

SCENAR AND EMOTIONAL WELLNESS IN THE MIDST OF UNCERTAINTY CAUSED BY COVID-19.

Being quarantined, fear to get sick, financial hardships including unexpected loss of income, postponed or cancelled events such as school, gym, dining out, movies, sporting events – all these are the stressors that challenge us or cause us fear in these highly stressful and uncertain times

The new coronavirus - COVID-19 invaded the world and occupied the front pages of the newspapers, news programs and websites. This new virus took our time, our space, our relationship. There is a situation of uncertainty, constant changes and expectations of the restoration of normal life. All this develops our fears and anxieties, takes away our strength, sense of stability, limits our lives and our actions. That's how our stress appears. During this period, we may experience anxiety, fear, panic, sadness, boredom, disorientation.

Fear is an internal state of a body provoked by a real or imaginary threat. Fear keeps a person tension, depletes the nervous system and leaves a negative imprint in the psychologic health. But at the same time, fear mobilizes the protective systems and mechanisms of the body, prepares it either to fight the threat, or to flee ("attack" or "run"). With stress and fears in the body, the steroid hormone cortisol (the hormone of fear) is synthesized in excess. It enhances various processes of decay (catabolism) in the body, which leads to a decrease in adaptation and immunity. In these conditions, we need to strengthen our ability to adapt to a new rhythm of life and to the rules of behavior suitable for preventing the disease

Due to the coronavirus pandemic, we need to maintain good health and remain vigilant. In quarantine, we are limited in our ability to receive medical advice and treatment.

Thanks to SCENAR therapy, we have advanced opportunities for a deeper regulation of this process. The goal of SCENAR therapy is to help our body return to its original state of openness, functionality, as well as restore its general condition and get rid of specific complaints.

Using SCENAR devices, SCENAR technology and SCENAR techniques, you can effectively help yourself and those who are around you at home. It is recommended to use SCENAR procedure both for preventative and for therapeutic purposes.

For anti- stress (anxiety, fear, panic) purposes, it is recommended to use:

1. SCENAR TECHNIQUE "INFORMATIONAL CLEANSING"

Indications for use:

- a decrease in the body's energy level,
- acute and chronic psycho-emotional stress.

ZONE: along the spine from the hairline on the head to the gluteal fold.

PATIENT POSITION - lying on his/her stomach.

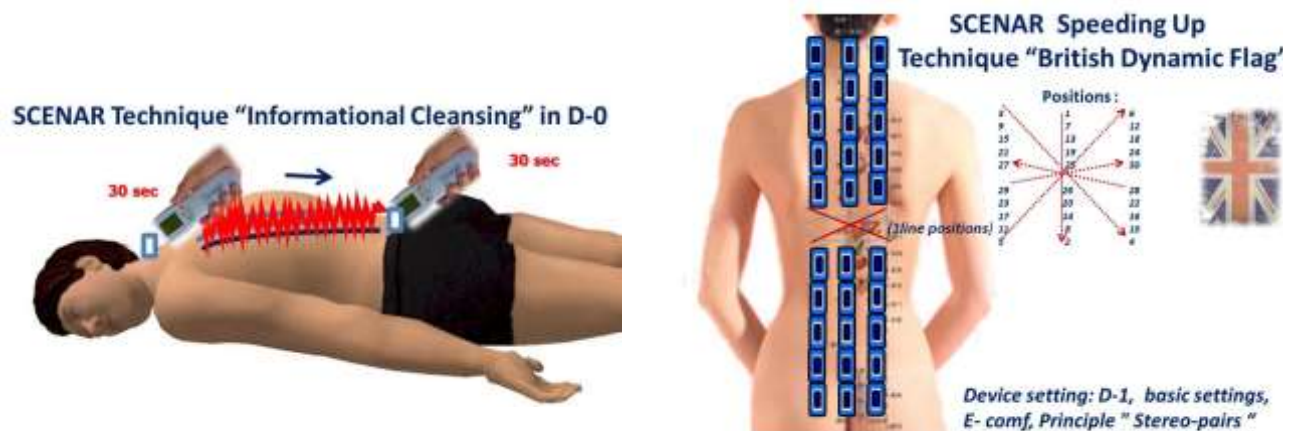
POSITION OF THE ELECTRODE - horizontally (perpendicular to the spine).

ALGORITHM: Slowly zigzag down the spine from the hairline to the gluteal fold without lifting the device off the skin and with a stop on the very top and the very bottom position for 30 sec.

Repeat the treatment until the hyperemia occurs in each spine region.

In the absence of hyperemia after the third repetition you need to change the device settings starting from the 4th repetition.

Device settings: D-0, SW, FM + VAR, E - sub comfortable.



2 SCENAR TECHNIQUE "DYNAMIC BRITISH FLAG"

"British flag" is performed in D-1, using the basic settings, E – comfortable, on the zone of 3 Pathways, comparing IR's in pairs according the principle of "Stereo-pairs" and getting Doses (*):

in the center, on the left and right paravertebrals, pairs are formed at the opposite levels (neck - sacrum) and gradually the levels are moved towards the center of the spine.

The vector of the indicators' comparison forms the symbol of the British flag.

Starting from the hair line of the head, measure IR's according to the format above.

Compare each pair of IR's and Dose (*) the highest.

Work in two-s towards the center of the back, comparing pairs of IR's.

If a single row of positions remains in the center, simply leave it.

On the 1st and 2nd positions measure IR's and get Dose (*) on the higher IR.

Measure IR's on the 3rd and 4th positions and get Dose (*) on the higher IR.

Do the same on the 5th and 6th positions.

After getting 3 Doses (*), at the maximum Dose (*) get an accelerated Zero @

If you don't get 3 Doses (*), don't get Zero "0"/@ either.

Treat next 6 positions following the same pattern.

Move from top and bottom to the center treating 6 positions.

If in the center there is only one row of positions – don't treat this place.

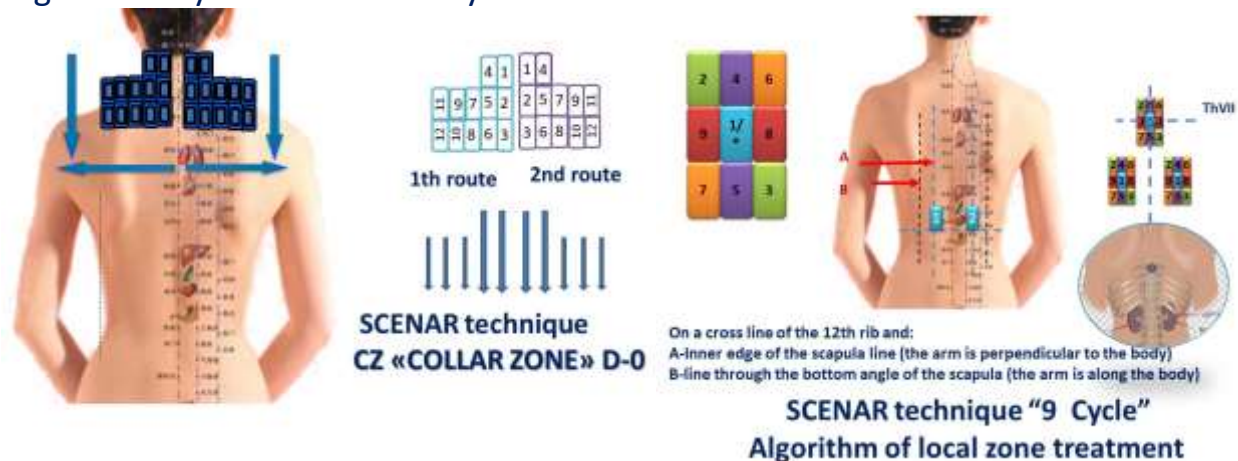
At the end of the technique compare the vertical IR's: center, left and right.

Apply the "Higher than All" rule among the vertical IR's, get Dose (*).

Compare Doses (*) on the central, left and right vertical pathways and get Zero "0"/@. NO FmVAR.

3. SCENAR TECHNIQUE "COLLAR ZONE"

Reflexogenic zone, which has an active positive effect on the function of so many organs and systems of the body from the head to the extremities.



4 SCENAR TECHNIQUE "9-CYCLE"

Treatment zone: projection of the adrenal glands on the skin (left and right) and on the projection of the 8th thoracic vertebra (ThVIII).

Treat the projections of the adrenal glands on the left and on the right, then the ThVIII projection, using SCENAR Technique "9-Cycle". In the first "9-Cycle" get the

IR + Dose (*) in the central position, then compare the IR's in pairs clockwise, then compare all the Doses (*) received and get Zero "0"/@ at the maximum Dose (*). Then repeat this algorithm on the following projections. Get three Zero's "0" and the greater one gets FmVAR 2 min.

Device settings: D-1, basic settings, E-comf.

It is possible to perform each "9-Cycle" in D-0 mode.

Device settings: SW, (FM, AM-3: 1), E-comf, on each position for 30 sec.

5 The corrective multi-layer blanket. ULM

The ULM Blanket is a non-invasive and effective way of protecting the body from external EMF and RF radiation emitted by different appliances and technologies.

At the same time the ULM Blanket reflects user's own electromagnetic radiation in the infrared and extremely high frequency ranges, thus normalizing energy exchange and improving recovery capability of the body

METHODS FOR TREATMENT AND PREVENTION

The greatest therapeutic effect during the procedure is achieved with a complete wrap of the patient in a blanket, when only the face stays open. You can also wrap part of the body or cover the required surface. You can alternate between these three ways.

Disease prevention and health promotion at the "relatively" healthy people.



Purpose: reduce morbidity by increasing the overall resistance of the organism, the normalization of mental and emotional status (improved sleep, reduced anxiety, depression, fatigue and aggression, increased efficiency, activity and optimism).

Increased resistance in humans to a greater physical and emotional stress, the impact of damaging factors.

For those who are already exposed to damaging factors possible treatment option is 2 sessions per day for 46-74 minutes.

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