diag 0 on paravertebral route, assessing according to three positions of the electrode, looking for signs of asymmetry

Treat muscles in spasm, starting from the healthy side

In case of a complaint of pain without muscular spasm, treat the point of pain

Additional zones:

Under the buttocks – where the point of sciatic nerve is closes to the surface

Zones for general actions

Horizontal / Segment

Projection of pain at the moment of physical load

Find a small asymmetry on the opposite reciprocal limb; work out that small asymmetry and only then work on the painful limb

Reciprocal principal: arm / leg; external / internal; flexor / extensor

TMB after the session

Do not use rough manipulative therapy

Do not use corset

Joint Disorders, Strains & Sprains

Work on any of the painful sites, which appearing at the moment of movement on high power, with the settings for pain. Move the electrode around the area, trying to find the most painful spot or any other small asymmetry. Work it out. Once you have completed the treatment, try for any signs of pain, reinforcing the joint. If you have found the spot of pain, work on it (you may use FmVar mode for 2'). Test the joint for pain and mobility in the end of the procedure. Finish the session with a significant improvement.

If the only one joint is involved in the process –work on two symmetrical joints, spending ½ time less on a healthy joint. Treat damaged joint as well as adjacent muscles.

If there are many joint involved – choose the most painful and work on that pair of joints until complete recovery, then move on to treat another pair of joints.

When working on small joints – treat all areas adjacent to the affected area.

Muscular cramps

Place the electrode with the maximum of power at the centre of tensed muscles.

Headache

Specific areas:

Collar zone

Venous sinuses

Pirogov ring

Point PC3

Opposite side of head to sensation of origin of headache

Craniotherapy from eye sockets up and over the head

Tips:

- Chase the pain until it goes
- Look for secondary sign on the lower back closer to the spinal column often as vesicular rash.

Neuro-Circulatory Dystonia

(Headache, nausea, dizziness, palpitation, changing of the skin)

Specific areas:

Above the eyebrows, under the eyes,

6 points of the face in reverse order (i.e. top to bottom, left to right)

Sternum

Solar plexus

Umbilicus

Upper arm / thigh; wrist / ankle

“Gloves”

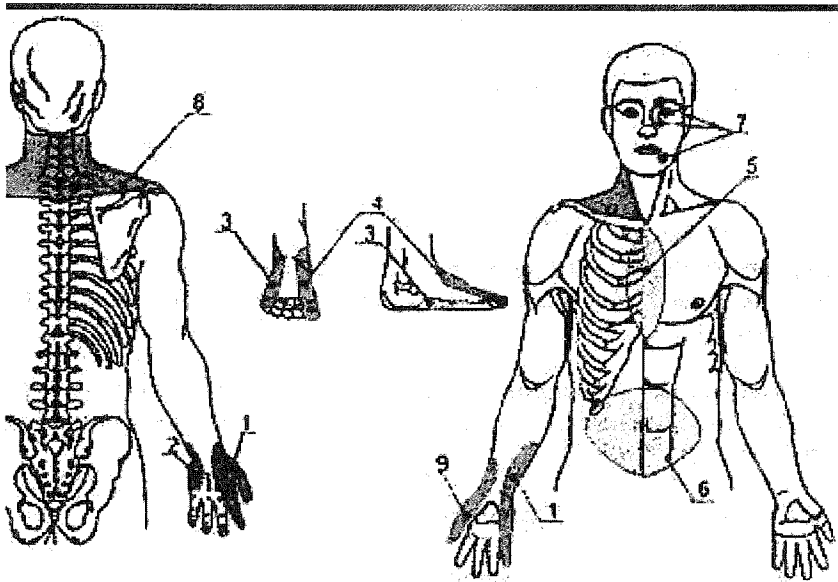
Liver area on the back

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RESPIRATORY TRACT DISORDERS

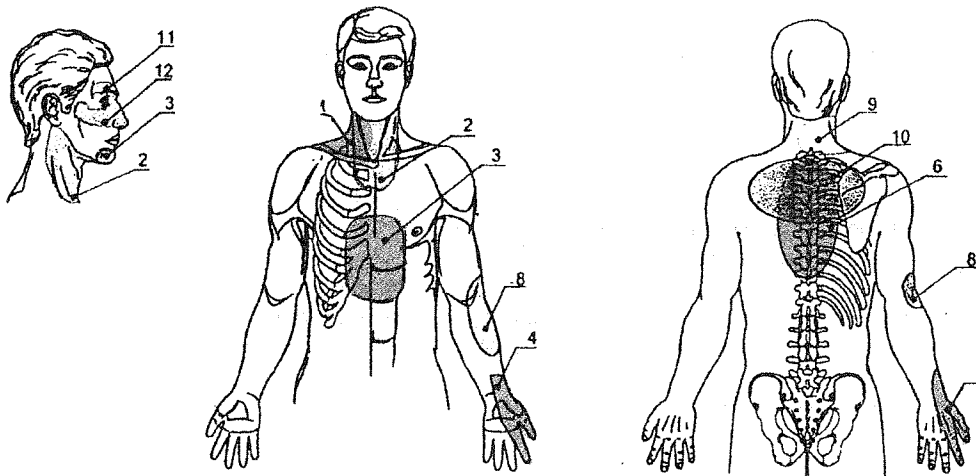
General guidelines:

If the patient has sinusitis, look for diseases of abdomen

If the nose is blocked, treat until it is unblocked.

If the nose is running, treat until the running stops, treat the wings of the nose.

Treat the frontal sinuses, other sinuses, wings of the nose.



Always treat the tongue and anus.

Pirogov Ring

In the suprasternal notch, make a dose

Su-Jok

Three pathways and six points

Tonsillitis/Sore Throat

Look for diseases of the sacrum and anus.

Always treat the tongue and anus.

Pirogov Ring.

Treat the 'bib', the square around the neck front and back

In the suprasternal notch, make a dose

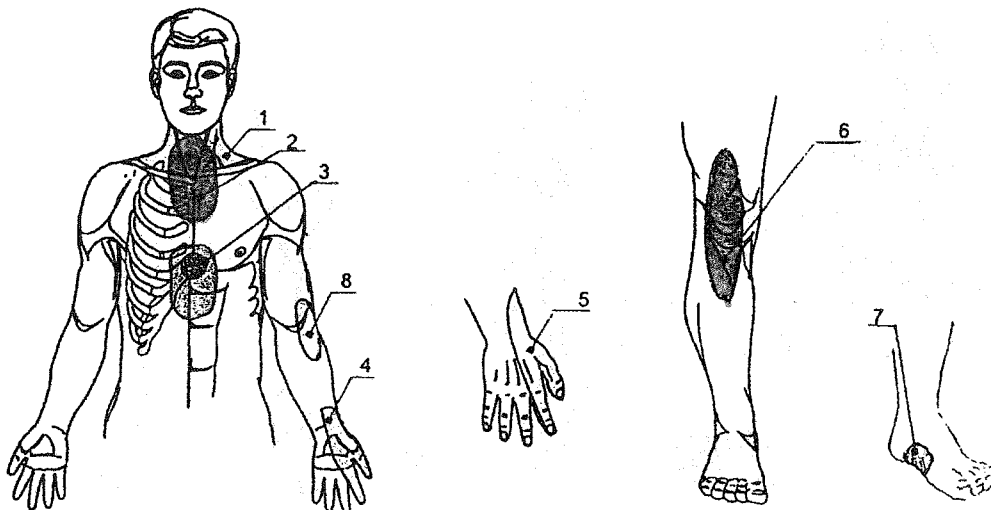
Su-Jok

Three pathways and six points

Ear Infections

Treat the following areas:

- The mastoid process
- Above the external ear
- In front of the ear
- Above the ear lobe
- Treat both ears
- Three pathways and six points
- Collar area



In the treatment of all respiratory diseases:

General guidelines:

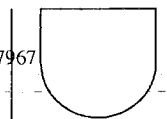
- ❖ For acute problems start treatment in Diag 0 and work 3 or 4 times a day or every 2 hours until the symptoms disappear.
- ❖ When treating, start from a higher organ within the respiratory tract

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❖ **Pirogov Ring**

- ❖ Suprasternal notch, make a dose
- ❖ Treat the bib or square around the neck front and back

Pic. 6 "The bib"

- ❖ For high temperatures, treat the collar zone, regional lymphatic nodules, the main blood vessels and hands. (Mild temperatures are usually physiological and may not need treating).

❖ **Three pathways and six points**

Chronic Bronchitis/Pneumonia

With Scenar treatment there may be acute exacerbations with fever and increased mucus production. It's best to use only the Scenar to treat these. Antibiotics are counterproductive. After these episodes settle, the person is frequently very much improved.

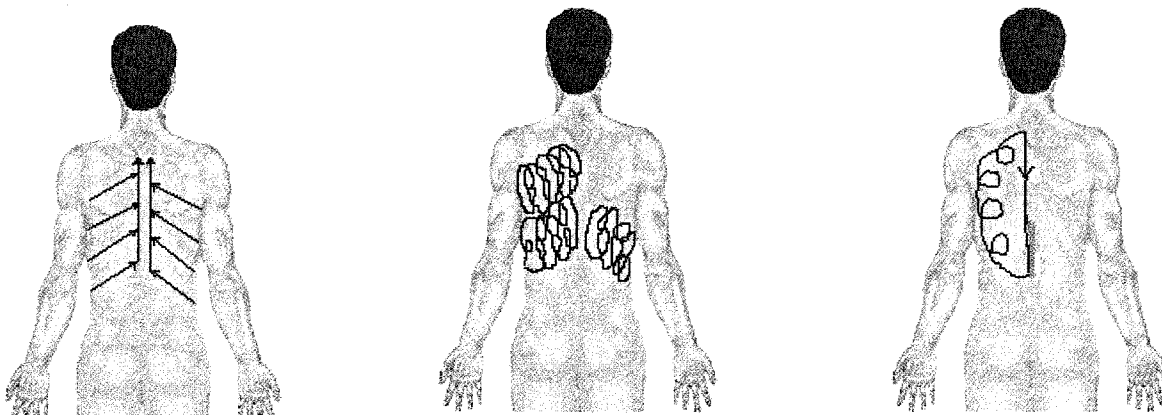
There are three techniques "Christmas tree", "Lambs" and "Clouds", which will help to stimulate mucus production and then to lift it up the respiratory tract and finally eliminate it from the lungs.

Christmas tree: **use one or two Scenars in Diag 0, Frequency 80Hz, from the bottom to the top, towards the centre.**

Alternate so that one day start from the left, the other day from the right. Work with all signs of small asymmetry according to the Scenar rules. When the mucus starts coming out, then treat 'the bib.'

Lambs: Using one or two Scenars move in a spiral motion from below to above as shown.

Clouds: Starting from below, move in a circular/spiral motion on the lateral aspect of the back and then straight down the medial aspect of the back and continue again up the lateral aspect of the back.



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Pic. 7 Schema of the Scenar application for respiratory diseases.

Additional areas for action:

Back surface of the calf muscles – treat until redness appears, Frequency 60Hz, high power
 Three pathways and six points
Asthma
Non-steroid dependant

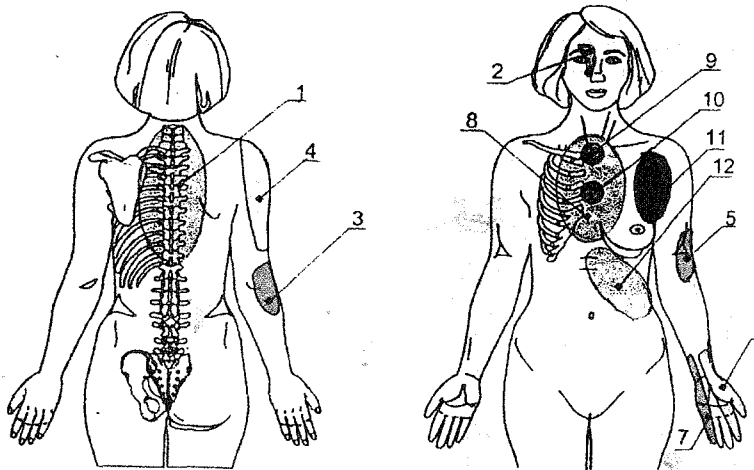
During an attack:

Supra-sternal notch, treat for 1-1½ minutes and on every wheeze.

On the back – “Christmas tree” and “Lambs”.

“Bee sting” at the inter-scapular area.

Two bites on the left – two bites on the right at the level of Th7 – Th8



The bib.

Use the TMB between attacks.

Gradual reduction of the drugs under supervision of patient's doctor.

Additional areas for action:

- Adrenals
- Calf muscles until redness appears
- Pirogov Ring and alternate with Collar zone
- Three pathways and six points
- Liver
- Pancreas
- Tongue
- Ovaries / testicles
- Su-Jok

Steroid dependant

- Same algorithm, plus:

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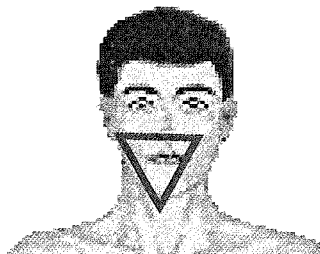
■ Treat once a day

- Treat at the time of the attack as well as between attacks.
- It may be possible to reduce the dose of steroids (under the supervision of the doctor). If, after a reduction, the condition deteriorates again, the medication will need to be increased. If after the following four or five sessions there is an improvement – the dose can be reduced again.
- Treat any accompanying problems.

Foreign body in the respiratory tract

- Ask the patient to indicate the area where there is pain.
- Place the Scenar below this area and move the Scenar towards the mouth.
- The Scenar will stick at the place where the foreign body is located. By dragging the Scenar up it will bring the FB up to the mouth.
- Ask the patient to indicate the area where there is pain.
- Place the Scenar below this area and move the Scenar towards the mouth.
- The Scenar will stick at the place where the foreign body is located. By dragging the Scenar up it will bring the FB up to the mouth.
- Reduction of edema and muscle relaxation allows passage of the FB with minimal damage.

DISEASES OF THE MOUTH



Pic. 7 "Head scarf"

"Head scarf" – treatment through the cheeks.

The tip of the tongue.

Pirogov ring.

General zones in Diag 0.

Speech therapy i.e., all muscles involved in speech, treat for 1 to 1.5 minutes on each muscle group in Diag 0 or treat in Diag 1 to dose.

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DIGESTIVE TRACT DISORDERS

General Guidelines:

- Position the patient is lying down, except for gall stone disease.
- Always treat the abdomen.
- The result will be better if a patient is in the home environment (less stressful than hospitals).
- Liver biochemistry often restores more quickly than pancreas biochemistry.
- It is possible to treat abdominal organs by treating the liver for 1 – 2 sessions first.
- Treat for 3 – 4 sessions after the symptoms disappear.

Diseases of the throat and esophagus

Treat the abdomen and the spinal column

Nausea, tendency to vomiting

Treat the lower edge of the sternum

Overeating, hiccups, flatulence, reflux

Sternum,
Pirogov ring
Abdomen, especially the upper part.

Gastritis

Projection of the pain/complaints
Upper abdomen
Palms,
External surface of the shins

Additional areas:

Back surface of the thighs and top of the feet i.e., meridians

Abdominal pain

Tips:

- Treat abdominal zone.
- Work in Diag 0, at a comfortable level of power looking for any small asymmetry.
- Work along the stomach horizontal.

Stomach ulcer

Tips:

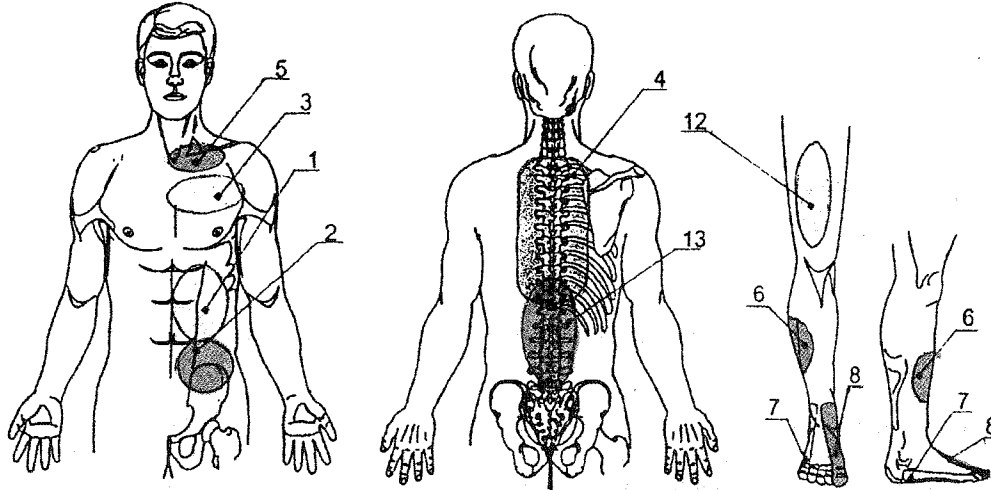
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- Work on the abdomen, using low settings (power, frequency, etc)
- If there is a pin syndrome, work In Diag 1, according to the Scenar Rules.



Specific areas:

Collar zone

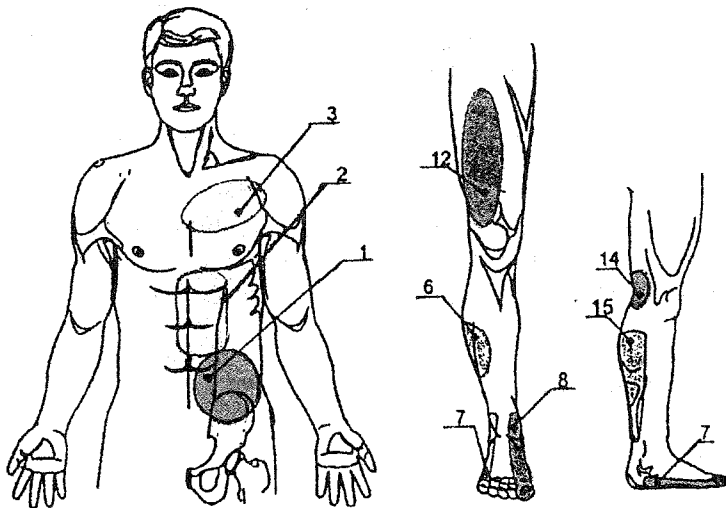
Spinal column zone

Ovaries, testicles

Tongue

Adrenals

Constipation



Tips:

- Work in Diag 0 starting from the liver and move along the large intestine down to sigmoid colon.
- Treat abdominal zone
- Palm on the liver
- Treat the liver horizontal in Diag 1 to the spinal column.

Additional areas

for treatment:

Front and back surface of the shins.

Side surfaces of the feet.

Behind the knee.

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Diarrhea

Tips:

- In Diag 0, start from sigmoid colon, up towards the liver, finishing up on the liver.
- If the disease is infectious: start from the liver, then down and again up toward the liver a few times a day.

Gall stone disease

Tips:

- Treat with person in sitting position
- Work at a comfortable level of power.
- Work on Spinal column zone
- Treat zone of the projection of the gall bladder within a Collar zone
- Always treat adrenals

NB. Do not stay at the area of stickiness above the gall bladder, (especially do not use Modulation). Work gently over the area. A large stone may get impacted in the bile ducts if it migrates.

- Expected outcome of the treatment:
- Stones will become softer and may be expelled, often covered in a greasy film.

After surgery for removal of gall stones:

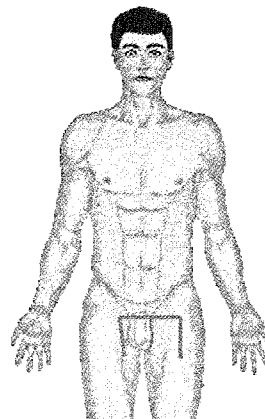
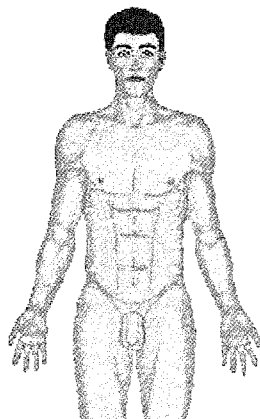
Tips:

- Work on the complaint.
- Projection of the place of gall bladder.
- Work on the corresponding horizontal.
- Also consider the liver, abdomen and spinal column.

Diseases of the rectum, fissures, fistulae, hemorrhoids

- In Diag 0, treat the lower abdomen from the umbilicus to the pubis in a triangular area.

Diag 0
Diag 1



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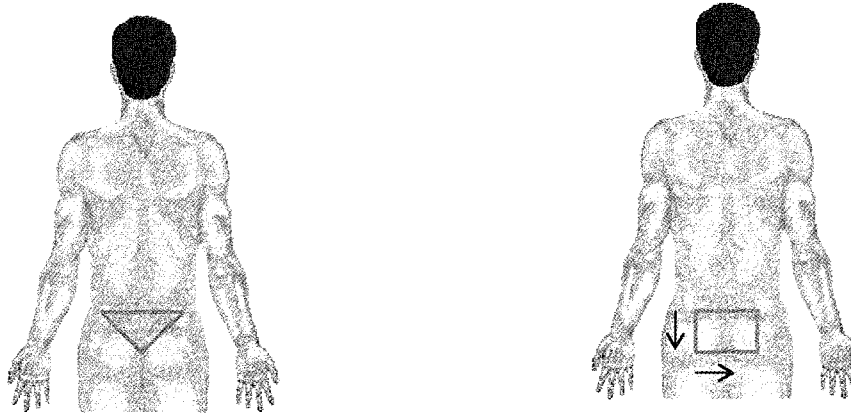
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- In Diag 1 treat a rectangular area from the umbilicus to pubis.



- Similarly on the back over the sacrum and coccyx.

Treat the anus with the probe (leave it to do for the patient him/herself or physician)

If there are hemorrhoids, start from high frequency and high modulation, and without removing the electrode from the skin, reduce to low frequency and low modulation, finishing with Intensity 3 or 4.

Treat the liver & spleen

After the pain and symptoms have gone, the Russian therapists get their patients to provoke the area by drinking alcohol in the evening. If this triggers symptoms and pain, they continue treating. Treatment is stopped once provocation has no effect.

Liver Diseases (Hepatitis, cirrhosis)

Tips:

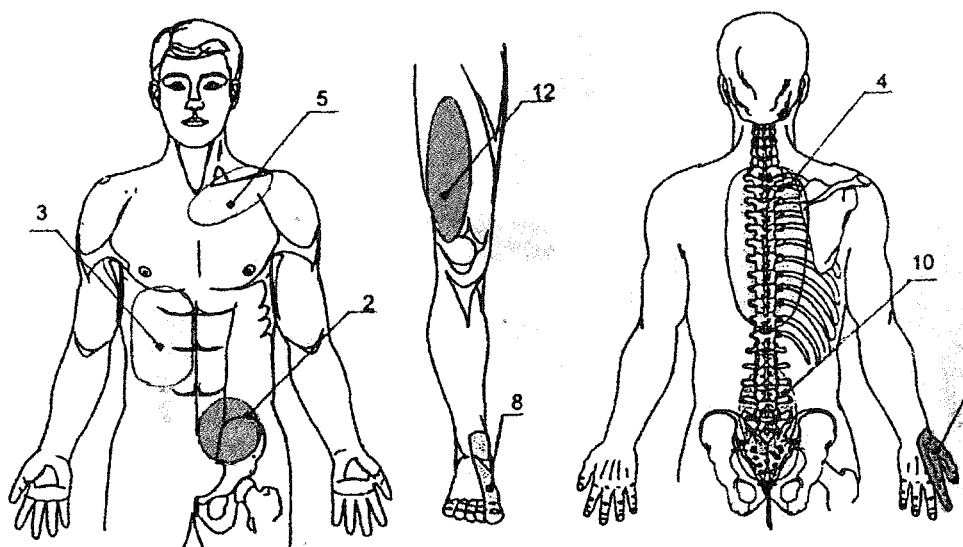
- Work mainly on the spinal column zone.
- Treat liver horizontal in both regimes
- Abdomen zone
- At chronic stage: collar zone, zones for immunity response (sternum, liver, shins, kidneys), genital areas

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Spasm of bile ducts

Specific areas:

Liver, Abdomen,

Around the umbilicus in children (this may cause an increase in appetite in children).

Hernias

Tips:

- If the hernia is small, place the electrode on the ring of the hernia
- If the hernia is big, place one Scenar from the top and sink the other inside the ring. Move them both all the way around the hernia ring, trying to bring two electrodes closer to each other.
- With a strangulated hernia, treat until the patient is taken to the hospital.

Pancreatitis

Specific areas:

Upper abdomen under the left rib arch

Collar zone

Adrenals

Spinal column

Immune zones

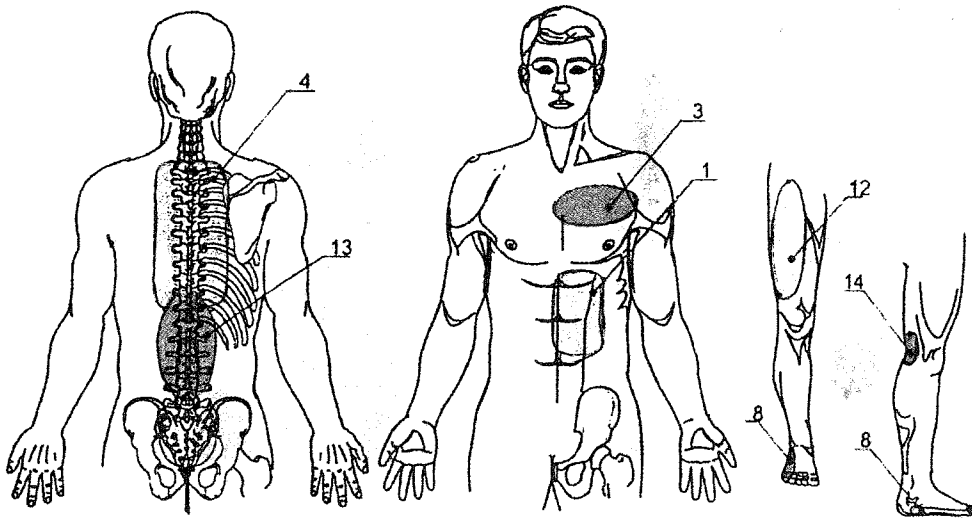
Genital zones

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Tips:

- Treat the area of acute pain, using high frequency, in Diag 0, changing the settings frequently.
- Or work according to the first rule
- Treat every two hours, until the pain disappears.

Diabetes

Non-insulin dependant

Specific areas:

➤ Projection of any pain.

- Projection of the pancreas.
- Liver, it is important to target the liver.
- Abdomen zone
- Any areas of skin disturbance, including ulcers and ischemic areas.
- Three pathways and six points.
- Kidneys and adrenals.
- Peri-orbital zones.
- Feet,
- Gloves, Su-Jok Zones.
- The tongue.

Tip:

- Supervision for one year is recommended.

Insulin-dependant

Tips:

- All zones mentioned above.
- If blood sugar levels drop dramatically it may indicate that the kidneys are suffering and it is best to treat *less often*.
- Any reduction in insulin requirements is usually gradual and should be determined by monitoring blood sugar levels under the supervision of the patient's doctor.

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SUPPORTIVE TREATMENT FOR CANCER PATIENTS

General Guidelines:

Work on the symmetrical area of the projection of the pain (tumor) for not more than **30 minutes**. Once the person is feeling better, e.g., in terms of pain, then finish treating for that session.

Scenar cannot specifically treat cancer. However, in supporting the rest of the system, the Russians have found that there was a reduction in pain and tumor size in some patients.

Important: Avoid treating over the projection of a tumor.

- 1 Areas to treat:
 - (a) If there is a specific place where treatment reduces the pain, work here
 - (b) Give cranio-therapy
 - (c) Work on the reflexology points of the diseased organ. (hand and foot)
- 2 **In order to reduce any intoxication,**
 - (a) Liver
 - (b) Intestines
 - (c) Pancreas
 - (b) Kidneys

Once the patient starts feeling better, stop and work again later.

Scenar treatment may prolong the action of analgesics, raises people's energy levels and often helps to make them feel better emotionally.

SUPPORTIVE TREATMENT FOR PATIENTS UNDERWENT RADIO-THERAPY

Scenar therapy can be given between radio-therapy treatments, rather than during treatments.

- 1 Start by treating the small and large intestines.
Treatment of the bowel loops once a day for one week.
- 2 Work for 10 – 15 days on spinal column zone and only two areas from the choices below in any one procedure (in order to act on the vessels of the brain):
 - (a) Collar zone
 - (b) Temples/ Forehead
 - (c) Sternum/ Spleen
 - (d) Cranio-therapy
- 3 Peripheral nervous system. Start treating after 10 – 15 days.

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Work on three pathways and six points, then all glands of internal secretions and genital organs.

- 4 Return back to treatment of the large and small intestine and collar zone for another seven days to finish up the course of treatment

Give few courses with a break for 2 – 3 weeks approximately.

EMERGENCY SITUATIONS

Urgent states – are fast increasing disorders of the organism vital functions which threaten patient's life.

You should start as soon as possible this emergency medical treatment with the SCENAR device and keep doing it until ambulance arrives.

You have to work on maximum power level using all device's possibilities.

REMEMBER: SCENAR WILL ONLY BE LICENSED FOR PAIN RELIEF

General guidelines:

General Scenar settings:

Diag 0
Power: max (250A)
Frequency: 100 – 200, 350 Hz then down to 15Hz
Dmpf: off,
Mod: off, 1:1, then 5:1
~~Intensity: 2 – 8 once smallest areas of asymmetry have been established~~

Treat every 2 hours or whenever pain is felt
Local treatment

Respiratory Insufficiency:

Asthma, Croup, Edema of the lungs

- SSN for 4-5 min pressing it with the device deeply (it is comfortable to work with a facial probe electrode);
 - the front surface of neck;
 - breast bone, in the center;
 - nostrils and the bridge of the nose;
- 3 points of life: Above the upper lip
 Below the lower lip
 Tip of the nose (In this order)

Additional areas:

- Pirogov's ring;
- collar zone

Respiratory Insufficiency:

- SSN ;

- Front of neck or Pirogov ring
- **Sternum (lengthways)**
- Top of nose, wings of the nose
- Collar zone
- front surface of neck ;
- “Three points of life” – along the middle line above the upper lip and under the lower lip and the tip of the nose;
- Celiac plexus area (activation of energy processes).

Additional areas:

- Pirogov’s ring ;
- Collar zone from behind.

Shock / Collapse

Shock is a status of the body, when the organism vital functions are at extreme state. Shock is expressed in pathological shifts of the central nervous system, blood circulation, respiration and metabolism.

Forehead;
Heart zone
C7
C1
Work at the site of the pain
Work at associated lymph nodes, e.g. axillae
In cases of anaphylactic shock, add points of allergy.
Liver
Pancreas
Intestine

Trauma shock

- “Three points of life”– along the middle line above the upper lip and under the lower one and the tip of the nose;
- celiac plexus area;
- C1
- heart area ;
- the place of trauma;
- At the trauma of lungs – axillaries cavities.

Additional zones:

- region of liver and pancreas;
- projection of kidneys;
- projection of the intestine;
- SSN
- Collar zone
- forehead area;
- Temple area.

Allergic Shock

- “Three points of life”;

- celiac plexus area (activation of energy processes);
- point of allergy (to touch the leg with the middle finger of the arm stretched along the body – there is a point over there which should be treated);
- Collar zone.

Additional areas:

- areas of liver and pancreas;
- projection of kidneys ;
- intestine;
- SSN
- collar zone ;
- forehead area;
- Temple area.

Allergic Reaction

Locally on the swelling area or pain

Liver

Pancreas

Kidneys

Intestine

Collar zone

Point for allergy (on the thigh)

C7

Collapse

- The “Three points of life” the tip of the nose, under it and the middle of the chin;
- collar zone;
- C7 neck vertebra for 2-3 minutes;
- facial points: supraciliary area and under the eyebrows in the middle third (to lift the eyebrow);
- wings of nostril;
- Lower points on the face (6 points of on the face)
- temple area ;
- forehead area ;
- **area of the heart**

Cerebral coma:

- forehead area;
- temple area;
- collar zone;
- C 1st cervical vertebra;
- “ Three points of life” – along the middle line above the upper lip and under the lower one and the tip of the nose;
- celiac plexus area;
- Heart area.

Additional areas:

- region of liver;
- projection of kidneys;

- projection of the intestine;
- SSN

Alcohol coma

Two Scenars on the ears

- two devices on floors of the auricles if you don't have two devices – take the outer electrode);
- “Three points of life” along the middle line above the upper lip and under the lower one and the tip of the nose;
- when respiration is suppressed, to treat SSN
- celiac plexus area
- heart area

Additional areas:

- region of liver and pancreas
- projection of kidneys;
- projection of the intestine ;
- SSN
- Collar zone
- forehead area ;
- Temple area.

Diabetic coma

(Both hyperglycemic and hypoglycemic coma)

- “Three points of life”- along the middle line above the upper lip and under the lower one and the tip of the nose;
- celiac plexus area ;
- region of pancreas ;
- heart area

Additional areas:

- liver;
- projection of kidneys;
- projection of the intestine;
- SSN
- collar zone
- Temple area.

Cardiac Arrest

- As defibrillator – on the heart area.
- **Eyeballs: Place Scenar on closed eyelids.**
- Tip of the nose;
- After rehabilitation of the cardiac activity place the device on celiac plexus area

Additional areas:

- SSN ;
- Main vessels projection ;

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- Forehead area / temples
- Cardiac area – up to 10-15 min. The device should be placed as defibrillator;
- “Three points of life”
- Collar zone

Heart Attack

- Direct heart area
- “Three points of life”
- Celiac plexus area (activation of energy processes);
- C1 cervical vertebra (occipital area)

Additional zones:

- Supra Sternal Notch
- Major vessels projection;
- Forehead area;
- Temple area;
- Axillary areas;
- Inguinal area;
- Collar zone;
- liver and pancreas;
- Abdomen area (projection of the intestine).

Fever

Projection of the main vessels
Forehead
Hands, feet

Hemorrhage – Bleeding

If there is no injury in the main vessel, place the Scenar directly on the wound.

- If the main vessel is not affected, cover the wound with the device completely. If the wound is big, you should treat its edges, followed by treating adjacent areas.
- if the main vessel is affected, you have to wrap a band over the place of hemorrhage, to mark it (the time of the band placing), loosening every 20 min for several seconds, to treat the wound and the area around it until the ambulance comes;
- if you suspect the internal hemorrhage, you should treat the area of the affected organ or the bleeding vessel or the spread zone (at hemorrhage in the abdominal cavity –abdomen area, liver, pancreas area, spleen, projection of kidneys; at the hemorrhage in the thoracic cavity – place the device on the sternum, ribs and intercostal spaces, lungs, heart area.
- “Three points of life”;
- celiac plexus area;
- C1 cervical vertebra (occipital region);
- Heart area.

Additional areas:

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- areas of liver and pancreas;
- projection of kidneys ;
- projection of the intestine
- SSN
- Collar zone ;
- forehead area;
- Temple area.

Burns and Frostbite

Place the Scenar on the effected area and treat the good area above the damaged` tissue as well.

Wounds

On and around the wound

Paresis of the Intestine – Ileus

On any areas on the stomach

Head Trauma of the Brain and Skull

Projection of the trauma or as close as you can get (forehead, temples, behind the ear)

Collar zone, Face

Abdomen

Fracture of Bones

Directly on the trauma

If one of the limbs is covered with plaster, work on the opposite limb.

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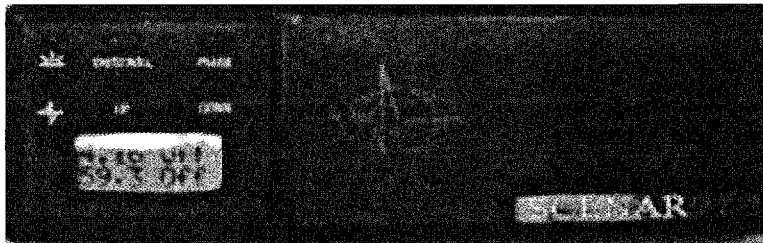
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**“It seems that the main criteria is not force,
but the correct configuration,
architectonics of action on
a complicate system”
E.Knyazeva**

SCENAR PLUS

LEVEL ONE TRAINING COURSE

PART II



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By Dr Z Frost & Dr D McDermott

This publication is base on the research of the Russian scientists and founders of Scenar therapy theory in Russia such as Y. Gorfinkel, Prof. A. Revenko, Y. Grinberg and others.

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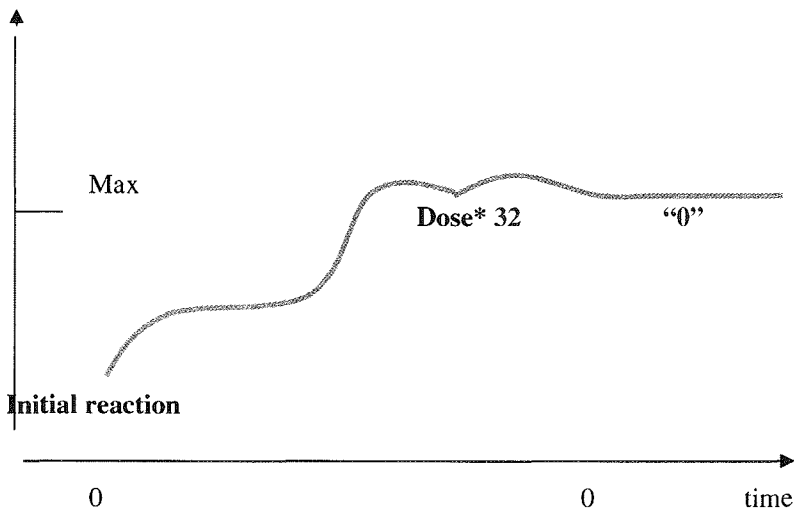
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WORKING IN INDIVIDUALLY MEASURED OUT REGIME (DIAGNOSTIC 1)

When a reaction progresses from beginning around to the end, we say that the function has been completed. Frequently in the human system, functions cannot complete for any number of reasons and remain unfinished. SCENAR therapy allows completion of these functions. Small asymmetries represent unfinished functions and treatment (with resolution) of asymmetry indicates the completion of functions.



- 1 Initial reaction – ‘**IR**’. It is the primary reading of skin impedance. It is purely diagnostic without any therapeutic influence
- 2 Percent of the reaction (32%)– ‘**Dose**’
- 3 Relative speed of change of the reaction (V) – ‘**Speed**’

In more advanced techniques, record the speed of reaction at the time that the asterisk (*) appears in the bottom right corner in order to be able to compare the positions where a dose has been given.
- 4 Timer (seconds)

24

24

32*

24

7

32*

24

*1

3

28*

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Once over 100 seconds, the first digit becomes an asterisk (see next diagram).

- 5 Final reaction – ‘Zero value’
When the speed reaches 0 (and the multi tone bell has rung), the number in the bottom right corner is recorded.

55	0	
24		78*

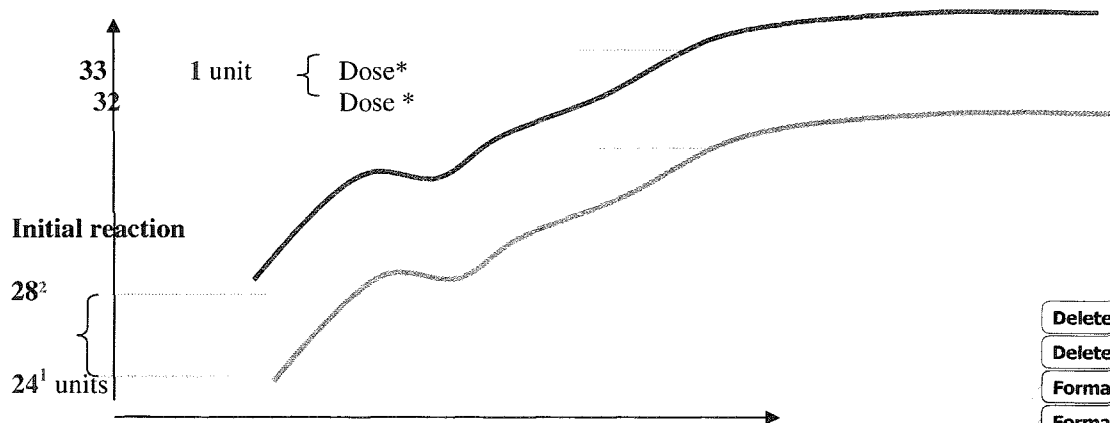
- 6 Co-efficients of form of the reaction.
Indicates the dynamics of the changing organism.

11	3	4	2
24			68*

45	0	X	X
24			64*

58	0	X	X
28			65*

64 and 68 - Final reactions ('Zero Value' – recorded as X^0)

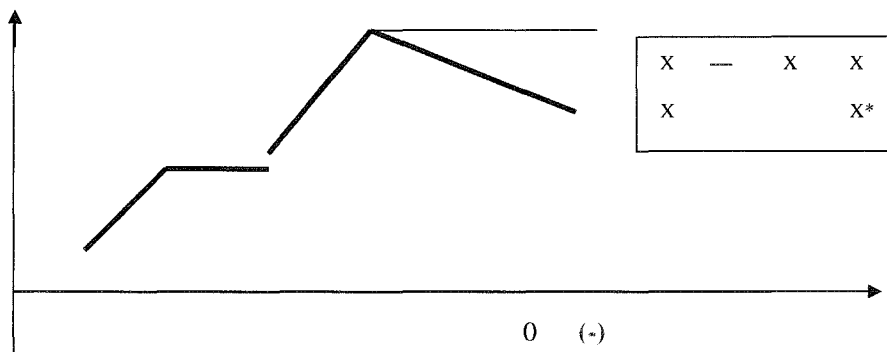


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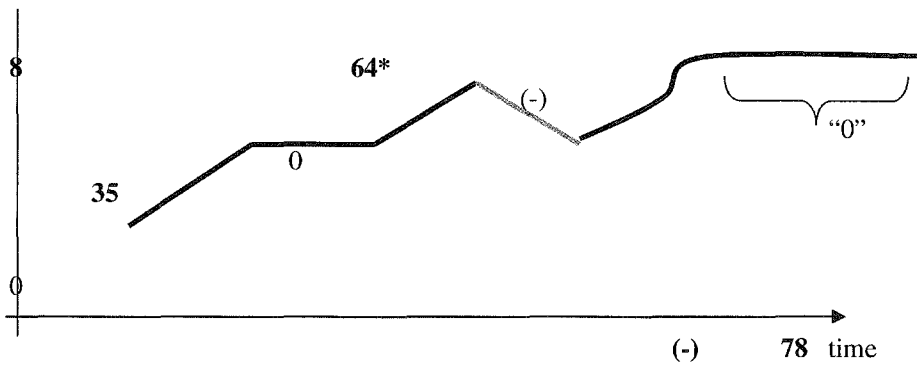
0

64¹ 65²
0 time

Scheme of the change of the reaction down to "0"



Negative Speed of change of the Reaction



Getting "0" after the negative speed of change of reaction

When reading Initial Reactions, as soon as the first two numbers appear on the screen, the device is removed from the skin. During this short time, the organism will not have

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time to react to the impulse so that an IR reading will be purely diagnostic and not therapeutic.

When the SCENAR is left on the skin, the nervous system starts to respond. By comparing the final reactions (0's), the organism indicates an area of small asymmetry and treating with FmVar (maximum of dynamics from device) at this site will produce the best results. Maximum dynamics from the device will give maximum action from the organism.

Before starting the procedure choose level of power of the impulse action. We say that:

- Below-threshold level of energy does not give subjective sensation;
- Threshold level is sensed as slight vibration;
- Above-threshold level is sensed as comfortable electro-action;
- Supra-threshold level is sensed as painful electro-action (as shooting pain).

THREE PATHWAYS AND SIX POINTS

By convention the route starts from below C7 down the spinal column to the tip of the coccyx, finishing up on the neck. On the neck, go from the hairline down to C7. Usually there is only room for one electrode length. In bald people, start from the position of the third eye (eyebrows for paravertebral route) and work to C7. Always make a dose at the last point of the route.

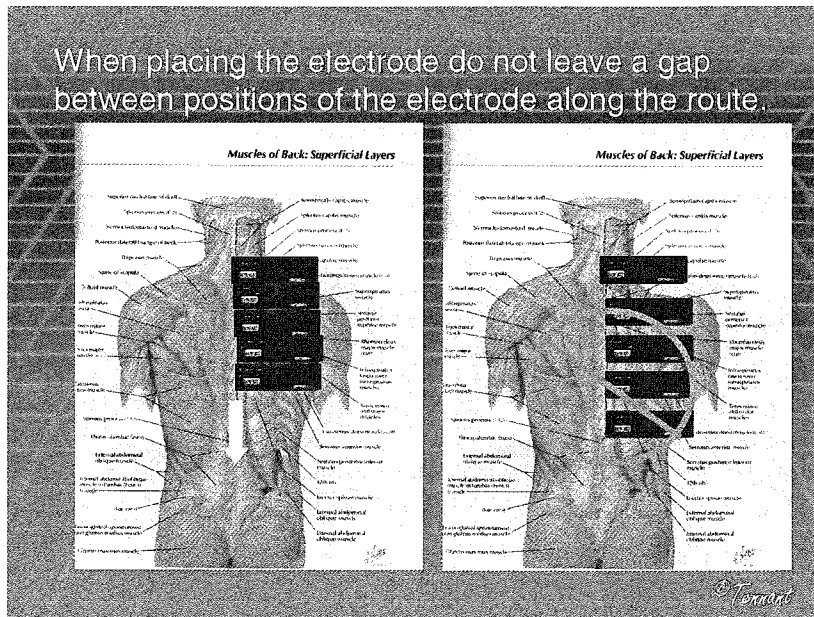
The electrode should be placed overlapping or abutted, down to the coccyx.

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L

C

R

X/D*	C7
X	
X	
X	
X	
X	
X	
X	
X	

The second and third routes are the left and right paravertebral pathways, respectively. Always start from the left and go to the right. Again, go from below C7 to the coccyx

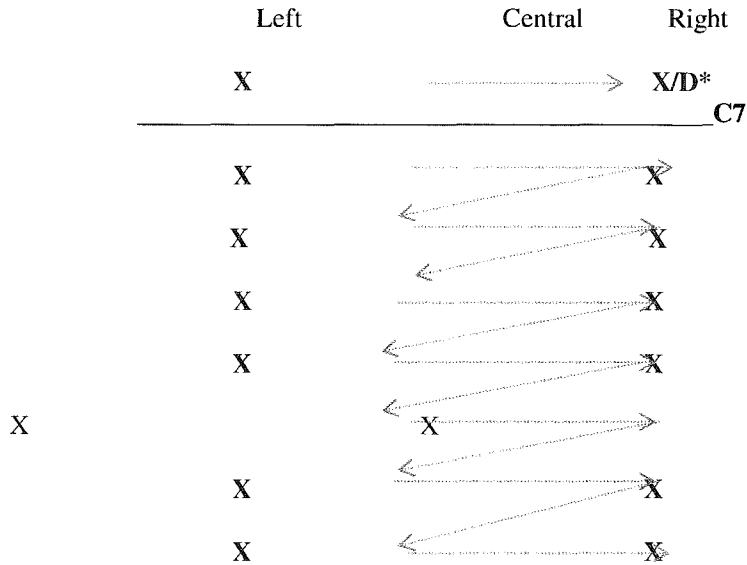
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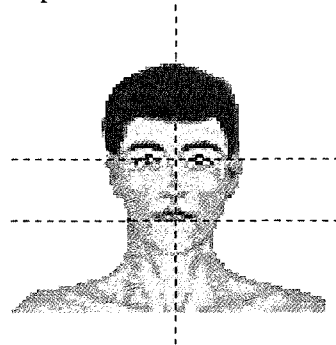
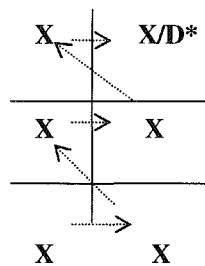
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and then onto the neck. The right para-vertebral neck position is the last point on the route, so always make a dose.



Six points on the face.

The sites used are the exit points of the trigeminal nerve from the skull. Start from the left to the right (relative to the therapist). Always make a dose on the last point.



All routes:

L	C	R
X	X/D*	X/D*
<hr/>		
X	X	X
X	X	X
X	X	X
X	X	X
X	X	X
X	X	X
X	X	X
X	X	X

C7

X	X/D*
X	X
X	X

The Six points on the face contrast the 3 pathways:

<u>3 pathways</u>	<u>6 point</u>
Back	front
Big zone	point zone
From the top to bottom	from the bottom to top
From left to right	from right to left
	(Patient's perspective)

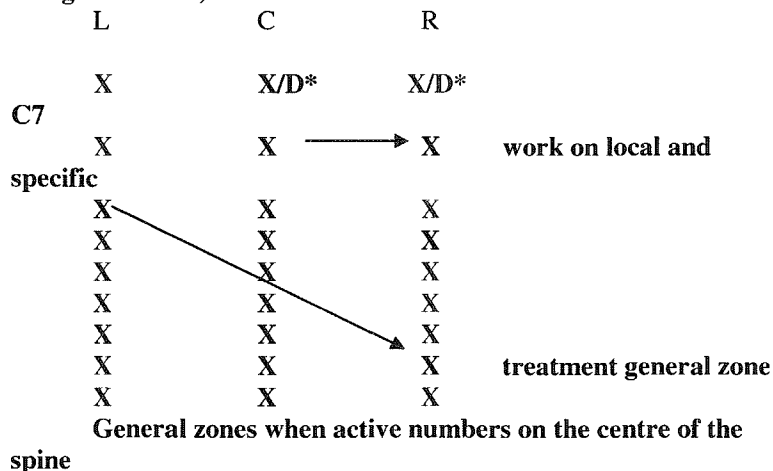
Analysis of the "Picture"

If you see doses, "0"s, FmVar line up along the horizontal line, you can work along the *horizontal*. If you see doses*, "0"s, FmVar situated within close proximity, you can work along the *segment*.

When you get doses*, "0"s, FmVar mainly along the central route, use the central techniques and consequently treat Spinal column zone, collar or abdomen zone.

When you get doses*, "0"s, FmVar mainly on the paravertebral route, use the techniques to treat corresponding horizontals.

If the areas that receive doses, 0's and FM Var are far away from each other, the vector is said to be long, and it indicates that treatment of that person may take a long time. (See diagram below)



Peripheral – local techniques

By choosing the optimal area to treat, we are building an optimal functional system which will start working without the device. That function is a stimulant for the organism and the organism will build a response to it.

Where you have gone to "0" and set FmVar, you have treated a small asymmetry and consequently completed the function.

After finishing the technique you should work over these areas in Diag 0 until you achieve the disappearance of small asymmetry or opposite sign to it.

BASIC TECHNIQUES

There are few basic techniques, which will help you to find the vector for the initial treatment. This vector would elicit a dynamic response from the organism.

"Higher"

“All Higher”
“Stereognosis

THE GENERAL RULES

- 1 The electrode is placed lengthways at any of the general zones (normally start with three pathways)
- 2 When placing the electrode do not leave a gap between positions of the electrode along the route.
- 3 For diagnostic purposes, place the electrode at 45° angle on the shoulder and increase the power. Choose an above-threshold power level to work with. In children, the power used can be minimum (10).
- 4 Before putting the device on the skin and taking IR readings, ensure the screen shows ‘Nobody’.
- 5 If “Nobody” stays on the screen for 5 –6 sec when the device is in contact with the skin, take the device off the skin and move on.
- 6 Minimum action time is essential when taking Initial Reaction (IR) readings, i.e., remove the electrode from the skin as soon as the first two numbers on the display appear, even if you have to replace the device in the same position to give a “dose” or “0”.
- 7 When comparing IR’s to give a dose, look for a difference of +4 or greater, when working along the vertical and +1, when working along the horizontal. When comparing doses or 0’s, treat again if there is a difference of +1 or greater.
- 8 On the last point on the route only, because we usually dose, if “Nobody” appears wait for 5-6 seconds and register as “N”. Then carry on. If you are awaiting for a dose take device off the skin and place it again, waiting for the dose or until the device switches itself off (30 seconds) or shows any numbers.
- 9 If “Nobody” appears three times subsequently on the route, place the electrode on each position again and wait for another 30 seconds (until the device switches itself off again) or wait for a dose.

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- 10 If you need to wait more than 2 minutes for the speed of the reaction to go down to "0", you can leave it and move on.
- 11 If speed of the reaction goes to 0 before the dose is given, the prognosis is good.
- 12 If the procedure is interrupted and you have to stop, you should start from the beginning again.
- 13 You should conduct the whole procedure at the same power level. If the patient cannot bear the pain from the impulse at any point during the procedure, take the electrode off the skin, reset the power and start from the beginning.
- 14 If "-" speed is visible for 2 minutes you should leave and move on.
- 15 When treating zones, you should use a pen to draw zones on the patient's skin as this will reinforce the treatment effect
- 16 It is important to be exact in replacing the SCENAR to give a dose or set FM Var etc. Turn off the machine and use the electrode itself to measure distances. Turning it off and then back on to treat an area also reminds the organism where to put its attention.
- 17 If you have not set any FmVar (have not formed a function) you will have to carry on treating secondary signs or asymmetry in corresponding zones in Diag 0.
- 18 The "neck" is defined as the region from the hairline down to C7 level. In patients with a long neck it will be possible to take IR readings from 2 vertical positions, starting from the level of eyes on the forehead. In patients with a shaved skull, start IR readings from the point PC3 (third eye) all the way over the skull and down to C7.
- 19 When you are making a dose, if the readings on the screen are turning into 'Nobody', consider the IR on this dose as 'Nobody'. If the same situation happens when you were making "0", consider this IR and dose at this area as "Nobody".

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TECHNIQUE I 'HIGHER'

Three pathways, 6 points on the face.
Perform with the patient in a sitting position.
Forms only one vector for direction to work.

When

- At the beginning of the course of treatment if there are many complaints
- Whenever a patient presents a lot of complaints or many diagnoses
- You need to find a zone of small asymmetry

The method allows you to:

- get a picture of how to work with a patient
- Discover the optimal direction for work (shows which part of the spinal column corresponding to an area of the body has the highest reading. This area of the body will need further treatment)
- choose a horizontal (i.e., where there are more doses, either on the right or on the left, top or bottom of the body)
- stimulate change in the organism and localize the focus of complaint
- determine a prognosis

Rules:

- When comparing IR's we need a difference of +4 or higher. When comparing doses and '0's we work on a difference of +1 or higher.
- If first IR is higher by +4 than second IR, you can go back to first position and dose. Normally we go forward only.
- If you did not get any "0"s, move onto the next zone.
- Get three different "0" positions along the spinal column and then, at the position which has the highest reading, then treat by setting FmVar for 2 minutes. Complete the procedure with "0" on the face and possibly set FmVar.

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ALGORHYTHM FOR 'HIGHER'

Step 1 Detect a position to dose

Place the electrode vertically along the central route starting from C7. Measure the IR¹. Take the electrode off the skin and place it on the second position. Measure IR². If the difference is higher by 4 or more units, replace the device and wait for a dose. If not, continue taking IR's down the spinal column, looking for a difference of + 4 units and making doses where necessary.

Step 2 Detect another position

A second dose is needed for comparison. Compare the following readings: one IR will be higher than the last IR which was given a dose by 4 units.

IR > IR_x by + 4 → Dose *

IR

IR

IR > IR_x¹ following*** + 4 → Dose*

Step 3 Last point on the route

Always make a dose on the last point on the route.

Step 4 Bring to "0"

Compare readings at all the points where a dose was given. At the position where the highest ongoing reaction value was obtained replace the device and bring the speed of the reaction down to "0". Note the final reaction value at the moment when speed of the reaction hits "0" (it is essential to wait for the multi-tone bell) Dose* > Dose* then "0"

Step 5 Paravertebral route

Work on the paravertebral route, first left, then right, then left, measuring IR's as before and dosing when there is a difference of +4. On each side, bring to zero the highest threshold of reaction i.e., one on the left and one on the right.

Step 6 Set FmVar

Compare "0"s on each of the pathways. Where the highest reading was obtained at "0" in one of the pathways (central, left or right) change the action regime to Diag 0, FmVar and treat for 2 minutes.

Step 6 Face route

Start from the bottom left position on the face, measure the IR's and dose when there is a difference of +4.

Step 7 Last point on the route

Make a dose on the last point on the face route.

Step 8 Set "0"

Set '0' on the highest dose*.

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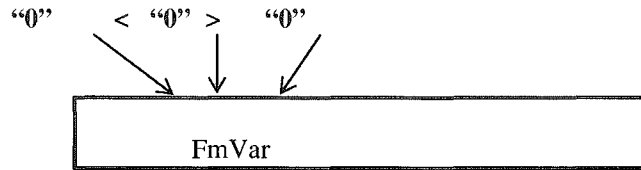
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Step 9 Highest "0"

Find the position where the highest reading was obtained at "0". If the reading at "0" is higher on the face than on the back, treat at that position on FmVar. If the reading of "0" is less on the face, do not set FmVar.

Central & Para-vertebral route

L	C	R		
		X	X/D*	X/D*
			<u>C7</u>	
		X	X	X
		X	X	X
		X	X	X
		X	X	X
X	X	X	X	X
		X	X	X
		X	X	X
		X	X	X
		X	X	X



Face route

X	X/D *
X	X
X	X

"0"face > "0" back
 "0"face < "0" back no

→ FmVar
 → FmVar

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Example:

L

C

R

32	18/32*	23/52*/87-0 FmVar
24	21	28/34*
23	25/44*	26
35/43*	23	33
34	25	26
39/51*/82-0	36/45*	34
24	32	35
34	37	25
43/41*	42/47*/65-0	32
18	32	21
"0"	"0"	"0"
82	65 <	87

"0"-65

< "0"-87 >
FmVar

"0" - 82

Face Route

21	23/20*
35/24*/ 67-0	34
24	26

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“0” – 67* < 87* on the back, that is why we do not make FmVar on the face

TECHNIQUE (GROUP I) 'ALL HIGHER'

Same as in “Higher”

Three pathways, 6 points on the face.

Perform with the patient in a sitting position.

Forms only one vector for direction to work.

When

- At the beginning of the course of treatment if there are many complaints
- Whenever a patient presents a lot of complaints or many diagnoses
- You need to find a zone of small asymmetry

The method allows you to:

- get a picture of how to work with a patient
- Discover the optimal direction for work (shows which part of the spinal column corresponding to an area of the body has the highest reading. This area of the body will need further treatment)
- choose a horizontal (i.e., where there are more doses, either on the right or on the left, top or bottom of the body)
- stimulate change in the organism and localize the focus of complaint
- determine a prognosis

Rules:

- When comparing IR's we need a difference of +4 or higher. When comparing doses and '0's we work on a difference of +1 or higher.
- If first IR is higher by +4 than second IR, you can go back to first position and dose. **After this: every 4 higher Initial Reaction should only be dosed.**
- Only **subsequently** higher by +4 IR should be dosed, only **subsequently** higher by +1 doses* should be “0”ed and only **subsequently** higher by +1 “0”s should be FmVar'd. Set FmVar for 2 minutes.
- After Setting FmVar, start as from the beginning.

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ALGORITHM FOR 'ALL HIGHER'

Step 1 Detect a position to dose

Place the electrode vertically along the central route starting from C7. Measure the IR¹. Take the electrode off the skin and place it on the second position. Measure IR². If the difference is higher by 4 or more units, replace the device and wait for a dose. If not, continue taking IR's down the spinal column, looking for a difference of + 4 units and making doses where necessary. You are only setting the doses, "0"s and FmVars on higher values.

Step 2 Detect another position

A second dose is needed for comparison. Compare the following readings: one IR will be higher than the last IR which was given a dose by 4 units.

IR > IR_x by + 4 → Dose *

IR

IR

IR > IR_x¹ following*** + 4 → Dose*

Step 3 Bring to "0"

On any subsequent "dose" set "0", if the dose is higher by +1 and on any subsequent "0", if higher, set FmVar.

Step 4 After setting FmVar

Start as you are starting a new route, looking for difference between IR's of +4 and higher. Always make a dose on the last point on the route.

Step 5 Paravertebral route

Work on the paravertebral route, first left, then right, then left, measuring IR's as before and dosing on subsequent IR which is higher by +4. Then follow the routine as for the central route.

Step 6 Face route

Start from the bottom left position on the face, measure the IR's and dose when there is a difference of +4. Follow the same routine as for St 3 or St 5.

Step 7 Last point on the route

Make a dose on the last point on the face route.

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Example:

L	C	R
FmVar	32	18/52*/54° 23/62*/93°
	24	21 28/34*
	23	25/45* 26
	35/43*/62°	23 33
	34	25 26
	39/51*/82°	36/34* 43/45*
FmVar	24	32 35
	34	37 25
	44/58*/92°	42/47*/65° 18
FmVar	32/48*	32 21

25	28/40*
38/45*/65°	42/48*/92°/FV
25	29/42*

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TECHNIQUE II 'MEASUREMENT OF THE REACTION' STABILISATION TECHNIQUE

When:

- You have achieved fast dynamics and you need to stabilize the reaction of the patient, in order to give the opportunity for the patient to adapt (when a patient present a new complaint; or when the indicators of IR on the first two positions are changing rapidly between the corridors in either sides (for example- IR 60-65, next day IR 21-28).

Aim:

To stabilize the body's reaction and produce passive peptides from dual irritant action: first your device, then your finger.

Notes:

- This method can be used only once during the course of treatment.
- Never start with this technique.
- Do not work in Diag 0 after performing this technique. You may work in Diag 1.

ALGORHYTHM FOR 'MEASUREMENT OF THE REACTION' STABILISATION TECHNIQUE

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e-mail: zfrost9412@aol.com <http://www.netscenar.com>

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Step 1

Start from C7 along the central route. Measure IR, note the reading and place your finger on the area after you take the device off the skin.

Step 2

Keep your finger on the skin while you continue to measure other IR's. When an IR is found that is higher by +1, place your finger on the new position. Keep your finger in place until you detect a reading that is higher again by +1, and move your finger there. Carry on this routine along the central route, placing finger as above until the end of the central route. Do not make a dose on the last point of the route.

Step 3

Make a dose on the highest IR, and then point with a finger at this spot.

Step 4

Also make a dose on the lowest reading of IR, but not pointing with a finger (as you are not encouraging the brain to focus on the area of small reading).

Step 5

The same routine applies to the paravertebral route. Carry on the routine, placing the finger on IR's which are higher by +1, and not making a dose on the last point of the route. On the highest IR make a dose. Make a dose on the lowest as well, but not pointing with the finger.

Step 6

The same routine applies on the face route: measure the first IR, place your finger, next – with difference of +1 move your finger there, and carry on in the same fashion until the last point. Do not make a dose on the last point. On the highest IR make a dose. Make a dose on the lowest as well, but not pointing with the finger.

Step 7

Compare all doses on the central route, paravertebral route and facial route; where highest, make "0".

PROGNOSTIC INDICATION, BASED ON THE RANGE OF THE REACTION

I	II	III	IV	V
< 18	18 – 25	25 – 40	40 – 60	> 60
Worst	better	better	best	
best				

These numbers will help to estimate the success of the treatment with SCENAR, i.e. whether is going to be quick recovery or slow progress in recovery.

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Central & Para-vertebral route

X	X
X	X
X	X

21	23
.35/45*	34

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TECHNIQUE 'HIGHER ON THE HORIZONTALS' ACCORDING TO SKENAR RULES

When:

Where there are no complaints or - so many complaints that the therapist doesn't know where to start.

Aim:

To detect which area to work on.

Bring to "0" on the spinal column and move out on the horizontal.

Rules:

- Start as in "Stereognosis, All Higher" technique, comparing IR's and dosing at higher by +4, when you have two doses*, compare and on the higher set "0".
- At the point where you set "0", check for IR readings on the paravertebral left and right, where paravertebral IR is higher than "starting value", start working along the horizontal.
- Within the horizontal apply technique "Higher", where you will be setting doses* with difference of +1 and higher and on the highest dose, set "0".
- Compare horizontal and vertical route and on the higher "0" set FmVar.
- Start as from the beginning after FmVar was set at the vertical route or carry on if you set FmVar on the horizontal.
- You work only along the central route and finish with the face route.
- The more horizontals you find with many of them going in different directions – better prognosis

ALGORHYTHM 'HIGHER ON HORIZONTALS'

Step 1

Start from C7 and measure IR1. Continue down the spinal route comparing the IR with IR1. Where the difference is +4 or greater and make a dose.

Step 2

Continue down the route looking for a difference of +4 or greater to make another dose. When you have made two doses, choose the highest and make "0".

Step 3

From this point, measure IR on the left (IRL) and IR on the right (IRR). Compare IR's with the "starting value" (IR at first dose*).

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Step 4

Where the IRL or IRR is equal to or higher by +1, to “starting value”, move to *horizontal* (i.e. from para-vertebral position to the middle of the front). Where the IRL or IRR is higher by +1 to the “starting value”, make a dose before commencing working on *horizontal*.

Step 5

From now on, move along the *horizontal* comparing IR’s and where the difference is +1, make a dose. Last point of the route along the *horizontal* – make a dose. Compare doses on the *horizontal*. Where it is highest – make “0”.

Step 6

Compare “0” on the *horizontal* with “0” on the *vertical*. Set FmVar for 2 minutes on the higher “0” position.

Step 7

If FmVar is set on the central spinal route, restart measuring below FmVar on the central spinal route taking the next position as the new starting reference point for future comparisons looking for + 4.

Step 8

Carry on down the spinal route as before, until there is an opportunity to move out on another *horizontal*.

Step 9

If FmVar was set on the *horizontal*, continue now along the central route and compare the next reading of IR with the previous highest IR (with “0” or dose) on the central route. Carry on in the usual fashion (+4). Last point on the central route – make a dose.

Step 10

When you have finished with this route start 6 points on the face.

Step 11

IR1, which is the point on the left, compared with IR2 on the right, make a dose* where the difference is +4 or higher.

Step 12

Compare two doses and where highest make “0”, now you are ready to move out to the *horizontal*.

Step 13

Where you get “0”, move along the *horizontal*, dosing where appropriate and make a dose on the last point of the route.

Step 14

If “0” is higher “0” on the back, – Make FmVar. Compare doses, where highest, make “0” and set FmVar, only when there are 2 “0”s to compare.

Step 15

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Carry on the routine on the face; make a dose on the last point on the face.

SCHEME OF THE HORIZONTALS

Back

Start treating from the back towards the front finishing up at the middle lane

C4 – C5 – C6 Top – arm

T1 – T2 Lower arm

T3 – T4

T5 – T6 Chest

T7 – T8

T9 – T10 Abdomen

T11 – T12

L1- L2 Groin area

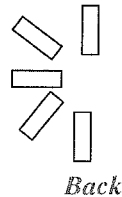
L2 – L3 Outer leg

L4 – L5 Centre of the leg

S1– S2 - S3 Inner leg

Coccyx - perineum

Front



Perineum

Back

Face

First horizontal

Centre – the chin

Next position - you should miss

Third position

Fourth position

Fifth position (before the ear)

Sixth position behind the ear (last point-dose)

Second horizontal

Nose

Second position – miss

Third position

Fourth position

Fifth position (before the ear)

Sixth position behind the ear (last point-dose)

Third horizontal

First position - miss

Second position

Third position

Fourth position (last point – dose)

If the *horizontal* corresponds to a zone of organ projection involved in the pathological process – prognosis is good. If the horizontal does not correspond to a zone of organ projection involved in the pathological process – prognosis is poor.

TECHNIQUE 'HIGHER ON THE HORIZONTALS' ACCORDING TO SKENAR RULES

L		C	R	
		I		
22		30/58*/121°/FmVar		21
		C7		
		24		
		22		
		27		
		28/35*		
30	32/45*/67°	37/42*	45/56*	45
	49/67*/89°/FmVar	38	42	
	43/50*			
		31		
21	36/53*/87°	23		
	FmVar			
31/45*/95°	42/34*	34	40/44*	32
		40/55*/105°/FmVar		
		20		
		21		
		28/32*		
		18		

Face route

27	25/47*

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18 54/98*/105° 32 54/76* 67/89*/111°/EmVar 42/63*

28 32/54*

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GLOSSARY

ALGORHYTHM – sequence (of actions), plan

ASYMMETRY – any kind of differences

CRANIO THERAPY – therapy on the shaved skull or with the external (comb) electrode on the head

DOSE – figure on the bottom right hand side of the screen with a star, which reflects threshold of the reaction

DERMATOME - Neurological segment, a part of the body, which follows the nerve root path

DIAG 1 – digital diagnostic mode of SCENAR

DIAG 0 – non diagnostic mode of SCENAR

INTOXICATION – flooding with toxins

INITIAL REACTION – figure on the bottom left hand side of the screen, which reflects the measurement of the skin impedance

FmVar – maximum of the dynamics from the device

HORIZONTAL – horizontal band parallel to the ground

MICRO-PHORESIS – active absorption of the ions across the skin

MEDIUM AXILARIS LINE – imaginary line that you can draw on the middle of the side

“NOBODY” – no contact established with the brain

“0” – figure on the bottom right hand side of the screen with a star at the moment when the speed of the reaction on “0” point – this is the final threshold of the reaction

PATHOLOGICAL FOCUS – area of the inflammation (injury, disturbance)

PARA VERTEBRAL – the route, where the electrode should be positioned on one position left and one position right in relation to the central route (on the spinal processes)

POINT PC3 – acu-point above the bridge of the nose (Third eye)

POINT HE-GU – acu-point LI 4

PIROGOV RING – technique for working on the neck

RECIPROCAL PRINCIPLE – principle of opposites, ex. left/right; top/bottom; front/back; small/big

SCENAR – Self Controlled Energo Neuro Adaptive Regulator

STAR NODULE – neck nerve ganglion

SKIN IMPEDANCE – skin resistance

SMALL ASYMMETRY – small difference within (in comparison)

SUPRA-STERNAL NOTCH – indentation on manubrium (top part of sternum)

SEGMENT – a part of the body which follows the nerve root path

SU-JOCK ZONES – reflective zones on the palm

SIX POINTS – on the face – reflecting points where the trigeminal nerve leaves the cranium

TOXICOSIS – morning sickness at first trimester of pregnancy or latest toxicosis in the third trimester

THREE PATHWAYS – along the spinal column: first along spinal processes; second - one position next to the right; third - one position next to the left

VECTOR – direction for action (arrow)

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been given and may not necessary occur. I am willing to proceed:

Patient's signature.....

Therapist signature

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ASSESSMENT REQUIREMENTS For LEVEL TWO “SCENAR THERAPIST”

Knowledge of Scenar theory:

How Scenar works (general mechanisms as you would explain them to your client)
Effects of Scenar therapy;
Algorithm of work with Scenar (primary & secondary signs, asymmetry, small asymmetry);
Contra-indications in Scenar therapy;
Dealing with healing crisis in Scenar therapy;
Combination of Scenar with other therapies;

Clinical knowledge in Scenar therapy

General zones in Scenar therapy
Horizontals & dermatomes (neurological segments)
Reciprocal principles
Application for skin conditions
Application for muscular-skeletal disorders
➤ Application for the gastro-intestinal tract disorders;
➤ Application for the respiratory tract disorders;
➤ Application in emergency situations

Skills in operating Scenar device 97.4

Understanding the settings in Scenar device (Diag0, Diag1, Mod; Dmpf; Intens; Z; Freq; Power)
Settings for acute or chronic illness.

Knowledge of Scenar techniques:

Application of the following techniques: (when to apply, the aim, on which settings)
“Higher”, “All Higher”
“Higher on the Horizontals, according to the Scenar rules”
“Stabilization Technique - Measurement of the reaction”
Zones in Scenar therapy
Working on the complaint
“Palm”
“Little wings”

Case study. You will be expected to present six case studies in order to show your ability to:

Conduct a consultation;
Plan an appropriate course of treatment;
Work according to Scenar rules;
Determine combinations of zones for general action with specific zones for the particular condition or disease;
Apply different techniques “Higher”, “All Higher”, “Higher on the horizontals” and “Stabilization technique” where appropriate.

Estimate a prognosis;
Monitor the patient's condition throughout the course of treatment

When writing up a case study include the following details: - consultation form, tentative prognosis, treatment plan, techniques used and why, your notes for monitoring the progress throughout the course of treatment. When using the techniques, you have to enclose numbers in the chronological order.

Verbal explanation of the techniques you have used may be required. You may also be asked for some clarification on any particularly interesting aspect of the case.

Try to choose different types of conditions to demonstrate your breadth of experience. (E.g. chronic, acute, respiratory, gastro-intestinal etc). Lastly, do not write a lot, but give us essential information about the patient and your ability to give him/her an appropriate treatment.

PS If your case studies are not ready by the date of the course you are attending, you still are welcome to come and do training. The only difference is that you will receive a certificate of "fully accredited Scenar Therapist in association with Russian School of Scenar" after presenting your six case studies.

I am going to enclose a consultation form which you can use for your case studies.

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Russian Space technology for your health!

SCENAR IN ODONTOLOGY

Recently dental specialists have an opportunity to use in their practice one more effective tool to help their patients – SCENAR device.

Scenar is a Self-Controlled Energo-Neuro-Adaptive Regulator.

Scenar is a universal non-invasive regulator of the functions in an organism.

This compact device (pocket size) represents a “new generation”, a new class of devices, in electrotherapy, which are recognized as an ideal electrotherapy. Following the recent development in area of pain management, Scenar naturally and delicately helps a body to correct and complete its own self-recovery program by accessing the body’s own “internal pharmacy”.

Electrical impulses produced by the Scenar are similar to that of natural neuro-impulses. They are sent through the skin. Feedback to the device is mediated by the brain of the patient, which alters next output. It happens every few milliseconds. No two successive impulses from the machine are the same. That result is a dynamic dialogue between the machine and the patient. There is no adaptation to the treatment.

The Russian experience shows that Scenar therapy produces relief from any type of pain, is anti-inflammatory, anti-allergic, anti-parasitic, it also acts as a vaso-regulator and regulates the metabolic processes, it improves lymph drainage, promotes better sleep, and has many other benefits.

All Scenar effects are fast, long lasting. Patients with cardiac pacemaker should be treated with the Scenar. Absence of known complications and negative side effects makes this type of therapy popular. Dentists can use the Scenar as a stand-alone treatment or in combination with other methods. Easy in operation, the Scenar device allows achieving impressive results just after only short course of training.

The possible applications:

Arrested dental caries with pain syndrome;

Acute and chronic pulpitis;

Periodontitis and gingivitis;

Periodontosis;

Inflammatory conditions of teeth, gums and jaws, inc. osteomyelitis and periostitis;

Pain after dental treatment and surgery, etc.

In acute conditions, Scenar significantly reduces pain, swelling, and inflammation.

In chronic conditions Scenar therapy reduces bleedings, improves microcirculation and teeth fixation and reduces gum retraction.

In condition when structure of the jaw’s bone is disturbed, Scenar therapy will assist in restoration of the structure. The visible changes of the bone structure could be revealed by X-Ray, however, usually not earlier then two month after the beginning of treatment course of 15 – 20 sessions.

Practical observation:

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15 patients were taken for the treatment of deep caries with the Scenar device (3 – 5 sessions). Control group of patient was taken for the treatment at the same time. The usual dental procedure was used in both groups. Result: the group of patients used Scenar therapy showed no post-procedural complications, recovery is in 100% cases. In the control group 30% of patients noticed the usual pain for 2 – 3 days after the treatment.

Another group of people, treated for pulpitis showed complete recovery in 100% in comparison to 40% in the control group.

Case study:

Patient, 40 years old with relapse of chronic periodontitis.

Findings: sensation of pain, when pressure was applied on the tooth and pain in the projection of the root. X-Ray shows apical granuloma – 3mm.

Complete pain relief after application of the Scenar. After the third treatment with the Scenar all clinical symptoms disappeared. All together the patient received 7 sessions of Scenar therapy. Control X-Rays after three months showed the reduction of periodontal fissure and reduction of granuloma in two times. The patient didn't have any complaints throughout that time and follow-up period. The important fact is that, immediately after the treatment the tooth was used as a "support" for the bridge, which normally would produce an aggravation in 100% cases. That is why this case couldn't be considered as an incident. Follow-up showed no complaints and no signs of deterioration.

Scenar device could be valuable assistance in your dental practice. For more information, please contact the STC.

The information is based on Russian research and experience. Source: compilation of articles: "Scenar therapist and Scenar Expertise", issue 2, 1999, Taganrog.

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WHAT IS IT - SCENAR THERAPY?

By Prof. A.Revenko

SCENAR-THERAPY IS A MEDICAL TECHNOLOGY – combinations of the modes and methods for gaining united final result (product) of the interaction between human **organism (patient)** and a device, which creates the system: **organism – device**. This interaction is directed on the activation of human resources of the organism, which are capable of adaptation, and formation of the system at the various functional and organic manifestations of diseases.

SCENAR is an abbreviation of the mode of action on the human organism. The name of the device is self-controlled energo-neuro-adaptive regulation (self-controlling energo-neuro-adaptive regulator).

WHAT SCENAR TREATS EFFECTIVELY?

SCENAR – GP and Emergency service in your pocket. Scenar practitioners and medical doctors are able to give **qualified** and **specialized** help to patients in practically any situations: to bring out from shock, to restore cardiac activity, to take away the swellings, intoxication, to get quick anesthesia etc.

SCENAR application is indicated at any stage in treatment of the following diseases:

- Nervous system (various diseases of the vertebral column with secondary disorders of the nervous activity, static and dynamic's disorders of the vertebral column, deformation of the spinal column, radiculitis, neuritis, strokes and their consequences, diseases of the vegetative nervous system etc.);
- Skeletal-muscular system (myositis, arthritis, arthrosis, bruising of the soft tissue, at the fractures at different stages of the process);
- Respiratory system (tracheitis, bronchitis, viral infection, pneumonia, pleurisy, bronchial asthma);
- Cardio-vascular system (angina, hypertonia, hypotonia, various form of arrhythmia), vessels of the extremities (endarteritis, varicose veins, disturbance of micro-circulation, trophic ulcers);
- Digestive system (gastritis, enteritis, colitis, cholecystitis, hepatitis, IBS)
- Genito-urinary system (pyelonephritis, cystitis, disturbance of the cycle, infertility);
- Tooth and mouth cavity diseases (periodontosis, periodontitis, arresting of inflammation and complication after the treatment of pulpitis and periodontitis, arresting pain syndrome);
- Other pathological conditions and their combinations.

THE EFFECTS OF SCENAR ACTION (SCENAR-THERAPY)

- considerable improvement of the general state with increase in adaptive ability of the organism;
- restoration of the disturbed functions;
- speeding up and slowing down the manifestations of pathological processes;
- relief from pain;
- anti-inflammatory;
- anti-allergic;
- anti-swelling;
- normalization of the vascular and blood functions;

- regulation of the endocrine-immunity respond of the organism;
- Normalization of the metabolic processes.

The effects are traced and confirmed by additional methods of the investigation (ECG, REG, EEG, x-ray, CT, U-Sound irido-diagnostic, bio-chemical investigations, electro-information investigation, computer acupuncture diagnostic – Nakatani, Voll, auricle-diagnostic).

WHO ARE THE USERS OF SCENAR DEVICE?

Today the users of the SCENAR in Russia are medical doctors and medical personnel of more then 30 specialties, including neurology, therapeutics, surgery of different specialization (post surgical complications), traumatology, gynecology, obstetrics, otorhino-laryngology, odontology, sport medicine, physiotherapy, resuscitation and others. A special version of the device was designed to be used by housewives, engineers, office clerks, and other specialists without medical background, also on ferries, on liners, in airplanes, in cars, etc.

HISTORICAL REFERENCE

SCENAR-therapy as a technology was born in Taganrog nearly 20 years ago. Originally the device was aimed to be used in the "Space Research Program", but project was stopped at "perestroika time. The employers – medical doctors and engineers of TOO OKB "Rhythm" and TOO "Bio-correction" were at the origin of this direction.

In 1986 the first SCENAR device, having passed technical and clinical trails, was permitted by USSR Medical Council for application in the clinic-policlinic institutions and at homes.

For the control of the conducted therapy, findings of the optimal skin zones and individualization of the action regimes, for the expertise and prognosis can be used reflexogenic-diagnostic set "Rista-EPD" (acupuncture diagnostics Nakatani, Voll, auricle diagnostic), computerized polygraphy (ECG, EEG and others).

At the present time TOO OKB "Rhythm" produces series of the devices "SCENAR – 035", "SCENAR 97", "SCENAR 97.4" and according to license 30-03/1007 from 27 December 1996, supplement No1, No2, TU 9444-010-05010925-97, TU9444-010-24225399-93) there are certificates of standard. The device is protected with patent in Russia, USA and Japan for "the means for influence", for receiving biologically active impulses and for the device which realize them" (the patent owner TOO OKB "Rhythm").

The SCENAR device is capable of recognizing, preventing many health problems and restoring health. "SCENAR" is a trademark (according to class – therapeutic device and apparatus, electro-stimulators), registered in the state list of trademarks in USSR from 23 October 1989.

TOO "BIOCORRECTION" and TOO OKB "RHYTHM" closely co-operates with different medical institutions (department of "Non-drug methods of treatment and clinical physiology" in the I.M. Sechenov MMA – cor. member of AMS, Doctor of the Medical Science V.G.Zilov; laboratory for "Bioenergy and Reflexotherapy" CITO - Doctor of the Medical Science U.F.Kamenev; laboratory for "Biophysics of Cancer" in

the Rostov Oncological Institution - Doctor of Medical Science L.H.Garkavi, E.B.Kvakina and other departments of the institution in Moscow, Saint-Petersburg, Ekaterinburg, Odessa), also with the Committee of New medical technology Medical Factory Russian Federation (the chairman – Doctor of the Medical Science, Prof. T.I.Nosikova).

Five international conferences and 10 inter-regional seminars were held (Odessa, Ekaterinburg, S-Peterburg, N-Novgorod, Rostov-na-Donu) on SCENAR therapy and SCENAR-expertise. From 1992 in the different regions of Russia and abroad 117 school-seminars on SCENAR were conducted.

Together with the Committee for New Medical Technology and the department for “Non-drug Methods of Treatment” were issued 4 compilations of “SCENAR-therapy, SCENAR-expertise (the editors are: T.I.Nosikova, G.V.Zilov, L.M.Kudaeva), where questions of therapy and practice of SCENAR-therapy were reflected.

For these years more then two thousands users were trained. Among trainees – managers of medical institutions (Head of the hospitals and Policlinics, Chiefs of the departments, etc.), medical doctors, nurses (including resuscitation doctors, surgeons, oncologists, neurologists, physiotherapists, pediatricians...), scientists (candidates or doctors of science) and a lot of therapists coming from the complementary medical field as well.

The material was extracted from the compilation of articles “Scenar Therapy, Scenar Expertise 1998”, translated by Dr.Z.Valeyeva-Frost. Please note, this information based on Russian experience of Scenar use. In the UK the device is licensed for pain relief only.

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THE PLACE OF SCENAR THERAPY IN MODERN MEDICINE



SCENAR therapy is regarded as an **'intermediate link'** between orthodox and traditional eastern medicine. The principals and methodology of Scenar therapy bring together orthodox and traditional eastern medicine, in particular, acupuncture and its various modifications.

On the one hand, because the device is applied to the skin and creates effects in the corresponding zones (zone electro-therapy); the device belongs in the **physiotherapy section of orthodox medicine**. On the other hand, the device also affects **acupuncture points and balances energy within the meridians**.

Various methods of acupuncture, classical, electro-, laser-, magneto-puncture, act directly on Biologically Active Points, whereas *SCENAR* acts on the skin surface and mucous membranes.

SCENAR sets up a **constant 'dialogue'** with the organism based on **biofeedback**. This makes it stand out from other physiotherapeutic devices. It is unique in being a device that uses an individually measured and specifically directed action to achieve its effects.

In *SCENAR therapy* we talk about pathological systems that occur when a normal functional system becomes disordered in some way and is not corrected by the organism for whatever reason. The *SCENAR* influences this pathological system and changes it to a functional pathological system, a situation in which the organism itself recognizes that there is a problem and takes the necessary action to re-establish a functional system. The *SCENAR* thus allows the maturation and completion of these cycles.

The **mechanism of the formation of Pathological Systems is common**, regardless of which structures, processes, complaints, and observed modifications of the organism are involved in it. Accordingly, the **way to treat will be the same** – formation of FPS with the subsequent self-correction by the organism of the dysfunction. All regulating systems of the organism work in close interconnection and active inter-co-operation, so influencing one of the systems will affect the activity of the others. With this in mind, *SCENAR therapy* becomes specific and pathogenically oriented, with the target becoming the complete clinical recovery from the pathological process with restoration of its disturbed or lost functions.

Many pathological systems will be treated and many cycles completed as treatment continues and the organism provides evidence to the *SCENAR therapist* that this is occurring. Changes in the skin, varying sensations, and even changes in the day-to-day complaints of the patient signals that the organism is undergoing "adaptive reactions" and completing many of the cycles discussed above. In order to complete the adaptive reactions and compensation of disturbed functions as quickly and as effectively as possible with as little disturbance to the organism (patient), the *SCENAR therapist*

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literally goes with the patient and treats whatever is present in the moment and by so doing allows the progression through all the “stages of pathological processes”.

As the pathological systems are returned to functional systems, there is disappearance of complaints and restoration of function, followed by normalization of the clinical-laboratory parameters. There may even be structural changes with a complete return to normal. With *SCENAR* treatment, healthy functioning is often achieved without a return of the normal physical structure.

SCENAR is a guide and a helper on this way, leveling energetic balance, helping the organism to compensate for disturbed functions. The ability of the organism to heal itself is unlimited.

It is important to be aware that in *SCENAR* therapy restoration of the function occurs before restructuring of the anatomy and normalization of the clinical-laboratory parameters. The organism establishes normal function first, which is more important, as that provides useful adaptive reactions, which in turn help to repair any anatomic-physiological structures that are damaged. In particular, the normalization of the function and not a complex of symptoms (which change during the course of treatment) nor clinical-laboratory parameters, is the main indicator for a *SCENAR* specialist that the treatment is being effective.

The effectiveness of *SCENAR* therapy can be amplified by combination with other non-specific regulators, for instance, TMB (Treatment Multi-layer Blanket). The combination of *SCENAR* therapy with homeopathy, which uses “material type of control” for the processes of restoration and maintenance of homeostasis, creates a perfect support to the “energetic type of control” by *SCENAR*.

SCENAR therapy may be less effective when strong-action medicines (especially hormones, antibiotics etc.), physiotherapeutic actions, bio-correction or manual massage are simultaneously applied. There are times when some medications are vital and *SCENAR* can still be useful, although treatment times may be prolonged.

Sure, the method is not a panacea; there are still many questions about the theory and practice of *SCENAR* therapy that are far from being answered. This in itself is quite exciting because we have not realized the full potential of this device yet. The indications for its application so far include almost the full spectrum of pathologies in orthodox medicine. The only absolute contraindication is the presence of a pacemaker. The effectiveness of mono-*SCENAR* therapy is on average 90% (in 60% of cases it is possible to achieve complete clinical recovery and in 30%, positive dynamics). Clinical effects commence quickly, sometimes after the first procedure, complications and negative side effects are very rare.

General positive side effects are satisfyingly common, and even if treating local pathology patients report a considerable improvement of the general state, better sleeping patterns, mood enhancement and increased energy. These positive changes in the dynamics of the patient provide positive feedback and influence the self-regulatory processes of the organism, moving the organism towards self-cure. “It helps your body to help itself”.

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The material was extracted from the compilation of articles "Scenar Therapy
Scenar Expertise 1998", translated by Dr Z Valeyeva-Frost

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SCENAR-THERAPY: A COMPARISON WITH OTHER METHODS OF ELECTROTHERAPY.

Based on material from a lecture by Y. Grinberg

SCENAR therapy is a form of electrotherapy. Other forms include electro-stimulation, therapy with electro-sleep, dia-dynamic current, interference therapy, therapy with sinusoidal modulated current, fluctuation and impulse electro-therapy.

The effects of electrical therapy may be divided into 3 groups, local (regional), segmental and generalized.

Local reactions **include**

- activation of afferent sensory nerves

Electrical impulses stimulate receptors and nerve endings. Afferent impulses travel to the central nervous system and give rise to the various segmental and general reactions.

- influence on local blood flow

Impulses can regulate the micro-circulation by stimulating contraction or relaxation of the smooth muscle of the vascular wall, in particular the arterioles, capillaries and venules with a resultant change in local blood flow. This effect occurs through a combination of axon-reflexes, bioactive substances (kinins, prostaglandins, substance P, and cytokines) and mediators (acetylcholine and histamine). These chemical compounds are often filtered from the blood through the endothelium/vessel wall into the interstitial space and may accumulate in the superficial layers of the skin and various tissues.

- Release of endogenous regulators of inflammation and the immune response.

There is found to be a reduction of the secretion from the cell of mediators of inflammation. Components of the complement system are suppressed by synthesis of macrophages and there is a change in the metabolism of the tissues. What this amounts to is a slowing down of the process of inflammation.

Segmental reactions:

These appear at areas where the electrical impulses are applied and are essentially spinal reflexes. Afferent impulses from sensory nervous fibers activate, via interneurons, motor neurons in the anterior horns of the spinal cord. Efferent impulses

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then pass back to the area receiving the impulses as well as to the organs corresponding to these segments of the spinal cord. The interaction between visceral and somatic afferent impulses takes place at the spinal level, and impulses are then sent to the bulbar and cortical structures.

Generalized reactions

Occur as a result of transmission of ascending afferent impulses to the higher centers of the brain. Visceral and somatic afferent impulses converge within the central nervous system and are processed and the resultant efferent impulses cause a general response from the whole system. General reactions also occur as a result of direct stimulation of the glands of internal secretion and of the cerebral cortex.

As an example of general mechanisms of electro-therapy, let's look at DDC (Dynamic Current or P. Bernard current).

DDC are impulses of half-sinusoidal shape with a frequency of **50 – 100 Hz** with delayed exponent background. DDC excites myelinated cutaneous nerves, which are sensitive to this current. Ascending afferent impulses go towards the substantia gelatinosa in the posterior horns of the spinal cord and then along paleo-spinal-thalamic, neo-spinal-thalamic and spinal-reticular-thalamic tracts and activate opioid and serotonin-ergic systems of the brain stem.

This gives pain relief in three ways. Firstly, a new, dominant focus is formed in the cortex, which causes de-localization of the previously dominant focus of pain and activates the parasympathetic nervous system. Secondly, a change in sensitivity and a decrease in lability occur in the thick **A** and thinner **C** nerve fibers. The faster **A** fibers depolarize the substantia gelatinosa and pain impulses arriving via the **C** fibers are prevented from continuing (**Gate theory**). Thirdly, activated cortical and sub-cortical centers produce descending efferent impulses, which increase the blood flow and stimulates local humoral mechanisms, viz., the production and release of endorphins, increase in activity of enzymes, such as acetyl cholinesterase, histaminase and kinases.

When impulses are applied to the paravertebral zones, DDC reduces activity of the Renshaw cells and so restores the ability of the nervous system to damp down the transmission of pain impulses.

Direct action on the affected areas results in rhythmical contraction of a large number of the myofibrils of the skeletal muscles and smooth muscles of the blood vessel walls. This subsequently increases blood flow and opens anastomoses and collateral vessels. Metabolism in tissues speeds up and the temperature in the area increases. The improved blood flow allows redistribution of the ions and water in the interstitium, promotes removal of the products of lysis in tissues, permits rehydration of the tissues and helps to reduce edema. Reduction of the peri-neural edema improves conductivity and excitability of the nerves. These metabolic processes take place at the areas stimulated by the impulses and also at the tissues and organs that are innervated from the same segment of the spinal cord.

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Based on the above, DDC should be an effective therapy. However, practically, there are many restrictions and contra-indications to this method. One of the limitations of the effectiveness of this therapy is the adaptation of treated tissues, mentioned by author P. Bernard himself. Another reason is an essential energetic component in such current. To be non-damaging, the impulse must be a bi-polar, rectangular impulse, where the duration of each phase is not more then **100microseconds**. In DDC, one half-period of a **50Hz** impulse lasts **10milliseconds**, i.e. **50 times** longer then that required to be non-damaging. Shortening the time would mean using an impulse of **5 kHz**, which is obviously unacceptable!

It is generally accepted that the extent of the response of the organism depends on the area which absorbs most of the electromagnetic energy. In modern electro-therapy there is a tendency to attempt to achieve bigger therapeutic effect at smaller electromagnetic energy by increasing the "informational aspect" and reduction of "energy component" of the input. For this reason, the shape (type) of the impulse signal is important.

There are some ways for *improving the effectiveness of electro-therapy*:

- impulses should be physiological;
- there needs to be less habituation to these impulses;
- impulses are more effective if variable;
- they need to be more concentrated in order to reduce the general load and cause more specific changes in the organism;
- If the impulses affect deeper structures in the organism, their effect is more profound.

In order to achieve greater therapeutic effect, the action should be applied by means of electro-magnetic fields and current. To be non-damaging to nerves the impulses should last not more then **200microseconds**. The time of the relative and absolute refraction phase determine frequency of repetition of these impulses. In pathological states, these values can differ considerably from values in normal states. For skeletal muscles, the absolute refractory phase is **2.5 milliseconds** and for motor neurons the time is **<1millisecond**. Consequently the time between impulses needs to be longer than these times. As mentioned, the times may vary with pathology and the frequency of the impulses may need to be varied from single units to hundreds of hertz to accommodate this. In order to excite the nerves, the duration of the impulses and amplitude must be varied considerably.

Practically, these parameters are similar to Short-impulse Electro Analgesia (SEA), where mono- and bi-polar impulses are used, which last for **20-500microsecs** and the frequency is **2-400Hz**, and which are often formed in bundles.

As in DDC, SEA causes rhythmical excitement of the myelinated nerves. These afferent impulses go towards substantia gelatinosa of the spinal cord. Inhibitory interneurons in the lateral horns of the spinal cord reduce the amount of substance P produced. The possibility for the transmission of impulses from afferent sensory conductors of the lateral horns (**A** and **C-fibers**) to neurons of the reticular formation and supra-spinal structures is also reduced. Excitement of the interneurons of the posterior horns of the spinal cord causes a release of opioid substances. Serotonin is

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released from the lateral nucleus of the mesencephalon and from the peptide-ergic ventral nucleus of the hypothalamus. As in DDC, fibrillation of the smooth muscles in the arterioles and superficial skin muscles stimulate the utilization of the allogenic substances and mediators, which are released in response to pain. Increase in local blood flow stimulates local metabolic processes and defensive reactions in the tissues. Reduction of the peri-neural edema improves excitability and conductivity of the skin conductors and promotes restoration of suppressed tactile sensitivity.

Why does SEA therapy, which seems to be optimal when we look at its mechanism, work mainly for analgesia and not have wider applications?

1. This method has a strict specific administration. Because of the type of current, it has effects on the symptoms rather than a physiological action.
2. Habituation of the organism to the impulses. Adaptation is an active response of the organism to changes in the environment. When using electrotherapy, in order to reduce adaptation to electrical impulses, various types of modulation, frequency and wave forms are used. However, it is known that the nervous system builds up a model of the external stimuli by modification of the elements of itself. As a result, the nervous system blocks all signals, which are within fixed parameters of intensity, time, and space. Only those signals that are outside these parameters will cause a dynamic reaction.
3. In SEA therapy, the choice of amplitude of the current is determined by the patient's sensations (as with other methods of electrotherapy). So, excitement of some of the fibers can be a coincidence. With some devices, because of the patient's subjective sensation, the impulses applied were only sufficient to stimulate sensitive fibers and this determined the extent of the action on the organism.
4. Insufficient theory exists to support this modality and the methods used were restricted to studying pain relief.

SCENAR is close to SEA. What determines its significant effectiveness?

1. The "force-duration" curve and strength of the acting stimuli differs from previous therapies. **SCENAR** differ from DDC and SEA by quality of action: causes obvious physiological effects, in particular, it excites motor and sensory fibers, increases speed of blood flow, activates local humoral mechanisms, promotes the removal of the products of lysis from the cell, etc.
2. Almost complete absence of adaptation of the organism to **SCENAR** action. Due to bio-feedback, each subsequent impulse is different from the previous one. For example, towards the end of the session, the power of action may be felt to be increasing by the patient, but not usually decreasing.

3. Non-damaging regime of action, technically (short excitatory impulses, bio-feedback, **SCENAR**-expertise) and methodologically (individually-dosing regime of action, therapy based on rules).
4. High level of methodology. Various methods for treatment of certain diseases have been developed as well as combinations with general zones (including three pathways on the back, six points of the face etc.). Specific methods of action are used for individually dosed regimes and according to various rules.
5. **SCENAR** can be used as a diagnostic and therapeutic tool at the same time, because there are different reactions from healthy and pathological tissue. Using the techniques now available we can assess the effectiveness of the procedures.
6. The successful construction of the family of **SCENAR** devices allows combining in one session the various effects of electro-analgesia, DDC, SEA and so on. The size of the active electrode is about 1cm², which is quite small. Therefore during the treatment we can achieve effects which are similar to the effects of electro-puncture. Acupuncture points and reflective zones are at areas of higher enervation (close proximity to nervous trunks, above nervous plexus, lymphatic and blood vessels, at places where a nerve exits/enters the bones). With the high conductivity of these areas, the main energy of action can be applied to them, even though the size of the electrode is bigger than the zones. We can suggest that **SCENAR**-therapy smoothes away the differences between physiotherapy (electrotherapy) and acupuncture, where general mechanisms and actions are similar to each other.

With all this in mind, wherever other electrotherapies have effects, **SCENAR**-therapy will also be useful, and indeed, it has been found to be very useful when other electrotherapies have failed. The peculiarities of **SCENAR**-therapy mean that there are few contra-indications.

The table below shows the indications and contra-indications for electrotherapy. The recommendations for **SCENAR**-therapy are based on the experience of the founders of **SCENAR**-therapy in Russia: Dr Y.Gorfinkel and Dr. A. Revenko.

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Abbreviation used in the table 1/2

DDC – Dia-Dynamic Current;

TE – Trans-cranium Electro-Analgesia;

EST – Electro-Sleep Therapy;

SEA – Short impulse Electro-Analgesia;

ES – Electro Stimulation;

EP – Electro-Puncture;

AT – Ampli-pulse Therapy;

IT – Interference Therapy;

F – Fluctuorisation;

Sc – **SCENAR therapy**.

Table 1 Indication to Electro-therapy

Disease	DD C	TE	EST	SEA	ES	EP	AT	IT	F	Sc
Diseases of Peripheral Nervous System (neuritis, radiculitis, sympath-algia, trauma of the spinal cord)	+	-	-	-	-	+	+	+	+	+
Acute traumas of the Musculo-skeletal System (ligament injury, bruises, malign)	+	-	-	-	-	-	-	+	-	+
Peri-arthritis	+	-	-	-	-	-	+	+	-	+
Muscular Atrophy	+	-	-	-	-	-	-	-	-	+
Hypertonic Disease (I,II stages)	+	-	+	-	+	-	+	+	-	+
Bronchial Asthma	+	-	+	-	-	+	+	-	-	+
Vascular Diseases (Raynaud's, atherosclerosis of the extremities, varicose veins, endarteritis obliterans)	+	-	+	-	-	-	+	+	-	+
Cholecystitis	+	-	-	-	-	-	-	-	-	+
Dyskinesia of the Bile Ducts	+	-	-	-	-	-	+	+	-	+
Atonic and Spastic Colitis	+	-	-	-	-	-	+	+	-	+
Pancreatitis	+	-	-	-	-	-	-	-	-	+
Rheumatoid Arthritis	+	-	-	-	-	-	+	+	-	+
Enuresis	+	-	+	-	+	-	+	+	-	+
Deforming Osteoarthritis	+	-	-	-	-	-	-	-	-	+
Ankylosing spondylitis (Bechterev Disease)	+	-	-	-	-	-	-	-	-	+
Chronic inflammation of the ovaries and tubes	+	-	-	-	-	-	-	-	-	+
Adhesions	+	+	-	-	-	-	-	-	-	+
Neurasthenia	+	-	+	-	-	-	-	-	-	+
Consequences of trauma to the brain, encephalopathy	-	-	+	-	-	-	-	-	-	+
Reactive and asthenia conditions	-	-	+	-	-	-	-	-	-	+
Tiredness	-	+	+	-	+	-	-	-	-	+
Disturbance of sleep	-	+	+	-	-	-	-	-	-	+
Atherosclerosis of the brain vessels at the initial stage	-	-	+	-	-	-	-	-	-	+
Ischemic Heart Disease	-	+	+	-	-	-	-	-	+	+
Neuro-circulatory Dystonia	-	-	+	-	+	-	-	-	+	+
Stomach and Duodenum Ulcer	-	+	+	-	-	-	+	-	+	+
Neuro-dermatitis	-	-	+	-	-	-	-	-	+	+

Eczema	-	-	+	-	-	-	-	-	-	+
Diseases of the mouth (stomatitis, parodontosis, peridontitis)	-	-	+	-	-	-	-	-	+	+
Juvenile bleeding from the uterus	-	-	-	+	-	-	-	-	-	+
Hysterical Aphonia	-	-	+	-	-	-	-	-	-	+
Alarming Conditions	-	-	+	-	-	-	-	-	-	+
Pain syndrome in conjunction with cranial nerves (neuralgia, migraines, neuro-sensorial deafness)	-	+	-	-	+	-	-	-	-	+
Pain syndrome in conjunction with spinal nerves (spondylosis, trapped nerve, autonomic pain)	-	+	-	-	+	-	-	-	-	+
Phantom limb pain	-	+	-	+	+	-	-	-	-	+
Neuro-circulatory dystonia	-	+	-	-	-	-	-	-	-	+
Itching Dermatoses	-	+	-	-	-	-	-	-	-	+
Anesthesiology for operative intervention	-	+	-	-	-	-	-	-	-	+
Meteorological reaction	-	+	-	-	-	-	-	-	-	+
Psycho-emotional stress	-	-	-	-	-	-	-	-	-	+
Pain syndrome (from the spinal column)	-	-	-	+	-	-	-	-	-	+
Cephalgia	-	-	-	+	-	-	-	-	-	+
Pain from Herpes Zoster	-	-	-	+	-	-	-	-	-	+
Analgesia at general and combinative anesthesia	-	-	-	+	+	-	-	-	-	+
Primary muscular atrophy at damage of the peripheral motor nerves (poliomyelitis, polyneuritis, plexitis, radiculoneuritis, traumatic neuritis, osteochondrosis with pain syndrome, cerebral paralysis)	-	-	-	-	+	-	-	-	-	+
Sluggish paralysis with pain syndrome and trophic disturbance	-	-	-	-	+	-	-	-	-	+
Secondary muscular atrophy due to prolonged immobilization (after bone fracture, hypodynamia, traumatic injury of the joints)	-	-	-	-	+	-	-	-	-	+
Hysteria with paralysis and paresis	-	-	-	-	+	-	-	-	-	+
Sexual neurosis	-	-	-	-	+	-	-	-	-	+
Atonia of the smooth muscles of the internal organs (stomach, intestine, gall bladder, urinary bladder)	-	-	-	-	+	-	-	-	-	+
Ischemic Stroke	-	-	-	-	+	-	-	-	-	+
Vegetative-circulate dysfunction	-	-	-	-	-	-	-	-	-	+
Diseases of the Central Nervous System with motor, vegetative-circulate and trophic disturbance	-	-	-	-	-	-	+	-	-	+
Functional Impotence	-	-	-	-	-	-	+	-	-	+
Inflammation of the pelvic organs	-	-	-	-	-	-	+	Deleted: 279	+	
Angiospasm	-	-	-	-	-	-	-	Deleted: 99	+	

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Sub-acute and chronic diseases of the mouth and superficial tissues (abscess, alveolitis, etc.)	-	-	-	-	-	-	-	-	+	+
Diseases of the peripheral nervous system with pain syndrome (causalgia, myalgia, glossalgia, neuralgia of the trigeminal, glossopharyngeal and other nerves), pain after tooth extraction	-	-	-	-	-	-	-	-	+	+
Arthrosis, Arthritis (temporal-mandibular joint)	-	-	-	-	-	-	-	-	+	+
Salpingo-ooforitis	-	-	-	-	-	-	-	-	+	+

Table 2 Contra-indication to Electro-Therapy

Diseases	DD C	TE	EST	SEA	ES	EP	AT	IT	F	Sc
Cancerous tumor	+	+	+	-	+	+	+	+	+	-
Systemic blood diseases	+	+	+	+	+	+	+	+	+	-
Cachexia	+	+	+	+	+	+	+	+	+	-
Hypertonic disease III stage	+	+	+	+	+	+	+	+	+	-
Severe atherosclerosis	+	+	+	+	+	+	+	+	+	-
Cardio-vascular disease at de-compensated stage	+	+	+	+	+	+	+	+	+	-
Bleeding diatheses	+	+	+	+	+	+	+	+	+	-
General severely ill patient	+	+	+	+	+	+	+	+	+	-
Fever (>38)	+	+	+	+	+	+	+	+	+	-
Active TB	+	+	+	+	+	+	+	+	+	-
Epilepsy with frequent seizures	+	+	+	+	+	+	+	+	+	-
Hysteria with frequent seizures	+	+	+	+	+	+	+	+	+	-
Psychosis with psycho-motor excitement	+	+	+	+	+	+	+	+	+	-
Bone fracture with non-mobilized bone fragments	+	-	-	-	-	-	+	+	-	-
Renal calculus and gall stone disease	+	-	-	-	-	-	+	+	-	-
Thrombophlebitis	+	-	-	-	-	-	+	+	-	-
Acute pain visceral origin (angina, heart attack, renal colic, labor, surgical intervention)	+	-	+	+	-	-	-	-	-	-
Increase sensitivity to electrical current	+	+	-	-	-	-	+	-	-	-
Psychosis	+	+	-	-	-	-	+	-	-	-
MS	+	-	-	-	-	-	+	-	-	-
Traumas of the brain	-	-	+	-	-	-	-	-	-	-
Epilepsy	-	+	+	-	-	-	-	-	-	-
Infectious diseases of the CNS	-	-	+	-	-	-	-	-	-	-
Di-encephal syndrome	-	-	+	-	-	-	-	-	-	-
Thalamic pain	-	-	+	-	-	+	-	-	-	-
Arrhythmia	-	-	+	-	-	-	-	-	-	-
Drug addiction	-	-	+	-	-	-	-	-	-	-
Skin lesions at the place of application of the electrodes	-	-	+	-	-	-	-	+	-	-
Hysteria	-	-	+	-	-	-	-	-	-	-
De-compensated heart failure	-	-	+	-	-	-	-	-	-	-

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Inflammation of the eyes	-	-	+	-	-	-	-	-	-	-
Glaucoma, myopia, hyperopia (more than 4D)	-	-	+	-	-	-	-	-	-	-
Arachnoiditis	-	-	+	-	-	-	-	-	-	-
Encephalitis	-	-	+	-	-	-	-	-	-	-
Weeping dermatitis on the face	-	-	+	-	-	-	-	-	-	-
Neurosis	-	-	-	+	-	-	-	-	-	-
Psychogenic ischemic pain	-	-	-	+	-	-	-	-	-	-
Acute inflammation process	-	-	-	-	+	+	+	+	-	-
Spastic paralysis and paresis	-	-	-	-	+	-	-	-	-	-
Increased electro-excitability	-	-	-	-	+	-	-	-	-	-
Pathological muscle contractions	-	-	-	-	+	-	-	-	-	-
Earlier sign of contracture	-	-	-	-	+	-	-	-	-	-
Ankylosis in the joints	-	-	-	-	+	-	-	-	-	-
Nervous sutures or vascular sutures, during the first month after operation	-	-	-	-	+	-	-	-	-	-
Thrombosis of the veins	-	-	-	-	+	+	+	+	-	-
Spastic state of the intestine	-	-	-	-	+	-	-	-	-	-
Hemorrhagic stroke	-	-	-	-	+	-	-	-	-	-
Chronic infectious diseases	-	-	-	-	-	+	-	-	-	-
Acute coronary insufficiency	-	-	-	-	-	+	-	-	-	-
Acute and sub-acute inflammation diseases of the internal organs	-	-	-	-	-	-	+	+	-	-
Lymphostasis	-	-	-	-	-	-	+	-	-	-
Varicose veins	-	-	-	-	-	-	+	-	-	-
Post-thrombosis disease	-	-	-	-	-	-	+	-	-	-
Implanted pacemakers (when action applied at distance of > 50cm from the pacemaker)	-	-	-	-	-	-	-	+	-	-
Internal fracture with hemarthrosis at early stage (2 weeks)	-	-	-	-	-	-	-	+	-	-
Thrombo-obliterative processes	-	-	-	-	-	-	+	-	+	-
Vibration disease	-	-	-	-	-	-	-	-	+	-
Aneurysm of the arteries	-	-	-	-	-	-	-	-	+	-
Neurosis of persistent conditions	-	-	-	-	-	-	-	-	+	-
Meniere's disease	-	-	-	-	-	-	-	-	+	-
Condition after heart attack, stroke (6 month)	-	-	-	-	-	-	-	-	+	-

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Scenar - What is it?

Scenar (Self-Controlled Energo Neuro Adaptive Regulator) pioneering device was invented by Russian scientists for use in the Space Program by cosmonauts.

Scenar therapy is a holistic form of treatment, which stimulates the nervous system and teaches it to heal itself. Electrical impulses, the parameters of which are similar to endogenous nerve impulses, are transmitted through the skin to the nervous system. Fast-reacting informational biofeedback means that each impulse is different from the previous one.

Scenar action influences adaptive processes of the organism and helps to harmonize them. In response to Scenar impulses the Nervous System releases neuropeptides, which are delivered into the blood stream and are broken down into many compounds, which are themselves, bioactive. As a result, homeostasis is gradually and gently restored.

What does it feel like?

As the device is moved over the surface of the skin a comfortable tingling sensation is felt. In cases of severe pain or acute conditions the sensations may be stronger.

How Scenar works on a disease?

Patients having Scenar treatment need to take responsibility for their health and are advised to actively participate in the treatment and recovery process. The chemical compounds, released by the nerves, affect not only the problem areas, but also circulate in the blood treating other areas of the body. This goes some way in explaining how old and often forgotten problems are brought to the surface for treatment.

What conditions can Scenar treat?

In the UK, the devices are licensed by the British Standards Institute for pain relief only. However, because of the nature of the device, *viz.*, stimulating the nervous system, the Russian experience is that Scenar affects all the body systems.



The Russian experience suggests that it can be effective for a very broad range of diseases, including diseases of the digestive, cardio-vascular, respiratory, musculo-skeletal, urinary, reproductive and nervous system.

It is also useful for managing ENT diseases, eye diseases, skin conditions and dental problems. It has also been found beneficial for burns, fractures, insect bites, allergic

reactions, diseases of blood and disorders involving immune mechanisms, endocrine, nutritional and metabolic disorders, stress and mental depression, etc. **It is known to give real relief from many types of pain.**

How often will I need a treatment?

In order to create a continuous flow of circulating regulative peptides Scenar action must be given quite often. For any fresh injury or any acute inflammatory process treatment needs to be intensive, ideally once or even twice daily. For chronic conditions, treatments are ideally given three or four times a week initially. As things improve the frequency can be reduced.

A course of treatment will vary from individual to individual, and takes into account such factors as the stage of the pathological process, the person's age, state of health, and so on.

Is it safe?

As the Scenar impulse is similar to endogenous nerve impulses, it is non-damaging and safe. Only people with cardiac pacemakers are not allowed to have Scenar treatment.

Children and pregnant women can be treated, and even animals enjoy it!

What about my conventional treatment?

If you are receiving treatment from your doctor it makes sense to inform him about Scenar therapy. Treatment with Scenar may enable you to reduce or even stop taking some medication, and this can be done under the supervision of your doctor.

What else do I need to know?

During the treatment of chronic conditions, occasionally a healing crisis may occur (experienced as a complete lack of energy and malaise). This arises if the body is getting rid of toxic energy too rapidly. There are techniques that can be used with the Scenar to manage this.

For best results it is advisable not to bath or shower for two hours before and after treatment. It may be necessary to shave an area of skin to ensure good communication between the device and the nervous system.

Patients generally experience an increase in energy, more refreshing sleep and an improved sense of well being.

How does it differ from other therapies?

There are several ways in which it differs from other electrical therapies.

Unlike TENS machines, each impulse is different from the previous one so the body is unable to adapt to the signal.

The Scenar impulse is high amplitude so it stimulates C-fibers, which makes up about 85% of the nerves in the body. That explains quick effectiveness of Scenar therapy on the whole body.

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The Team of STC:

Doctors / Consultant

Zulia Valeyeva-Frost, MD Qualified in Russia as a Doctor of Pediatrics in 1985, specialized in Radiology. Since moving to England she has worked in the Alternative health field. She was one of the pioneers of Scenar therapy in the UK. Her work and expertise have provided a valuable input into the development of Scenar in the UK.

David Mc Dermott MB, B. Ch, B.A.O., F.R.C.S., qualified as a Medical Doctor in 1987. He has since left conventional medicine in favor of energy medicine and he currently treats people with Scenar and Homeopathy. He is also a master Practitioner and trainer of NLP and is interested in various applications of the technology, including Mythogenic-Self.

Guy Beckerlegge BSc (Hons) M.B.Ac.C Lic.Ac., graduated with a degree in Economics. It was his desire for an understanding of Qi that took him from the city to first study acupuncture (he is a full member of the British acupuncture council) and then on to the Scenar. The Scenar has really helped his practice grow.

Fees for Treatments: On application

Scenar Practitioner:

Inquiries regarding training in Scenar therapy are available upon a request.
Zfrost9412@aol.com

**Russian invention to keep
astronauts in peak condition
could be the latest and most
revolutionary weapon of the
alternative health industry!**

Daily Mail November 1999

Russian Space Technology for your health!



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THE SCENAR TRAINING CENTRE

In association with

The Russian School of SCENAR

«Медицинский Центр Сценар»

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Approved by V.E.Belgow
Head of Science Research Department at the Federal Ministry of Health of Russian Federation

APPLICATION GUIDE

Designed as a result of many years research and development work in the field of bio-resonance therapy, the TMB represents a special category of devices whose action is based on principles of bioenergetics and knowledge of inherent body mechanisms functioning as an integral self-regulating system.

TMB is manufactured under license no 42/97-068-0046 by Ministry of Health of Russian Federation and covered by patent no 2053804/1998. The extended clinical validation has proved the high efficiency of activation TMB therapy. The statistical therapeutic outcome of the TMB treatments is based on application of the TMB during the period 1993 – 1997.

The healing action of TMB is based on electrostatic film PET (healing compound TMB-01). The light-weight and compactness, high therapeutic efficiency and wide range of indications for treatment have brought about the broad popularity of TMB-01, also as a convenient and comfortable means for at –home treatment.

GENERAL PURPOSE AND DESCRIPTION

The blanket consists of shielding layers. Each layer is made of synthetic metallic film. Thickness of the metallic film is 1 micron. The shielding layer on the patient's side is intended for reflection of electromagnetic radiation in infrared and extremely high-frequency ranges.

Dimensions: 210±5 x 150±5 cm

Maximum weight – 3kg

The device creates the electrostatic field equal to 1 atmosphere. The TMB-01 can be use in medical institutions as well as at home.

INDICATIONS AND CONTRAINDICATIONS

The healing blanket TMB-01 in combination with other therapies for the wide range of diseases as well as additional method for psycho-emotional regulation, sleep improvement, increasing of the resistance to stress, reduction of the muscular spasms and to prolong the action of medicines, followed by reduction in doses of drugs and supporting therapy without drugs.



The blanket is contra-indicated in patients with:

Acute infectious diseases; diseases and feverish conditions with unclear diagnosis;

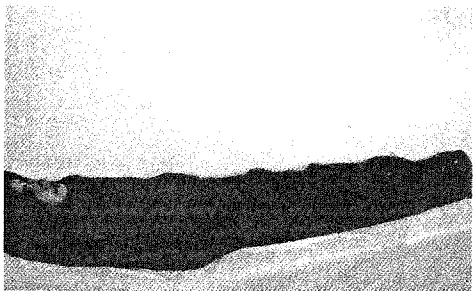
- Active form of Tuberculosis (TB);
- Acute heart attack;
- Cardiac and pulmonary insufficiency.

INSTRUCTION FOR USE AND GENERAL RECOMMENDATIONS

Unpack and examine the blanket for mechanical damages. Individual sheets or covers should be used. Patient should wear underwear containing no synthetic material. Any metal jewellery or watch should be taken off.

In order to get the desired effect, please cover the patient with his/her head, up to the neck or waist area or up to legs.

The best result is reached, when one is completely covered with the blanket. In general it is recommended to carry out this procedure one hour before going to bed, or at the bedtime.



The treatment should take place while sitting or lying down in convenient and relax position.

One procedure takes around 40 minutes and could be repeated 2 – 3 times a day. The course of treatment is between 15 – 20 days 9 up to 1 – 3 procedures a day).



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In order to achieve the best result, the course should be resumed after one week's break.

The person covered with the blanket usually experiences the feelings of heat and pricking sensations, which do not bring any discomfort.

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In rare cases adverse reactions such as pain, headache, dizziness or nausea may occur. In this case the treatment course should be continued until disappearance of discomfort, even if whole procedure will be extended up to 50 minutes.

If you can't manage diminishing the discomfort, the time for the procedure should be reduced up to 10 minutes. The duration of each following procedure should be extended every time for three, four minutes, coming in the result to 30 – 40 minutes.

The patient could be covered completely or locally (only some parts of the body). Just apply the healing blanket on the concerned part of the body, or above (on the neck, back, shoulders, etc. as shown on pictures 1 – 4).

Sterilization is made in autoclave sterilizer at temperature 120 ± 4 for 45 minutes. The application of the blanket may be resumed 30 minutes after sterilization.

This instruction was prepared by:

Dr A Revenko – *Neuropathologist and Chief Executive of the "SCENAR Therapy and Research Centre, named after U Gorfinkel.*

U Klimov – *Neuropathologist and manager at the Physioneurology Boarding School*

A Datchenko – *"Victoria TM" Chief Engineer*

TREATMENT

MULTILAYER

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RUSSIAN INVENTION

Treatment method, developed by “Victoria TM”, patented at the European Patent Department, Japan and USA

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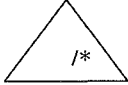


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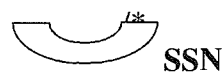
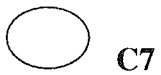
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SCENAR THERAPY NOTES

Dr. Jerald Tennant's SCENAR Training

The following information is taken from Dr. Jerry Tennant's lectures on **What Works For Wellness**. As he researches and discovers additional therapies that work, he will share them.

Cranio-sacral Therapy "Bowling Ball Therapy"

The head weighs about the same amount as a bowling ball. Because it is so heavy, the body will always put the spine, particularly C1 and C2, under the center of gravity of the head to hold it upright. The body will accept neck pain, headaches, low back pain, etc. in order to keep the head upright.

Many have the center of gravity of the skull shifted because of trauma at birth or later in life which moves the skull bones from their original balanced position. You should also know that the bones of the skull are not fused as you have been taught. (I moved them in an 80 year old man today using the SCENAR---you can watch it happen!). When the bones of the skull are misplaced, the center of gravity of the skull moves. This requires the spine to shift into an "S" shape to get the neck under the center. This results in C1-2 shifting to one side or forward, one shoulder is thus elevated, the entire spine becomes "S" shaped, the sacrum rotates, and one leg is lifted (becomes what appears to be too short since the pelvis is rotated upward on one side). One also notes that one maxilla (cheek) appears flattened, one eye is usually back and the lid droops on that side. This has come to be called the "bowling ball syndrome".

When you have the "bowling ball" out of round, you will have migraines, neck pain, pain between the shoulder blades which often burns, occasional episodes of the low back slipping out of place and difficulty standing in one place very long. You then go to the chiropractor. He/she manipulates the spine and things feel better. However, because the center of gravity of your head is still misplaced, your spine will resume its "S" shape before you get to your car. Back pain of any type and most migraines are associated with a bowling ball problem! It also shuts down the cranio-sacral pump because it impinges the sphenoid bone against the occipital bone and rotates the sacrum.

The first to address this problem to my knowledge was Dr. Boyd, an osteopath in Ireland. He found that if you press the head forward to the length of the trapezius muscle and then push a little more, it will open the sphenoid-occipital suture. Because the dura has a memory, it will shift all of the bones back where they belong. He called this Biocranial Therapy. There is a biocranial society in the US---see the web for details.

The problem was also addressed by Dean Howell, ND of Washington state. He solves the problem by inserting a small balloon through the nose and under the front of the sphenoid bone. By quickly inflating the balloon, the sphenoid-occipital joint is also opened and the skull corrects its shape. He calls this Neuro Cranial Restructuring. Also see his website.

I must give credit to Doug Hays, DC of Springfield, MO who is perhaps the most experienced bowling ball specialist in the country for teaching me about these things. The point is that once the skull goes back to its normal shape, the cranio-sacral pump starts working again, the C1-2 move back to the center where they belong and stay there, back pain goes away because it is no longer "S" shaped, the legs become the same length, sinus problems disappear with the sphenoid back where it belongs, and (it is said---I have little personal experience with this yet) that glaucoma disappears. I find this is the most effective treatment for migraines. I have cured several people who have had debilitating migraines for years by simply fixing their bowling ball.

Quite by accident, I discovered in February that I can correct the bowling ball with the SCENAR. I have been successful in 100% of cases no matter how old the patient is. It is accomplished with the SCENAR in the same place on the neck as for the "Little Wings" treatment.

"Little Wings" Therapy is a procedure well-known to SCENAR therapists because the Russians recommend it for releasing emotional tension (releases endorphins) and reduction of sympathetic-on. It is performed by placing the SCENAR in acute = swelling mode = modulation = 3:1, damping = Sk2, and frequency = 121 Hz. The device is placed below the ear on the side of the neck. For the majority of people, the power setting will be 100-250; however, for those with a fragile nervous system, powers of 20-30 may be enough. The patient will hear a noise in the ear and soon the shoulder will begin to rise spontaneously = the name of "Little Wings". This is due to the spasm caused in the trapezius muscle. The device pulses the energy so the shoulder goes up and down. Do it 5-6 times on each side.

The Cranio-sacral Therapy or "Bowling Ball Treatment" is accomplished by checking the patients head or "bowling ball" by putting your fingers deep into the ears. If the "bowling ball is out of round", you will notice that one finger will be lower than the other, one shoulder high, one cheek flat, etc. Upon inspection of the back, and legs, you will also notice that the spine and/or hips are at a slant and one leg will be longer than the other. Next the patient is asked to close their eyes and stand still. What you are looking for is the forward and backward swaying motion of the body to see if the craniosacral fluid is pumping through the body properly. Generally, there will not be any movement because of the restrictions to the cranial sacral system.

The SCENAR is put in the Diag = 1 mode and placed in the same spot as the "Little Wings" position on the neck. Your finger will be on the up button and held there until the power reads 250. It will take about ten seconds for the trapezius muscle to spasm completely, then immediately release the SCENAR from the neck. The patient is next told to rotate the shoulders forward and backwards three times, to rotate the head to the left and then to the right, stretching as far as possible up and down. Finally, the patient rotates the upper torso to the left and right at the hips. When Now these things will all be normal. It is important that you increase the power as Little Wings begins so that you can feel spasm in the insertion of the trapezius as it attaches to the spine so that it will pull enough to open the sphenoid-occipital suture.

Recheck the patient by placing the forefingers back in the ears to see the improvement in the asymmetry of the face, ears, eyes, shoulders etc. Then check the spine and have the patient close their eyes again to see if the craniosacral pump is now working with the patient swaying 12 times per minute forward and back. If you can't get the trapezius to spasm for the "Little Wings" or the "Bowling Ball" Treatment, look for low energy areas and paint away the sticky spots on the neck with Diag 1, Diag 0 or FV and then try again.

Once you get the spine straight, the craniosacral (cerebrospinal) pump working, and the sympathetics turned down by Rx of the neck, go to the abdomen and find the sticky spots. Getting rid of them will turn on the parasympathetics. Now you have set the stage for the body to heal. If you don't have the pump working and you leave the patient sympathetic-on, parasympathetic-off, whatever you do will be harder and won't stay fixed. My sense is that if you do just these things, many patients can now resolve their remaining issues without much more help. Of course it makes sense to finish the job by correcting organ-specific problems after you have the above three basic things working.

Now to another subject: the concept of blockage of energetic pathways is as old as recorded history and is a mainstay of acupuncture. Although written about 300 years ago, it has been more recently researched by Bjorn Nordenstrom, MD, the director of radiology in Stockholm and the former president of the Nobel committee. It has been proven that the blood vessels, lymphatics, and peri-neural sheaths are electrical conduits in the body which are the primary communication pathways of the body. The walls of the vessels are like insulation on a piece of electrical wire. The fluid in the vessels is like the copper wire. Electrical information moves over this system much faster than through nerves. Once you get to the cellular and extracellular level, the electronics of the body is connected by ionic electricity (if you don't remember what ions are, look them up on the net).

A capacitor is a device which holds electrons for future use. In the body, these capacitors are made up of ions. Injured tissue is electro-positive. White blood cells, proteins, and other things needed for healing are electro-negative. Thus they are attracted to the injury by the charge. In addition, the body creates ionic capacitors around the injury. These capacitors thus store and release the energy necessary for the tissue to heal.

Blood and dying tissue are electro-negative. When you bleed into an injury or have tissue death, there is enough electro-negativity to convert the normally electro-positive injury and associated capacitors to negative. When the polarity switches, there is no longer an attraction to bring the things necessary to heal. This switched polarity prevents healing and is what is known in acupuncture as a "blocked meridian". Acupuncturists create energy to correct the polarity = unblock the meridian so the capacitors can release their energy to the injured area. Polarity therapists (a type of massage therapist) do the same. Magnets do the same. Reflexology does the same. Qigong therapists do the same. I think you get the point. All of these procedures are aimed at correcting the polarity of the ionic capacitors so that normal healing can resume. One can utilize the SCENAR to quickly do the same correction of the polarity.

When the tissue polarity is reversed, it is manifest by creating a magnetic field which manifests itself through the skin. This is identified as a “sticky” spot. All SCENAR therapists use this phenomenon as an asymmetry (a term with special meaning to SCENAR folks). However, you can find these sticky spots = magnetic field with any magnet-attracting metal, e.g., a simple stainless steel dinner spoon. When you rub the spoon over the body, you will find these areas of magnetism. When you find them, you will have found the reversed-polarity-ionic-capacitors (blocked meridians) associated with disease. One can resolve them using traditional SCENAR rules. However, you can resolve them faster using ancient techniques of polarity therapy = in Diag 1 find the sticky spots. Now begin the spin the device counter-clockwise over the sticky spot and watch for it to go to zero. When it does, brush the spot again. You will find that the sticky spot (magnetic field) is gone or nearly so.

Continue the process until the magnetic area can no longer be found. You will find that the pain, dysfunction, etc. associated with this area is also gone. Remember that the magnetic field has depth and is like a cork-screw. As you unwind it, you can sometimes feel that it angles off in a particular direction that is not necessarily perpendicular to the surface. When you treat people who can feel energy, they will describe to you that they can feel the unwinding of the reversed polarity in the tissue. Energy-sensitive massage therapists are particularly good at helping you know what you are doing as you learn this technique.

The point is that all of the various energetic paradigms/techniques such as acupuncture, acupressure, reflexology, massage, Voll, chiropractic, osteopathy, cranio-sacral therapy, polarity therapy, etc. have a common pathway which leads to the reversed polarity of the local ionic capacitors described by Nordenstrom. As an acupuncturist/massage therapist/chiropractor that was a patient told me today, “I have been doing this slowly and laboriously with my hands for years. You did in minutes with the SCENAR what took years of study for me to learn to do with my hands---and my hands are wearing out!”.

Pathway to Disease and What Works for Wellness

Jerry Tennant M.D.

There is a wealth of information to help us understand the Pathway to Disease and achieve and maintain our optimum potential for health. The Internet and numerous publications provide additional details about the complex interaction and impact of the physical, intellectual, emotional, spiritual, environmental and social aspects of our life. If we are knowledgeable about wellness and our personal unique characteristics, we are well aware of the important role that nutrition, exercise, sleep, water, and stress reduction play in a healthy lifestyle. Modern technology and advanced physics combined with ancient systems offer us the opportunity to wisely apply these dynamic interconnections and gain more knowledge about obtaining energy. Thus, it is essential to:

- 1) Become informed of basic energetic, biological, and chemical interactions
- 2) Commit to achieving a harmonious and balanced life style
- 3) Create an accurate picture of current health
- 4) Accept personal responsibility and eliminate self defeating habits
- 5) Learn about energy and understand the self-healing power latent in all organisms
- 6) Cleanse the body of toxicity and nourish it
- 7) Develop the discipline to follow through with an individualized protocol for reversal of a pathway to disease and achieve future wellness.
- 8) Understand what works and the requirements for us to achieve optimum health
- 9) Understand that it may require more than one modality or behavior change to obtain desired results

This process begins by creating a health history and recording daily lifestyle behaviors and then collecting current biofeedback data. The SCENAR is one device that helps provide valuable biofeedback in this process of helping a person obtain information for personal assessment and data to share with health care professionals. This data is intended for informational purposes and should not substitute for additional advice provided by other medical professionals. As a reminder, a person should not use only this information for diagnosing or treating a health problem or disease, or self prescribing any medication unless they are licensed to do so. The SCENAR manual should be carefully read and followed. If there is a concern or suspicion that a medical problem exists, promptly contact a health care provider. This information is not intended to substitute for informed medical advice.

The Human body is such a complex system that it is difficult to understand exactly how it works. We may feel that we are in information overload or that there are so many conflicting opinions that it is difficult to decide what is best for our unique system. If even after we have diligently practiced a fitness program, we are still not consistently feeling at peace about our health, perhaps we will consider the following information about obtaining balance and the relationship between the autonomic nervous system, pH balance, adrenal function and your consumption of nutrients, vitamins and minerals. For example,

regardless of what we eat either an acid or alkaline residue is the result after metabolism. Lemons are acidic when we eat them but leave an alkaline residue. An understanding of the Autonomic Nervous System will help clarify the pathway to disease. The principal control mechanism of the body is the autonomic nervous system. It has two parts, sympathetic (fight or run) and parasympathetic (eat and sleep). When the sympathetic turns on, the parasympathetic turns off. The sympathetic is turned on by the following mechanisms:

1. Experiencing real danger (usually abuse in our society)
2. We feel in danger or we feel victimized by job, marriage, kids, boss, etc. (In a Box).
3. Our pH is acidic = too much calcium in the blood and too little magnesium and potassium in the body.
4. We become allergic to the foods you eat = wheat (gluten), corn, dairy and eggs are the most common because we tend to expose ourselves to them every day.
5. Toxins in the environment
6. Pain or trauma

Dopamine is the brain chemical which allows us to do cognitive reasoning, etc. When we become sympathetic-on, we wear out our ability to make neurochemicals. We then will do whatever it takes to make our brain dump whatever dopamine we have stored. The following things dump dopamine:

- ✓ Stimulants
- ✓ Alcohol
- ✓ Nicotine
- ✓ Narcotics
- ✓ Sexual activity
- ✓ Loud music
- ✓ Sugar (insulin dumps dopamine)

People will often resort to using these things to feel better. They will continue to do these things even though they know they are harmful as long as they are dopamine depleted. If we want to deal with these issues, we must first deal with sympathetic-on so that the ability to make dopamine is restored. When we are **sympathetic-on** 24 hours a day, 7 days a week, we develop typical chronic disease and chronic fatigue because:

1. Parasympathetic shutdown means we don't make enzymes and don't have normal blood supply and innervation in the gut because the blood is sent to the muscles so we can fight or run better. That means that even if we eat a perfect diet and take \$100 worth of nutraceuticals a day, they won't be absorbed.
2. Parasympathetic shutdown also means the large intestine won't work--the main function is to conserve water. As the digestive sludge is delivered to the large intestine, it normally extracts the water. Without normal and poor blood supply, this doesn't work well. There develops a waxy, oily coating of the large intestine. The wall of the gut becomes leaky and inflamed = **leaky gut syndrome**. This allows large molecule proteins to enter the blood causing allergy. The blood tries to excrete them through the sinuses = **sinusitis**. The debris invites Candida and parasites to live there because they like to eat the waxy, oily debris. Killing them does little = they will keep returning until the parasympathetic system is re-activated.
3. When the sympathetic system is on, it also turns on all of the **endocrine glands** so that we can fight or run better. The **brain** makes more serotonin, dopamine, and norepinephrine. The **thyroid** makes more hormone to increase metabolism. The **parathyroid** makes more hormone to increase calcium which is necessary for nerve conduction and muscle contraction. The **pancreas** makes more insulin. The **adrenals** make more cortisol so more sugar is available. They also make more adrenalin. The **gonads** make more sex hormones which make us stronger.
4. As we run out of nutrients since the gut doesn't absorb them, we run out of raw materials to make hormones. Since hormones are made from fat, this ridiculous low-fat diet craze doesn't help either.

5. In addition to not having the proper building blocks to make hormones, the endocrine glands also just wear out from running 24/7. That means the brain can't think, our metabolism slows down so we gain weight we can't lose, lack of adrenalin makes it hard for us to deal with stress, lack of cortisol and insulin makes us hypoglycemic, and lack of sex hormones makes us impotent and then disinterested in sex. In addition to the endocrine glands, the sympathetic system turns on the **immune system**. It also runs 24/7 and wears out. We are then susceptible to both external infections and internal infections. Now we are set up for chronic fatigue and then organ failure. We are susceptible to all sorts of infections. Because our brain doesn't have the chemicals to think and we are low on adrenalin, we go from anxiety to anger to depression to anxiety to anger to depression. This causes our relationships to fail with our spouse, our parents, our children, our co-workers and/or our God. This is what I call the **Pathway to Disease**.

Pathway to Health

To reverse this pathway and restore health we will need to balance our pH, minerals, brain chemicals, and our autonomic nervous system. To have any lasting affect, we must go back to the beginning to shut down the sympathetic and turn on the parasympathetic systems. First we must replace the missing magnesium and potassium (and often copper). We must correct the pH with better food choices and a short-term burst of sodium bicarbonate. If we are aware of how our food is grown in nutrient depleted soils, chemically sprayed by insecticides, harvested before fully ripened, distributed across continents, processed with preservatives, artificial colorings, artificial flavorings, stabilizers, emulsifiers, nutrients and fiber removed, bleached, and etc it is not such a mystery why our bodies do not function to their full potential. The following discussion will provide details of how we need to cleanse our digestive system through an appropriate process and eliminate the food toxins by restricting all processed foods with wheat, corn, dairy, and eggs until the system is balanced. Identifying what is stressing us, eliminating those stressors and making wise choices about how to replace old habits with healthy new habits, will help restore wellness.

Synchronizing, Balancing, and Harmonizing

We begin with the Life in the Box Sessions to help us recognize and identify thoughts and behaviors that may prohibit or again destroy any corrections. It may be difficult to stop the self defeating habit and/or cope with the emotional issues if our neurochemicals are depleted. One simple and inexpensive way to reverse our pathway to disease is by fasting and cleansing our system with the Lemonade Cleanse. The recipe also helps balance our minerals and pH. Then we must restore our system by eating foods in their most natural state possible. Eat fruit for breakfast and meat and vegetables except corn for lunch and supper. Now start working with the emotional things that turn on the sympathetic system

through biofeedback for stress reduction and learning to live out of the Box. Once we can balance the autonomic system, the gut will start absorbing nutrients, the endocrine glands will rest and recover, the immune system will recover, etc. If we don't attend to all these areas we are wasting our time by just trying to correct one area. For example; trying to eliminate Candida without turning on the parasympathetic system is like taking the dent out of one fender of a car which has been totaled. The fender may look better, but the car is still a wreck. The key is obtaining the energy necessary then synchronizing, balancing and harmonizing our system to allow our whole body, mind and spirit to function in a healthy manner. When the body begins feeling better, we will be more energized to exercise more vigorously and drink more water.--two very important ways to supply the cells and tissue with necessary oxygen and water to keep our system in balance.

What is the Energy of the Body?

1. Some feel that energy is simply ATP that is formed in cellular mitochondria by the Krebs's citric acid cycle from glucose.
2. It is published in the medical literature that ATP is increased by electromagnetic frequencies.
3. Some feel that energy is a form of electromagnetic energy that is the same as electromagnetic energy we think we understand but has been difficult to measure because it is in micorvolts in the body. Until we got better electronic circuits, measurements in this level were covered up by the noise generated by the instruments themselves.
4. Others feel that energy of the body is more mystical and have described various terminology that is designed to confuse all but the "learned".

What forms of electric current exist?

1. Electric current via conductors = the passage of electrons down a conductor like a copper wire.
2. Ionic current = the passage of electrons from a non-metal to a metal ion (like from chloride to sodium as electrons pass thru salt water)
3. Semiconductors = One of the ways your biofield accesses your physical body is through the process of semiconduction. Semiconduction happens in materials with highly ordered molecular structures, like crystals. The regular electron structure of crystals allows electrons to move through them very easily. Electron microscopy has revealed evidence of many crystalline structures in your physiology. Semiconducting currents are thousands of times more sensitive to electromagnetic interaction than the kind of current that travels down a wire. Semiconductors carry only small currents, but they can carry them over very long distances. Your proteins are semiconductors. You regulate the semiconduction in your connective tissues by hydration and oxygenation, or by changing your levels of water and oxygen. Your cellular membranes have electrical potentials that hover around ten million volts per meter. This electrical field is strong

enough to align and configure the molecules in your cell membranes into specific structures or patterns. These electrical patterns are highly sensitive to, and interactive with, other electromagnetic fields. <http://www.remyc.com/ELZ4.html> Becker and Nordenström have shown that the body functions as a semiconductor.

What do atoms look like?

1. The traditional atom is a central positive proton surrounded by orbiting negative electrons and neutral neutrons.
2. Because electrons sometimes act like particles and sometimes act like waves, we just gloss this over and say they can be either or both.
3. An article has just been published (I found reference to it in the current Popular Science magazine) that neutrons aren't really neutral and therefore our current model of the atom can't be correct.
4. Terry Skrinjar has published a book showing that atoms are made up of fields, not waves or particles, not protons (basic emanation field), electrons (unified charge field) and neutrons (neutronic field). The universe is filled with and connected by these fields and that is why information is readily communicated without conductors across the universe.

What is the status of energy in illness?

1. Some feel that the body is never energy depleted but is simply blocked from reaching where it needs to go for health. I have heard it described in terms of a river being dammed up forming a lake. Acupuncture has been described as finding the log which, when removed, collapses the dam allowing the water in the lake to flow down the river. One sees this philosophy/paradigm in the symbol of acupuncture where there is a circle containing an S shape. The S shape divides the circle into a black part and a white part. Each part contains a dot of the opposite color. This symbol is to convey the message of contrasts, comparisons, and flow of one energy into another. It conveys the concepts of opposites, top and bottom, large and small, up and down, male and female, positive and negative, right and wrong, etc. I believe that Garnet and Zulia subscribe to this concept (it is for them to say, however).
2. Some feel (I'm in this group) that the combinations possible are:
 - a. The body has enough energy and no blockage = health
 - b. The body has enough energy but has blockages = see #1 above
 - c. The body has decreased energy with no blockages = rarely occurs
 - d. The body has decreased energy with blockages.

How do you know what the body energy is?

1. You can measure it with a SQUID (Superconducting Quantum Interferometric Devices.) SQUIDS are ultra sensitive magnetic fields detectors. These tests show us how you can generate AC electromagnetic

fields around your nerves and muscles, and DC electromagnetic fields around your brain.

2. You can measure the average background impedance of the body using the IR function of the SCENAR. Some of the Russians that developed the device have published a chart showing that those with <20 are energy depleted. Others on that team disagree with this concept.

How do you increase the body's energy?

1. Sunshine
2. Food and certain herbs
3. Hugs (get it from others)
4. Electromagnetic field induction
5. Use the SCENAR's FV or 59.3 settings to transfer energy into the spinal cord or the tissue deficient in energy.
6. Reduce the time the sympathetic nervous system is running (to allow the endocrine glands and the immune system to recover) and increase the time the parasympathetic nervous system is running to increase digestion to replenish supplies and increase sleep for rejuvenation.

How do you deal with just local blockage without needing more body energy?

1. According to the more ancient and esoteric concepts of acupuncture, reflexology, etc., you must transfer chi (or Qi or prana, etc) from one area to another. This requires showing the brain contrasts, comparisons, and coaxing to allow the brain to retrain or reset its systems-management functions on various levels.
2. According to Selye, the body has adapted to the area it couldn't repair and you must reconnect this area to the CNS.

According to Becker and Nordenström, blockage is simply the fact that injured tissue is electropositive and the things necessary to heal it (WBC, RBC, proteins, and fats) are electronegative. A "blockage = acupuncture" or an "adaptation of Selye" occurs when the injured area becomes electronegative and thus the things needed for repair are repelled instead of attracted. Healing occurs when the polarity reversal is corrected allowing the area to attract the things it needs to heal. In my experience, this is most effectively done with the SCENAR but can also be helped with other things like acupuncture (metal needle provides an electrical conductor to correct the electron balance), homeopathy, etc. and even putting a raw potato and other poultices (which act electronically and thus energetically) on the injured area.

We hope this short dissertation suggests that, although terminology and paradigms seem different, they are often the same. What works---works. Our ability to understand how it works often doesn't work! What words we use to describe our understanding of how it works is determined by our language, training and experience. Aubrey Scoon has recently stated that mystical energy is only mystical because we are using the wrong instruments to measure it. (We

may not, at any particular time, possess the instruments necessary to measure it). Note that we could not measure things at biological speeds until we got Pentium-class computers. Most people can't afford the hundreds of thousands of dollars necessary to buy a SQUID.

Whether the blockage of chi is the blockage of some mystical universal energy or the repelling of electrons (or Skrinjar's unified charge fields) by injured tissue's reversed polarity is probably just a function of our ability to measure what is happening and to describe it with terms of our understanding---in terms of atoms, fields, information fields, polarity, or gremlins. Choose the terminology/paradigm/techniques that fit your way of thinking and run with them. We consistently strive to research methods to learn what works and how to help our patients get well. One of the suggestions we make, after our discussion about energetic medicine, is to remind our patients about the importance of nutrition and exercise. We emphasize that the bodies ability to absorb nutrients begins with cleansing our systems. As previously mentioned, one effective way is through the Master Cleanse program outlined below.

Master Cleanser and Acid/Alkaline Balance

The following is some very basic nutritional information that we found helpful about the lemonade fast or master cleanser as it is sometimes referred to. If you are a diabetic or have some other health concerns or issues that require the monitoring of a doctor, we encourage you to consult with your health care practitioner before beginning the fast. Whether you are just considering the idea of fasting or you are someone who fasts regularly, the book "The Master Cleanse" written by Stanley Burroughs provides details. A number of the clients who came into the clinic with stress related issues, provided us with testimonials that this fasting technique helped them obtain positive results. Lemons and limes are the richest source of minerals and vitamins, Burroughs was "inspired" to publish this diet in the early '30's as a means of completely healing stomach ulcers in only ten days. It was soon apparent that it was also highly effective for general cleansing and weight management as well. The probable reason for its high rate of success is that it is easy to follow, tastes very appealing, completely curbs hunger, and supports the body's physical needs by providing adequate nourishment to enable a fast for from ten to forty days long. Reports back from patients say that they felt wonderful and full of energy with just a 3 to 7 day fast.

Added to its effectiveness is its simplicity. It consists of 1 part fresh lemon or lime juice, one part genuine maple syrup (dark amber grade A or B), 8 - 9 parts pure (distilled) water, and 1/10th part cayenne pepper. The book explains what vitamins and minerals are present in this mixture, why honey is not an acceptable substitute, how much to drink, what to expect, why to not take supplements during the fast, how to break the fast and recommendations for eating practices thereafter. He discusses protein needs, feeding your baby, water fasting, colonics, etc. -- an incredible amount of information clearly and concisely contained in a mere 50 pages. This book was recommended by Dr. Regan Golob - click on [Master Cleanser](#) to go directly to it's page at Amazon.com

Master Cleanser

Two tbsp lemon or lime juice (1/2 lemon)

2 tbsps of pure grade B maple syrup

1/10 tsp cayenne pepper (red) or to taste

12 oz of purified water (room temperature)

Here's a way to prepare a 1 gallon jug:

empty 20 oz of water from a 1 gallon jug of spring water

pour in:

10oz fresh squeezed lemon juice

10oz grade B maple syrup

add cayenne pepper to each glass poured.

It has been reported that the fast will:

Balance the pH and Minerals

- Help purify the liver
- Dissolve and eliminate toxins and congestion that have formed in any part of the body
- Cleanses the kidneys and the digestive system
- Purifies the glands and cells
- Eliminates all unusable waste and hardened material in the joints and muscles
- Builds a healthy blood stream
- Relieves pressure and irritation in the nerves, arteries and blood vessels

Fasting for 1-2 days a month on this drink can be very cleansing and rejuvenating. The Master Cleanser drink has no fiber, so it is necessary to use a herbal laxative twice a day. This will help to remove the waste as it is being shed from the colon wall. Otherwise, the waste will stay in the body leading to tiredness and other problems. It is suggested that using a herbal laxative tea or Nutri Cleanse, which is an all natural, gentle, herbal colon cleanser. Grade B maple syrup contains a large variety of minerals and vitamins. These include: potassium, calcium, magnesium, manganese, iron, copper, phosphorus, sulphur, chlorine and silicon. Vitamin A, B1, B2, B6, C, nicotinic acid and pantothenic acid are also present. Before using the Master Cleanser therapeutically, we recommend reading "The Master Cleanser", by Stanley Burroughs, to have complete instructions to obtain optimum results.

Specific Procedures

The Master Cleanser is a liquid mono-diet that cleanses and detoxifies the body as it stimulates healthy tissue growth. It consists of fresh lime or lemon juice, maple syrup, and cayenne pepper mixed with water and drunk 6-12 times a day. A herbal laxative tea is taken twice a day, and no other food is consumed. This regimen that can be followed for 10 days, and may also be safely extended to 40 or more days, depending upon a persons physical condition.

Toxemia and Disease

To understand why this therapeutic diet works, it is necessary to understand what disease is from a holistic perspective. Dis-ease is simply the accumulation of wastes, toxins, or poisons in the body, which in turn creates the myriad of symptomatic illnesses we are seeing so prevalent in people to day. The glands and organs of our eliminative systems can easily become overwhelmed by wastes from poor diet, lack of exercise, tension, air and water pollution etc. As much as several pounds of waste can literally become impacted in the colon, adhering to the walls. Over time, the waste will then begin to leach into the blood stream causing it to be re-circulated throughout the body, and settle into the tissues and cells. This settling of toxins is the final step that acts as a precursor to disease because its constant presence weakens the cells and eventually the entire immune system. It stands to reason, then, that cleansing the body of this accumulated waste serves to rejuvenate the innate healing mechanisms of the

body so that they can function at optimal capacity to restore health and vitality. The less toxicity that is present in the body, the greater our vital force becomes.

Physiological Process

Because the act of digesting food consumes our energy on an ongoing basis, it follows that the elimination of solid food for short periods of time will make the energy normally used for digestion available for the process of detoxification. Thus the first step is to stop eating food so that the lemonade drink can commence its work. Because the lemonade drink is easily assimilated, it places little or no demand on the digestive system. Fresh squeezed lemon juice is a powerful cleanser for the body, and is also high in vitamins. Additionally, it is the only fruit or vegetable to contain cationic and anionic minerals. Lemon also helps loosen and break up mucus in the body. Mucus is one of the body's defenses to protect it self against irritations. When too much mucus settles in any one area, dis-ease is the natural outcome. Cayenne pepper, another key ingredient of the diet, breaks up this mucous and acts as a cleanser for the digestive, respiratory, and circulatory systems. It is used by herbalists to treat a wide range of problems and to enhance the effectiveness of many other herbs. The maple syrup provides energy from an unprocessed sugar which still contains many of its original nutrients.

On the subject, the absence of minerals and vitamins in processed sugars makes the digestive system rob the body of these precious nutrient stores in order to metabolize the sugars. If too many processed foods are eaten, the pancreas seems to be one of the first organs affected, often resulting in hypoglycemia and then further deterioration of the pancreas. The herbal laxative tea is used to stimulate peristalsis of the colon, since the only other way to do it is to eat a diet high in fiber. The lemonade drink, or **Master Cleanser**, having no fiber, must use a laxative to remove the waste as it is being shed from the colon wall, otherwise it will stay in the body, leading to tiredness and any number of problems.

WATERS AMAZING SECRETS FOR pH BALANCE, HEALTH AND WELLNESS

Consider that your body is 60% water, your muscles 70 % and your blood 80%. Drinking lots of water helps maintain temperature control, digestion, lubrication and tissue repair, and keeps your skin supple and smooth. We all know that water is important, but did you know? 75% of Americans are chronically dehydrated. And likely applies to half of the world population. In 37% of Americans, the thirst mechanism is so weak, that it is often mistaken for hunger! Even MILD dehydration will slow down one's metabolism as much as 3%. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a Washington study. Lack of water is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%! And one is 50% less likely to develop bladder cancer! Are you drinking the amount of water you should every day? Indeed, be sure to take your supplements with large amounts of water. Not just a few swallows, but at least 8 ounces each time! Remember, thirst is a very inadequate indicator and occurs at the later stages of hydration, especially as we age. A more reliable indicator is the urine color and quantity. Copious clear to light amber color urine (B2 or riboflavin will make the urine sparkling yellow) is normal; dark, concentrated, smelly and diminished urine suggests the body is trying to conserve fluids. Time to drink more water! And remember, coffee and alcohol are diuretics, so even more water is needed when consuming them! So drink to your own health!

Water for Heartburn. Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage. Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

Water for Arthritis. Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Water for Back Pain. Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated with increased water intake - not a commercial treatment, but a very effective one. Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

Water for Angina. Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

Water for Migraines. Migraine headache is a sign of water need by the brain and the eyes. It will totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight.

Water for Colitis. Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication. Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impacting: it can cause diverticulitis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

Water for Asthma. Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs. Not recognizing asthma as the indicator of dehydration in the body of a growing child not only will sentence many thousands of children to die every year, but will permit irreversible genetic damage to establish in the remaining 14 million asthmatic children.

Water for Blood Pressure. Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the

"injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal! Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney disease. It will cause brain damage and neurological disorders, such as Alzheimer's disease.

Water for early adult-onset diabetes. Adult-onset diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes, only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages. Not recognizing adult-onset diabetes as a complication of dehydration will, in time, cause massive damage to the blood vessels all over the body. It will cause eventual loss of the toes, feet and legs from gangrene. It will cause eye damage, even blindness.

Water for cholesterol. High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

Water for depression, loss of libido, chronic fatigue syndrome, lupus, multiple sclerosis, muscular dystrophy. **These conditions are caused by prolonged chronic dehydration. They will clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.**

Scenar Therapy Session Spine, 3 Pathways

Name _____ Date _____ Session _____ grp _____

M F age _____ ID# _____ Power _____

Chief Concerns _____

Pain (description) _____

		L	C	R
C1-5	head, neck, brain, ears, SNS, (1C); eyes (2C), teeth (3C)	_____	_____	_____
C-6	neck msls, shoulders, tonsils	_____	_____	_____
C7	thyroid gland, elbows	_____	_____	_____
T1	arms below elbow, esophagus, trachea	_____	_____	_____
T2	heart, coronary art.	_____	_____	_____
T3	lungs, bronchial tree, chest	_____	_____	_____
T4	gall bladder, com. duct	_____	_____	_____
T5	liver, blood, solar plexus	_____	_____	_____
T6	stomach	_____	_____	_____
T7	pancreas, duodenum	_____	_____	_____
T8	spleen, diaphragm	_____	_____	_____
T9	adrenal glands	_____	_____	_____
T10	kidneys	_____	_____	_____
T11	kidneys, uterus	_____	_____	_____
T12	lymph circulation, sml.	_____	_____	_____
L1	colon, inguinal rings	_____	_____	_____
L2	appendix, abdomen, upper leg	_____	_____	_____
L3	sex organs, knee, bladder, urethra	_____	_____	_____
L4	prostate, sciatic, low back msls.	_____	_____	_____
L5	lower legs, ankles, feet	_____	_____	_____
Sacrum	hip bones, butt.	_____	_____	_____
Coccyx	rectum, anus	_____	_____	_____

CPT Codes – Biofeedback Therapy

The CPT codes we have found practitioners using are: (some may not be totally relevant). In the past I have noticed that some CPT codes are not accepted by some insurance carriers. I assume that it is more related to the patient's benefits on their policy. We have found that most practitioners use the CPT codes for billing - but the patient pays cash and files their own claim. We do not file any insurance claims in our office. All treatments are cash basis only.

90901 Biofeedback by any modality

90911 Biofeedback training, anorectal including EMG and or Manometry

90875 Individual psycho physiological therapy incorporating biofeedback training by any modality (face - to - face with the patient), (e.g., insight oriented, behavior modifying or supportive psychotherapy) approximately 20-30 minutes

90876 approximately 45-50 minutes

95999 unlisted neurological or neuromuscular diagnostic procedure

96150 The initial assessment of the patient to determine the biological, psychological, and social factors affecting the patient's physical health and any treatment problems

96151 a re-assessment of the patient to evaluate the patient's condition and determine the need for further treatment. A re-assessment may be performed by a clinician other than the one who conducted the patient's initial assessment.

96152 The intervention service provided to an individual to modify the psychological, behavioral, cognitive, and social factors affecting the patient's physical health and well being. Examples include increasing the patient's awareness about his or her disease and using cognitive and behavioral approaches to initiate physician prescribed diet and exercise regimens.

97112 Neuromuscular Re-education (procedure)

97535 Self care / home management

97750 EMG Scanning complete muscle testing for physical therapists

97032 - Biofeedback therapy - attended (This is the CPT code used most)

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