



NOW AVAILABLE  
ONLINE!



# Professional SCENAR Therapy Diploma Level 4 for Practitioners - ONLINE

*This is the training course that demystifies the complexity of SCENAR and gives you an effective and rapid way of treating your clients while learning how to integrate your new skills into your existing practice... fast! Or even set up a new alternative health practice.*

[www.scenartraining.co.uk](http://www.scenartraining.co.uk)

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# Online SCENAR Training

DIPLOMA LEVEL 4 FOR PRACTITIONERS





## Professional SCENAR Training **simplified**

**This hands-on Professional SCENAR training course covers the essential basics, intermediate and some advanced protocols as well as fast-track techniques to enable you to treat your clients effectively and with rapid results. As well as the SCENAR training, we cover the very important subject of how to integrate your new skills into your existing practice. Vital, but overlooked in all other training courses.**

## Why we developed this **Training Course**

Our skills and experience have been fine tuned over the last 8 years by undertaking multiple training courses and master classes from Professor Revenko, one of the inventors of SCENAR technology, as well as running our own successful Pain Relief Centre in West Sussex.

We are heavily trained in Scenar therapy and various massage techniques, and have over 7 years of training and practical experience of running a successful pain relief clinic. We have a good understanding of the human body, gained from experience with our clients and undertaking Anatomy & Physiology studies. We know in depth how the Scenar interacts with your body and how to get results.

We have a passion for making our business work and to fixing our clients. It is this passion that has driven us to explore new techniques, accelerate results and give our clients a better healthy lifestyle. From fixing problems to improving the quality of life by reducing pain levels in conditions like arthritis, fibromyalgia etc.

We have undertaken a large quantity of the other SCENAR courses and our experience of this has driven us to develop a series of professional training courses that deliver fast effective learning that you can easily take in, remember and apply to your clients treatments.

All the existing training courses only show you complicated and time consuming protocols and discuss to some extent when and what conditions/ailments to use certain protocols for, but give no solid structure on how to use these protocols on your clients and more importantly how to get your existing and new potential clients through the door for SCENAR therapy.

The British public are renowned for being over reserved, not liking change, or wary of a technology or therapy they have never heard of before. We have found in our busy practice that over 87% of our clients are trying SCENAR as a last resort! This means, generally they have been through a whole array of other therapies and these have not worked for them, they may have worked briefly but not longer term. This is where SCENAR as a technology and treatment excels!

We must point out that SCENAR therapy is an excellent stand-alone therapy but also, it works amazingly alongside other traditional and alternative therapies.





## What you will learn in this training course

The starting point is the basics. Even if you have done other SCENAR training courses over the years, how successful have you been in integrating the course content or your new found skills into your existing practice? Difficult isn't it. If you feel 'it is working' in your practice, then ask yourself if it could be working better or in a different way?

***Is there more I could be doing with my SCENAR treatments, would you like to accelerate your clients healing process?***

This course will cover what you need to know to accelerate your SCENAR business without getting 'brain-fog' in all the over technical waffle which only helps disillusion your belief in what you as a therapist can achieve with your SCENAR device.

Each professional training course includes this training reference book and a full 2 days training, as well as one pair of leads, patches,

surgical and SCENAR gloves as well as a light lunch and refreshments. So in order to undertake the course all you need is yourself and your SCENAR, we provide everything else. We can even sell you a SCENAR, Sport D or a range of professional devices.

***This is the training course that demystifies the complexity of SCENAR and gives you an effective and rapid way of treating your clients while learning how to integrate your new skills into your practice, fast!***

Do you have time in a treatment session to undertake enough of the complicated protocols that can take 35 mins each to complete? For the majority of clients a simplified treatment course can be amazingly effective. You need to get clients on repeat visits but within reason. 3 or 4 visits is do-able but if with complicated protocols it gets to 6 or 8 then your clients may start to wander.

### SUBJECTS COVERED:

- ✓ Basic Protocols
- ✓ Intermediate Protocols
- ✓ Advanced Protocols.... No, these are not really needed at this stage. Remember we are developing advanced 'general' SCENAR skills that work! Complex combinations of ailment specific protocols are not needed at this stage in order to successfully launch your SCENAR practice.
- ✓ Treatment combinations
- ✓ Working with other therapies
- ✓ How to deal with a potential new client
- ✓ How to market yourself online and in print!
- ✓ Incentive ideas for new business's
- ✓ Explaining SCENAR to your clients
- ✓ Starting the treatment
- ✓ Stages of the treatment session
- ✓ The outcome and what the client should expect
- ✓ How to follow up and generate more appointments
- ✓ The Healing Crisis
- ✓ How to apply for your marketing pack - examples
- ✓ Using your intuition
- ✓ What equipment & accessories you will need
- ✓ The simple steps to getting started





## FURTHER INFO

In order for you to take your new knowledge and professional certificate into the outside world and start treating people, you will of course need a suitable Anatomy & Physiology qualification.

You cannot expect to be able to treat the human body without some knowledge of its structure and how it works. For those of you who have already undertaken previous SCENAR training or are qualified in other therapies, you will probably already have an A&P qualification. For those of you who are 'new SCENAR therapists', then this will be a pre-requisite in order for you to practice in a professional insured environment.

You can still undertake our training course but will be issued your certificate upon completion of a suitable A&P qualification. If you have any questions please get in touch.

This is the training course that demystifies the complexity of SCENAR and gives you an effective and rapid way of treating your clients while learning how to integrate your new skills into your practice, fast!

## WHAT IS SCENAR

**Self-Controlled Energy Neuro Adaptive Regulation** - SCENAR has the ability for effective relief of pain from age, ailment or injury. SCENAR therapy is unique because it locates, measures and prompts problem areas through the skin to help relieve pain and restore function for maximum therapeutic effectiveness.

An amazing breakthrough in pain relief, SCENAR therapy stimulates the body to use its own internal pharmacy to cure

a state of 'dis-ease'. When the Scenar passes over a 'painful' area it sends out a signal to the brain telling it that there is an imbalance, experienced as 'stickiness' on the skin or change in skin colour or sound from the device.

The brain constantly monitors the condition of the body so will already know that this imbalance has occurred. As a normal process it would send bio-active compounds to ease the pain and begin the healing process.

Scenar technology was developed to "jump-start" the body's own natural healing response, telling the brain that more of the bodies' natural medicinal compounds are required to neutralise the pain and heal the injury. Using electro-stimulation on the skin, a very sophisticated electronic feedback loop is set up and the nervous system sends a measured dose of neuropeptides, some of the most powerful pain relief agents that the body produces, to the site of pain. As the device is brushed over the area it continuously monitors the changes, sending messages back to the brain so that it is able to adjust the treatment accordingly.

In minutes the body has delivered sufficient natural chemicals to give powerful pain relief and to speed up the healing process. As the Scenar device goes through treatment cycles, you'll feel a tingling or prickly sensation on your skin. This feels different in each place and between different Scenar accessories and treatment modes. Some Scenar signals feel simple and very focused. Others feel complex and three dimensional. Sensations may appear in totally different parts of the body. Muscles may start to contract and relax apparently on their own. It is common for the pain to disappear in its first location, then reappear in another place, then another before it finally disappears.

The overall feeling of SCENAR is of comfort and relief with people usually reporting an immediate reduction in pain, and often a total absence of pain in the areas treated, plus a feeling of relaxation.





## WHAT IS SO SPECIAL ABOUT SCENAR

- ✓ Remarkable levels of pain reduction
- ✓ Often able to break through where nothing else has
- ✓ Non-invasive, non-toxic, free of side effects
- ✓ Long-lasting or permanent results

Many clients have told us that as a result of SCENAR Therapy, other chronic conditions have improved, for example; depression, anxiety, allergies, fatigue, hormonal disorders and digestive disorders.

Scenar often rivals the strongest pain killers. This includes TENS machines which just block pain until the body adapts and the pain returns or the patches are removed and a couple of hours later the pain can return as the blocker signal wears off. The way that SCENAR works generally leads to remarkably lasting relief. With chronic conditions, if the original cause is still in place, there may be occasional flare-ups but these are usually brief and usually dealt with in just one or two treatments.

TENS was developed by Professor Karacev to give relief from pain. He then 'enhanced' the technology with the development of SCENAR, treating and eliminating the pain at the source!

SCENAR therapy is non-manipulative, non-invasive, non-toxic, non-addictive, and can be used with people of any age. Scenar feels tingling or prickly, but generally soothing. Instead of blocking or manipulating the body in a forceful, one-way process, SCENAR's signals are being constantly modified by the body's responses. Coached to repair itself using its own resources, the body will generally choose to do so quickly and deeply.

In principle the SCENAR device works as a catalyst on the body's immune system. The SCENAR reads the resistance level of the skin and relays this information to the brain via the skin itself. This accelerates the body's healing mechanism through stimulation of the neuropeptides in each damaged cell.

In addition the SCENAR could be used to treat individuals whose bodies do not repair themselves properly as a result of chronic illness. A classic example of this is suffers of fibromyalgia where SCENAR may act as a regeneration and pain management tool.

### Conditions SCENAR can treat:

- |                          |                               |
|--------------------------|-------------------------------|
| Arthritis                | Indigestion                   |
| Back Pain                | Immune System                 |
| Neck Pain                | Hypertension                  |
| Lower Back Pain          | Vocal injuries/laryngitis     |
| Sciatica Back Pain       | Inflammation                  |
| Bell's Palsey            | Insect bites                  |
| Constipation             | Insomnia                      |
| Fibromyalgia             | Joint Injuries/pain           |
| Fractures                | Ligament injuries             |
| Frozen Shoulder          | Mental issues                 |
| Stress                   | Fatigue                       |
| Hormones                 | Muscle aches & sprains        |
| Nerve pain               | Muscle spasms                 |
| Sports injuries          | Nausea                        |
| Carpel Tunnel Syndrome   | Nerve pain                    |
| Gout                     | Earache                       |
| Irritable Bowel (IBS)    | Sinusitis                     |
| Knee Pain                | Shock                         |
| Migraines & Headaches    | Scars                         |
| Repetitive Strain Injury | Stress                        |
| Tennis & Golfer Elbow    | Wounds                        |
| Whiplash                 | Eye conditions                |
| Sports performance       | Urinary tract infections      |
| Depression               | <b>And many, many more...</b> |
| Energy levels            |                               |
| Burns                    |                               |



# SUCCESS WITHIN YOUR THERAPY

## Is Scenar Therapy safe?

It is very safe. the only contradictions are pacemakers and epilepsy. SCENAR is very well researched and after large clinical trials and nearly 50 years of use in Russia, and over 24 years here in the UK, there are no reports of negative side effects.

Scenar uses the most natural and gentle of healing processes; those of your own body.

## THE SECRET TO SUCCESS

Is there such a secret? Isn't the SCENAR's unquestionable strong ability to battle your pain simply a matter of "just do it – the more the better"?

Actually, no. There is in fact a secret – the one that may be difficult to comprehend and accept, if you look at the body as "the sum of its parts" you can expect SCENAR therapy to be a "book of recipes" for specific conditions.

Don't get me wrong. Even if you do go only by the "SCENAR recipe book", it will still work; the technology is that powerful. Yet in order for it to work much better and for you to have real success with SCENAR you need to follow the footsteps of the SCENAR "inventors" and look at SCENAR therapy as they did: not just a set of protocols to be performed ON the body, but a DIALOG with the body. You and SCENAR work 'with' the body successfully - the healing triange.

You will find that classical SCENAR therapy is quite different from almost any other type of therapy, conventional or holistic. It teaches you to **listen** to the body, to **understand** the body, and to give it just enough help, at just the right time, on just the right place in order to jump-start and accelerate the body's own very powerful healing mechanisms.

When you know all these "just right" factors, you really don't need to do much work to get great results. Apart from your clients belief and cooperation.



In SCENAR therapy it is called "the Principle of Small Sufficiency", or maximum results with minimum efforts, or when less is more.

That, of course, becomes possible because of the SCENAR's unique ability to read the feedback from the body and know at all times what the body is at. Unlike any other therapy, SCENAR does not demand the body adapts to it; it adapts to the body instead, mirrors it, and then gently leads it along the healing path.

When you consider such shift in control over treatment from the device to the body, then the mighty diagnosis loses a part of its power, doesn't it? Understanding the body, trusting it, and following its lead becomes more important than performing the standard, and at times complicated, protocols from the "SCENAR recipe book" – and much more effective. **Use your intuition!**

Classical SCENAR therapy teaches us how to do that. That's why it is so important that we don't forget its main principles; that we don't retreat to the familiar and comfortable "treat as per the label" approach, and give a due credit to the body's wisdom and power. If you want to know the secret to success with SCENAR, stop looking for labels – look for signs. **Use your intuition!**

Learn to see, to listen, to understand what the body is trying to tell you, and when you do, assist it without overwhelming. Don't dictate to the body, **Talk** to it. It is no different than in any relationship: if you want it to work, **learn to listen**.



# RELATING WITH YOUR CLIENT

It is so important that during a SCENAR session and between each session, **your client's mind** is fully engaged observing, noticing, and pushing forward all the changes happening in the body under the corrective SCENAR influence.

It is so easy for a client (and often even for a therapist) to fall into the habitual "doctor-patient" dynamics where a practitioner does what he/she needs to do with SCENAR while a patient quietly and patiently "lets it happen". Or even worse – a SCENAR therapist and a client engage in a discussion of daily events, sports, politics, relationships etc., WHILE in session. Yes, the SCENAR will still do its job, but therapy would be so much more efficient if the client's mind, and the therapists mind were "focused"!

Old habits die hard. Your client is not going to quickly change the "patient" attitude to the one of an active participant and an equal partner in therapy. And not because he/she does not want to; they just don't know how to.

It will take time, persistence, and a proper SCENAR therapist's expertise to facilitate this "paradigm shift" and ensure the optimal functioning of the Healing Triangle. And yet, when the shift happens, rapid healing becomes possible.

This SCENAR therapy advice needs to be discussed between therapist and client, over and over again, then the change will start happening, and it won't be long until your client will become an equal and active part of the Healing Triangle.

## THE HEALING TRIANGLE

During any SCENAR procedure, three systems come together:

- ✓ A Client (out of phase at the moment due to a disease),
- ✓ A Therapist (a stronger, more coherent system), and
- ✓ A SCENAR device (functioning as a living system when in contact with the body).

These 3 components form a **Healing Triangle**, or a new functional system united by the same goal of establishing a higher coherence level for the unit as a whole, as well as for each of its parts.



In the process of interactions within the triangle, the SCENAR device becomes an extension of the therapist, providing for a two-way communication with the client on a physical level. At the same time, the therapist establishes a mental/emotional and a spiritual connection with the client, 'mirroring' the weaker system on all levels in order to strengthen the triangle.

The functioning of the Healing Triangle require each party to take an active role in the healing. That means that the CLIENT has to come out of the standard 'receiving mode' and become an active participant in therapy. The client's belief system, his power of intent, his understanding of the healing dynamics become crucial factors in the success of SCENAR therapy and the client's healing process.



- ✓ The client needs to understand that healing comes from within, and that health cannot be granted.
- ✓ He/she has to have a wish to become healthy.
- ✓ He/she has to believe that there is no limit to healing and there are no hopeless health situations.
- ✓ He/she has to get rid of fear and trust in themselves, in the therapist, and in the device to complete the healing triangle.



## THE HEALING TRIANGLE

cont...

The client's positive attitude and active approach determine the success of the Healing Triangle. In SCENAR therapy, the client is the one who leads the Triangle. Needing to carefully watch his/her healing dynamics and communicate any and all changes to the therapist. The dynamics of the complaints and functions determines the treatment approach.

It is impossible to predict the course of a healing process in each particular case; it depends on too many factors. Disease has to live its life through. This life is unique and only the client knows what it's like.

That's why there are no universal recipes in SCENAR therapy. Time and place of the therapeutic influence are determined '**here and now**', following the dynamics of complaints and functions – and the client is the ultimate source of this information.

At the same time, it is up to the **therapist** to determine the type of therapeutic approach and choose the appropriate SCENAR method or technique. There are no two identical SCENAR sessions. Each SCENAR procedure is a creative act, which always reflects the personality of the therapist.

The SCENAR device becomes an extension of a practitioner, multiplied by the skill and knowledge, this combination supports the dynamics of the Healing Triangle ensuring it achieves its goal.

The SCENAR device makes the triangle possible. It becomes the third equal element of it, a coherent system in a dialogue with the client's body – and a connector between the client and the therapist on a physical level. It breaks the stability of unhealthy order in the client's system, providing for the establishment of a new, more coherent health. Constantly receiving feedback during interactions within the Triangle, the client's system attunes itself to the vibrations of healthy order.

## BODY MERIDIANS

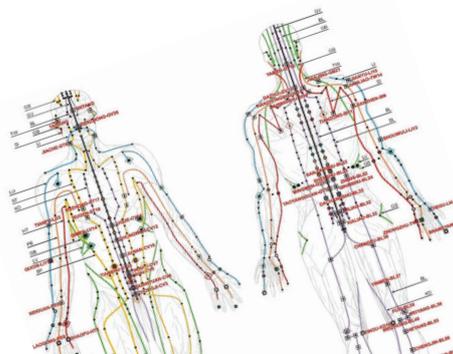
Meridians are energy channels 'transporting' life energy (Chi/Qi) throughout the body. There can be blockages, leading to lack of energy supply to certain areas of the body, or a surplus of energy in other areas. Energy blockages can be the result of stress, an injury or trauma, or bad living habits (diet, habits/addictions, lack of exercise) and can be traced to the root of all health (physical/mental/spiritual) problems.

Our energy flow affects how we feel and think, and the overall condition of our health. When the body's life-force energy becomes blocked, various imbalances will result. It is only because of the existence of this energy in our body that we can move, breathe, digest food... think and even feel.

The meridians are pathways of positive or negative energies that communicate between different parts of the body. The meridians are either yin (female) or yang (male) in nature. The meridians intercommunicate and interconnect deep within the body where they serve the internal organs. Acupuncturists and kinesiologists work with the energy meridians where they are accessible and superficial.

The energies flow through the meridians in a continuous unbroken loop from the torso to the fingers along the inside of the arm (yin), from the fingers to the face along the back of the arm (yang), from the face to the feet (along the outside of the leg (yang) and from the feet to the torso alongside the inside of the leg (yin). There are 12 major meridians which are bilateral and 2 reservoir meridians.

Research the meridians on Google by searching 'Body meridians'. There is so much to read and learn which is important as SCENAR Therapy works very closely with the meridians. The more you can learn about the human body in every aspect the more effective your understanding and SCENAR treatments will be.





# CLIENTS AND THEIR DENIAL OF CONDITIONS

*"If you're in denial, you're trying to protect yourself by refusing to accept the truth about something that's happening in your life."*

*In some cases, initial short-term denial can be a good thing, giving you time to adjust to a painful or stressful issue. It might also be a precursor to making some sort of change in your life.*

*Refusing to acknowledge that something is wrong, either physically or mentally, is actually a way of coping with emotional conflict, stress, painful thoughts, threatening information and anxiety.*

*You can be in denial about anything that makes you feel vulnerable or threatens your sense of control, such as an illness, addiction, eating disorder, personal violence, financial problems or relationship conflicts. You can be in denial about something happening to you or to someone else."*

## **... That is the official description of denial.**

But this is not the only form of denial, or perhaps we should phrase it differently; clients have this amazing ability to either not tell you when they have problems - "No I am fine, I am just here for an energy boost", or on subsequent visits for treatment cannot identify a positive change in their condition?

In our practice it amazes us how many people fill in our 4 page medical questionnaire showing everything is normal, yet when they get into the treatment room the therapist manages to extract from them that they have had whiplash 4 times (they

are visiting for headaches) or in another case coming in for ankle pain and declaring no incidents; then saying "oh, yes I have broken it twice in the last 6 years".

The main problem you need to look out for is clients inability to recognise change during a course of treatments! You must remember to ask and analyse the answers regarding how they have been since the last treatment. Ask them on a level of 1 to 10 (10 being most painful) what is their pain level? Do this before and after the treatment.

Don't forget that the initial pain or point of complaint does not necessary have to change immediately. There is a cycle of healing where other changes indicate healing. For example, if a client comes along with lower back pain, pain in the hips and they keep wetting themselves (so weak bladder control), if at the second visit there is no change in the lower back but the client has gained greater bladder control then that is a significant change in the healing cycle!

You must become a master at asking lateral and extracting type questions to enable you to trigger new and essential information from your clients. The change in your clients condition in the early treatments may not be obvious or in the 'obvious' location of pain.

The next treatment should now be able to take effect on the back issues. Also remember that the pain can also shift from one location to another i.e. from hip to the leg. This again is indicating the body is working its way through the healing cycle.



OBSERVE  
ASK  
ANALYSE  
QUESTION



# RESTORING BALANCE

A disease can be seen as the body's adaptive reaction to the condition. This adaptive reaction can create a number of distressing symptoms for organ/body etc.

There are three major problem areas for the body:

1. Blockage of informational pathways (meridians, cell to cell etc)
2. Low levels of necessary 'substance' - vitamins, minerals, neuro peptides etc
3. Low levels of energy - an organism needs energy to heal

SCENAR will create a new stimulus for the organism/body that works with skin associated with the pathological system. This helps the body to restore informational coherence, 'substance' and energy levels. After treatment the body continues to work with the NEW functional system. In plain English this means that after your client has had a treatment and left, the SCENAR signal will continue working within their body for another 48 hours +.

## HERRINGS LAW

Considered to be the father of Homeopathy, Constantine Herring (1800-1880) described the principle rules of the healing process in the body. They are the following:

### RULE 1

Symptoms of a chronic disease disappear in a definite order when the patient is properly treated in accordance with homeopathic recommendations. The symptoms usually disappear in the reverse order of their appearance - the most recent symptom disappears first; then an earlier symptom re-manifests only to abate when the proper remedy is given. This process continues until all the unresolved disease conditions are eliminated, even though some may go back to early childhood. This procedure is called the reverse progression of symptoms.

### RULE 2

Herrings second law states that the symptoms tend to move from the more vital organs to the less vital organs and from the interior of the body toward the periphery or skin. This law functions because of the body's attempt to preserve itself. If a disease that produces morbid matter can't be eliminated, the body tries to deposit the residues of this condition in as harmless an area as possible. The skin is one of the safest, but the body also frequently uses the various connective tissues and joints for this purpose. Only when the disease process is overpowering does the body allow it to invade the vital organs, and even then the body makes every possible attempt to keep the disease processes out of the heart and brain. ***A disease is treated from the inside to the outside.***

### RULE 3

Herring's third rule states that the symptoms move from the top of the body downward, disappearing first from the head, then from the thigh to the knee, ankle, and foot. We frequently encounter this last pattern, wherein the pain will go from the abdomen into the hip, then thigh, then knee and then in and out the foot. The functioning of the third law is based on a principle similar to the second. Because the more vital areas are found in the head and upper portion of the body and those of less importance are encountered toward the extremities. The third law is a symptomatic extension of the second law. Its nature is important to the therapist but not particularly to the patient.

This also helps explain the "Rule of the vector". The SCENAR therapist always starts treatment by moving the device from top to bottom (and from left to right).

**IMPORTANT:** These concepts must be explained to a patient as a client that suddenly experiences acute, perhaps alarming symptoms may believe that they have taken a turn and are getting worse. This may influence them to cancel follow-up treatments and worse still start taking drugs/pain killers to counteract this change. This is more commonly explained as a '**Healing Crisis**'.





# WHAT IS A HEALING CRISIS?

Environmental toxins accumulate in tissue throughout the body. Detoxification is meant to rejuvenate the body and the mind, however sometimes the initial first few sessions of massage or SCENAR pain relief therapy can include a healing reaction/crisis/cleansing reaction.

During a healing reaction a client can very likely feel worse than when they started out. The good news is it is very likely a sign they are getting better by a way of a deep and thorough cleansing. Healing reactions are not always a pleasant feeling and can sometimes be quite painful (rare), but worthwhile in the long run.

When toxins and waste are dislodged, the body begins to flush them into the bloodstream to be filtered out of the body. Some of the symptoms of a healing crisis:

- ✓ Headaches
- ✓ Nausea
- ✓ Minor fever
- ✓ Fatigue
- ✓ Reoccurrence of symptoms from forgotten illness or pains
- ✓ Diarrhoea
- ✓ Aches and soreness
- ✓ Mood swings
- ✓ Cold like symptoms

## How long do they last?

A healing crisis can last anywhere from a few hours to a few days or so. It should get better and better daily.

## How to deal with a healing reaction

The very best thing you can do is to stay hydrated. Place a small pinch of sea salt in your water to help quick hydration. Something like 'Course Celtic Living Sea Salt' - 3 or 4 grains will be enough to work without tasting salt in your drinking water. Try soaking in a bath of Epsom salts (good quality). Arnica can be good for any bruised feelings. In all there is nothing for your client to worry about as their body is just doing its job with healing.

**It is your job as the therapist** to explain this clearly either before they leave after the first treatment (we have a leaflet) or on the phone if they call you and say they feel dreadful!! Some people will never experience one, but others can either feel it mildly or feel the full force! Be supportive.

We have found that using the 'official' label of **Healing Crisis** tends to worry people unnecessarily - **Crisis** is a powerful word!

Ask us and we can give you a copy of the leaflet we use where we call this '**The Healing Phase**' as it is not a separate crisis but a combined part of the healing process that the client may be going through.

In all there is nothing for you or the client to worry about with a potential healing phase as the body is just doing its job by healing. Once this phase has passed the client will feel better and heal faster.



*The Healing Phase*



# SCENAR HEALING FREQUENCIES

## What is this frequency thing?

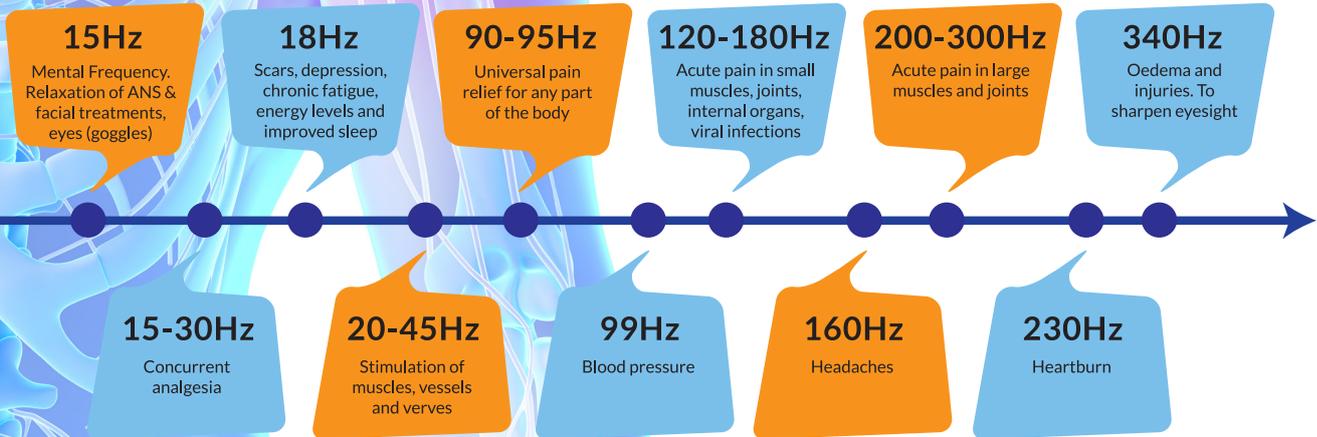
Going back as far as the 1920's when the Rife machine was invented, or the Rife Frequency Generator as it is otherwise known, healing signals were delivered in different frequencies.

Royal Raymond Rife's original (and proven) machine used the frequency range of 1 Hz to 4,000,000Hz - staggering. Later on this frequency range was increased to 20,000,000Hz or 20MHz. Today's SCENAR models use a range of 14Hz to 340Hz, but with amazing success (Super Pro uses 0.5Hz to 500Hz). Obviously Rife's machine was designed to treat ALL diseases whereas the SCENAR is licenced for effective pain relief but achieves a lot more.

Basically different frequencies are more suited to treating certain conditions - low frequencies for chronic pain and high frequencies for acute pain. Although Rife's frequencies were radio waves, SCENAR uses a frequency range achieved by contact with the body to achieve similar results.

The key to a successful SCENAR treatment is to mix the settings up so the body doesn't get a chance to memorise a signal and not respond well to it. Undertake some treatment at 90Hz, then if it is a serious injury try some at 340Hz. Don't forget to use FM and AM to manipulate the signal.

For those of you using a PRO device you can use the SW1 or 'swing' setting which delivers a signal cycling through a range of 14Hz to 140Hz while changing other settings too, like FM, Intensity and GAP (Z).





## A SPECIAL SCENAR TREATMENT METHOD

This treatment method carries the nick name **'Magic Gloves'** for a very good reason! Magic, because the method is able to solve most of muscle and soft tissue tensions. Therefore after the treatment patients feel "amazing"... like magic! Reason for using this Method is to have the SCENAR impulse penetrate deeper into the tissue and you can feel with your hands, using tactile sense, where and how to work on the patient!

### General advantages of this method:

We are using the well-known Scenar Impulse and healing power. It encourages the muscles to contract as if you were squeezing a sponge. This contraction of the muscles squeezes out the old blood, then the tissue can be re-supplied with fresh oxygenated blood, so that the muscles, connective tissue, ligaments, bands, fascia, and joints have better circulation and can regenerate, fast.

### Advantages of this Method for the Therapist

You can feel the tension when you treat a patient. You can feel the tensions and treat them directly while actually feeling the change. Thus, problems with muscle chains, meridians, hardenings of the tissues and adhesions can easily be solved. The therapist does not have to work so hard; besides, this method is good for self-treatment.

We use the gloves as a method to save the practitioner and enhance the treatment for the client. You do 4x sports massages in a day and you know you have done them! Lots of continual pressure, working those muscles. With SCENAR and the gloves you can achieve 'greater' results than a sports massage while using a fraction of your energy.

### Advantages of this method for the patient

With this method, you can work on deep muscles and soft tissue without causing pain to the patient, as commonly happens with other methods (trigger points, Acupuncture, Sports Massage etc.). The muscles, connective tissue, ligaments, and tendons

are gently loosened and the blood circulation of the tissue is stimulated over a large zone. The patient will experience less or almost no pain and both the therapist and patient will end up more relaxed.

It is a very pleasant treatment and most patients will love it. Very few patients do not like this treatment, or are afraid of electrical current. In an hour's session the whole body can be treated with great success

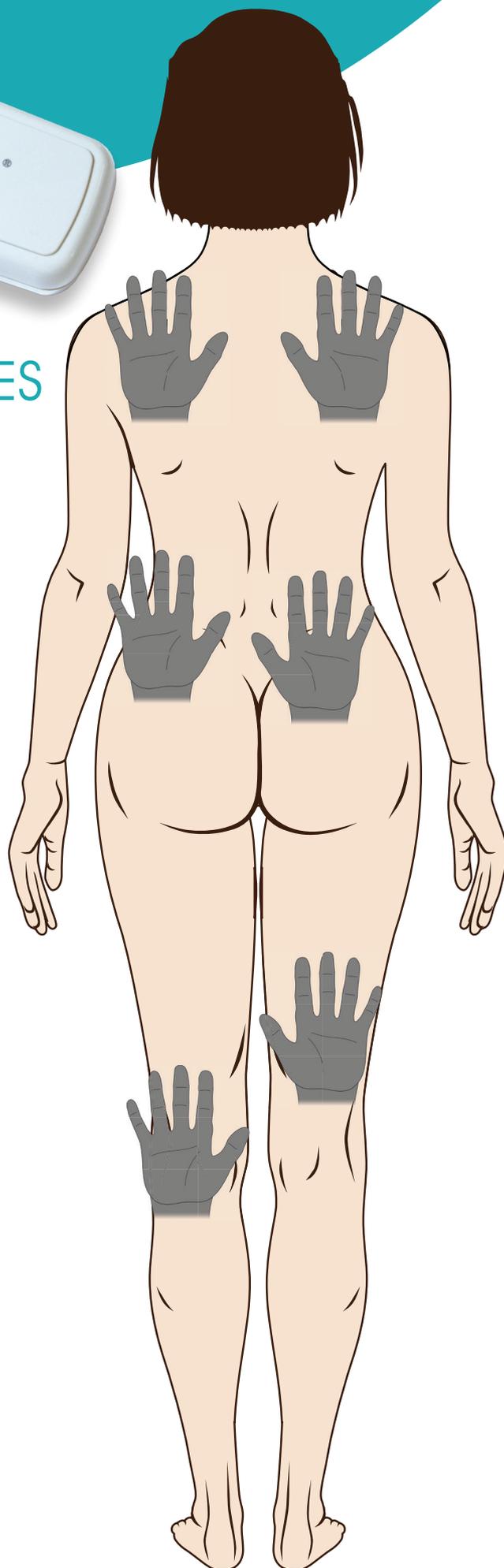
### Applications

Muscle tension of all kinds - neck stiffness, Frozen shoulder, tennis/golfers elbow, knee problems, herniated discs, scoliosis, inflammations, jaw tension, joint problems, adhesions, scars (even very deep/Endoscopy), acute injury - compressions, ankle sprain, etc. Actually it is the best SCENAR method of all time and will very quickly lead your treatments because of the effectiveness and speed.

### Negative Experiences

New patients after the treatment can experience muscle soreness or bruising. This usually lasts about 1 day. Because many toxins from the treated tissue are released by this treatment, detoxification must be encouraged - excretory organs must be stimulated as well. Also a healing crisis may be experienced. See page 11.





## USING THE SCENAR GLOVES

The SCENAR gloves or “Magic Gloves” are the key to accelerating your SCENAR treatments with rapid success. They are certainly not an accessory to use and rush in to treating your client without plenty of practice.

They are powerful and using the wrong setting can be very uncomfortable for your client. Showing how to use them in illustrations here is virtually impossible, you have to be shown. We will also make videos available on our website for your reference at a later date.

Please feel free to use your phone or camera to video the explanation, demonstration in progress. As a therapist using the gloves, you will experiment and adapt to suit your own treatment style.

### Things to remember

- ✓ The gloves need to be wet not damp.
- ✓ Wear surgical gloves under the SCENAR gloves so that the patient receives the signal and not you!
- ✓ When treating do not let the gloves touch each other as this will ‘short’ the circuit and stop the signal from going into the client.



**STATE:** Wet not damp. During the course of a treatment you will need to keep re-wetting the gloves.



**ENERGY:** Comfortable

**SETTINGS:** F=90Hz or FM=1, AM=1:1, D=0



**ENERGY:** Comfortable

**SETTINGS:** F=90Hz, or FM=1 AM=1, D=0