

SCENAR provides physical and emotional wellness in the midst of uncertainty caused by COVID-19

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.

Stress is a state of increased body tension, as a protective reaction to various adverse factors.

Fear is an internal state of a body provoked by a real or imaginary threat. Fear keeps a person in tension, depletes the nervous system and leaves a negative imprint in the psychologic health. 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.

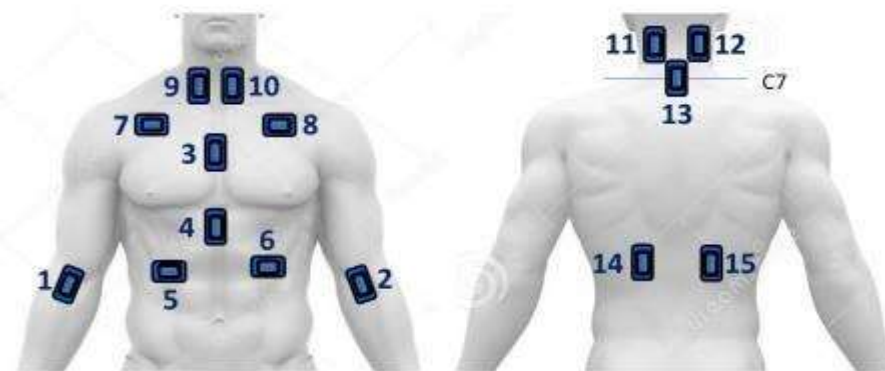
Thanks to SCENAR therapy, we have advanced opportunities for a deeper regulation of our adaptation and immunity. The goal of SCENAR therapy is to help our body return to its original state of openness, functionality, as well as restore its general condition and get rid of specific complaints

Part 1. For preventative purposes, it is recommended to use the following SCENAR Techniques:

- 1. SCENAR TECHNIQUE "ZONES OF GENERAL ADAPTATION SYSTEMS"**
- 2. SCENAR TECHNIQUE "COLLAR ZONE"**
- 3. SCENAR TECHNIQUE "PIROGOV'S RING"**

SCENAR TECHNIQUE "ZONES OF GENERAL ADAPTATION SYSTEMS" (SCENAR TECHNIQUE "15 POSITIONS")

Zones of general adaptation systems



1. Center of the ulnar fossa/ fold of the right arm.
2. Center of the ulnar fossa/ fold of the left arm.
3. Middle (of the body) of Sternum.
4. Xiphoid process (on the border of areas) and soft tissues.
5. The angle of the costal arch on the right (boundary of areas)/ middle of the right costal arch and soft tissues.
6. The middle of the left costal arch on the bone.
7. Subclavian fossa (maximum deepening) on the right.
8. Subclavian fossa (maximum deepening) on the left.
9. On the front of the neck to the right of the trachea/paratracheal projection over the clavicle.
10. On the front of the neck to the left of the trachea/paratracheal projection over the clavicle.
11. On the back of the neck in the projection of the occiput on the left, max close to the hair line.
12. On the back of the neck in the projection of the occiput on the right, max close to the hair line.
13. Projection of C7.
14. Left adrenal glands projection.
15. Right adrenal glands projection

All these points are in the projection of the active zones associated with the adaptation system. These are meridians, chakras, projection of endocrine glands, lymph nodes. Therefore, the treatment of these zones causes a general response of adaptation systems.

When working with the Home Devise use Fm+Am.

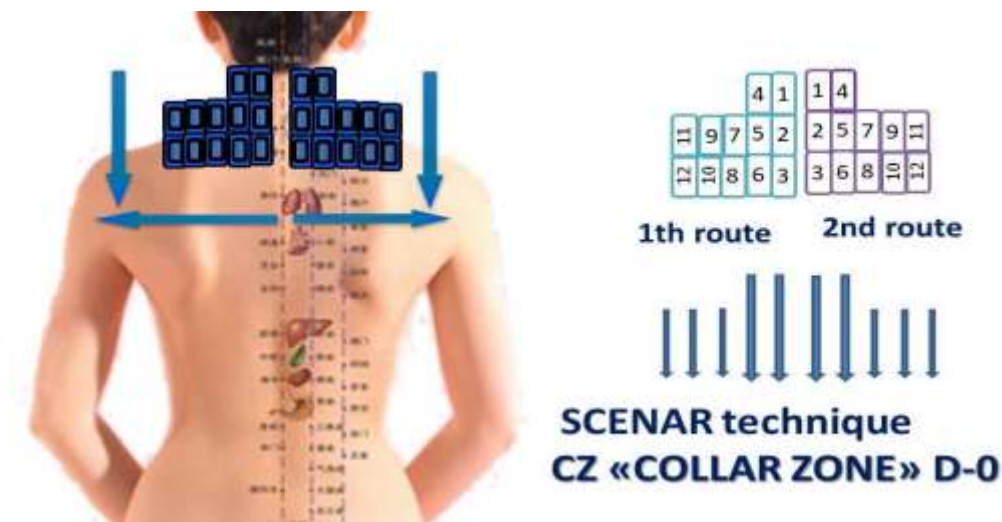
SCENAR TECHNIQUE “COLLAR ZONE”

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.

-See diagram and work left and right part of Collar zone, follow vectors.

-Repeat 3 times.

-Find SAs and work in 4 vectors until dynamic.



SCENAR TECHNIQUE “PIROGOV’S RING” (“IMMUNE RING AROUND THE NECK”).

Such a wide application of this technique is explained by the anatomy and physiology of the neck, where in the projection of the "ring" there are many different active organs and tissues. Method definition: repeated application in the form of rings around the neck in the SDR (D-0), with changing the direction of the circular movements and stopping in the projection of the spinous processes for 30 seconds.

Treatment parameters:

D-0, Frequency 60 (90) Hz, Fm, Energy - comfortable, selected outside the zone of intended treatment.

The procedure algorithm:

1. The patient is in a sitting position, the therapist is behind the patient.
2. Put the electrode in the cervical segment of spine vertically on the spinous processes and wait for 30 seconds (track the time by the timer).
3. Then start moving the device around the neck to the left or right side (it does not matter). Movement should be slow, with uniform speed and with uniform compression.
4. Reach the spinous processes, stop and stay there for 30 seconds.
5. Without lifting the device from the skin, start moving in the opposite direction around the neck.
6. Stop on the spinous processes and wait for 30 seconds.

The route, consisting of two opposite rings around the neck and three stops for 30 seconds on the spinous processes, is called 1 "full cycle" or "Pirogov's Ring". The algorithm described above must be repeated an odd number of times (3,5,7 "Pirogov's Rings").

The number of rings is individual for each patient.

The criterion for the end of the procedure is to obtain persistent hyperemia around the entire neck.

Important to remember:

- Do not remove the device from the skin while performing the procedure.
- In the course of the procedure, signs of asymmetry may appear on the skin (sticking, changes in color, sound, pain). They do not need additional processing. During the procedure, they either disappear or change their characteristics.
- The technique can be performed either as an independent procedure or as an additional treatment at the end of the main procedure.

SCENAR Technique “Pirogov’s ring”



Part 2 . For anti- stress (anxiety, fear, panic) purposes, it is recommended to use the following SCENAR Techniques

1. SCENAR TECHNIQUE “INFORMATIONAL CLEANSING”
2. CRANIOTHERAPY (A, B)
3. SCENAR TECHNIQUE “TREATING 3 POINTS ON THE FACE”
4. SCENAR TECHNIQUE “TREATING 6 POINTS ON THE FACE”
5. SCENAR TECHNIQUE “9-CYCLE” ALGORITHM OF LOCAL ZONE TREATMENT
6. SCENAR TECHNIQUE “COLLAR ZONE”
7. SCENAR TECHNIQUE “PIROGOV’S RING”
8. SCENAR TECHNIQUE “9-CYCLE” ALGORITHM OF LOCAL ZONE TREATMENT.
9. SCENAR TECHNIQUE “TREATING LOWER ABDOMEN AND LOWER BACK”

In one procedure, it is recommended to treat 2-3 zones (projections located on different levels of the body).

SCENAR TECHNIQUE “INFORMATIONAL CLEANSING”

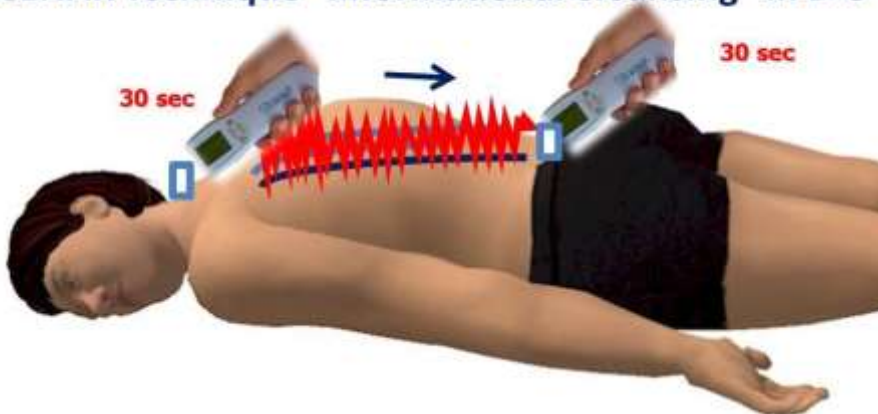
Indications for use:

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

Treat with the wide front of the device electrode.

For 30 sec stay on the neck under the hairline. Then slowly move the electrode zigzagging down the spine to the gluteal fold, without removing the device off the skin and without skipping areas on the skin. In the lowest position, also stay for 30 seconds.

SCENAR Technique “Informational Cleansing” in D-0



Repeat the treatment until the hyperemia occurs in each spine region (cervical, thoracic, lumbosacral), but not less than 3 times.

In the absence of hyperemia after the third repetition you need to change the device settings.

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

CRANIOTHERAPY A



Treatment with the “Comb” electrode of the scalp or with the device if no hair.

Diag-0, F – depends of the complaint, Int, Fm or SW, A - comf

Start the treatment at the point “in-tan” with vertical position and stay for 30 sec.

Slowly move the device on the central line until foramen occipital and stay there for 30 sec.

Return to the first position, stay for 30 sec.

Skip width of the electrode of the central line.

Move on the left or right side (depends on localization of the complaint or disorders) until foramen occipital and stay for 30 sec.

Continue in the same manner alternating left and right side

Last route horizontal position of electrode, move on the orbital bones, behind ears until foramen occipital.

CRANIOTHERAPY B



Treatment with the “Comb” electrode or device electrode along the hairline around the head.

SCENAR TECHNIQUE “TREATING 3 POINTS ON THE FACE” along the center line (at each position for 2 minutes)

**SCENAR TECHNIQUE
"TREATING 3 POINTS ON THE FACE"**



The points are the following:

- "Third Eye",
- Point between the nose and upper lip,
- Point in the dip/hole under the lower lip.

Device settings: SW, (FM, AM-3: 1), E-comf.

SCENAR TECHNIQUE "TREATING 6 POINTS ON THE FACE"



Use double external electrodes (Mushrooms, Combi.)

Device settings: D-0, SW1 - 4 (FM), AM 3:1, E-comf.
Treat each position for 30 secs following the vector.

SCENAR TECHNIQUE "9-CYCLE" Algorithm Of Local Zone Treatment

2	4	6
9	1 * IR	8
7	5	3

1 -> IR/Dose*
 2-3 -> Dose*
 4-5 -> Dose*
 6-7 -> Dose*
 8-9 -> Dose*
 Max Dose* -> "0" (@)

SCENAR Technique "9 Cycle" is used to treat the zone and evaluate the feedback parameters.

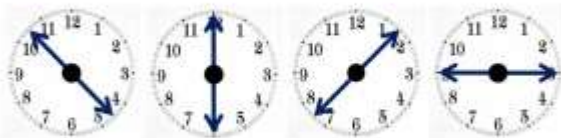
This method uses the rules of "reciprocal symmetry" (reciprocal pairs) and "cycling" around the center. Application and comparison are performed consequently along the general vector with the cyclic repetition (clockwise).

Device settings: D-1 – basic settings, E-comfortable.

First, get the IR + Dose (*) in the central position, then compare the IR's in pairs clockwise (see the figure), then compare all the Doses (*) received and get Zero "0"/@ at the maximum Dose (*).

Performing "9" in D-0 mode:

Device settings: SW, (FM, AM-3: 1), E-comfortable, on each position for 60 sec.



SCENAR TECHNIQUE “COLLAR ZONE” (see above)

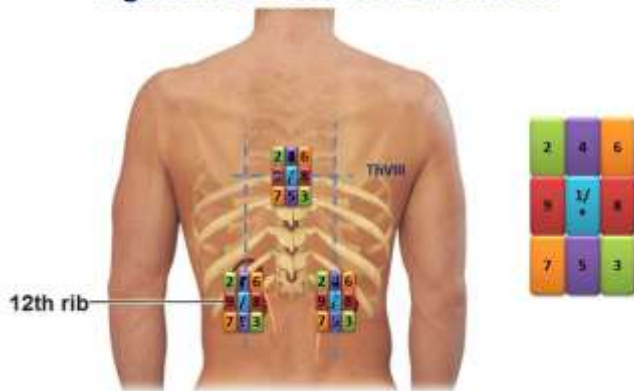
SCENAR TECHNIQUE “PIROGOV’S RING” “Immune Ring Around the Neck” (see above)

SCENAR TECHNIQUE “9-CYCLE” Algorithm Of Local Zone Treatment

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” Algorithm of local zone treatment



SCENAR Technique “9-Cycle”. In the first “9”, 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.

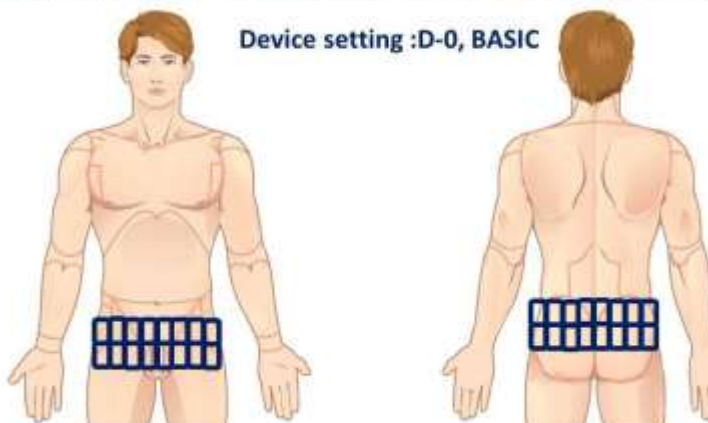
Device settings: D-1, basic settings, E-comf.

It is possible to perform each “9” in D-0 mode.

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

SCENAR TECHNIQUE “TREATING LOWER ABDOMEN AND LOWER BACK”

SCENAR Protocol: Scenar treatment the lower abdomen and lower



Device settings:

D-0, basic settings, E-comfortable.

PART 3.

To combat the symptoms of respiratory diseases (Group 1 and 2).

Such symptoms include a runny nose, cough, discomfort and sore throat.

They can be combined with symptoms of general weakness and intoxication: fever, headache, nausea. If you are at home with respiratory symptoms, you may already have and are following the advice of your doctor. To speed up the healing process, it is recommended to simultaneously apply the SCENAR techniques from the ones presented below that you are already familiar with or which you can master and perform (see pictures):

Group No. 1:

- SCENAR TECHNIQUE “LAMBS”
- SCENAR TECHNIQUE “CHRISTMAS TREE”
- SCENAR TECHNIQUE “PIROGOV’S RING” (SEE ABOVE)
- SCENAR TECHNIQUE “COLLAR ZONE” (SEE ABOVE).

To help the body increase immunity and disease resistance, it is recommended to additionally treat:

SCENAR TECHNIQUE “LAMBS”

“Lambs” technique is used for the treatment of any lung, bronchial, nose or breathing complaint, as well as to reduce coughs. This technique can also be used to release tension in the back and as a reciprocal treatment zone for headache and constipation.

The treatment zone consists of two parts: 1st - 3 lines that are treated by the general vector, and the 2nd part - the left and right halves of the back surface of the chest from the mid-axillary line to the paravertebral lines, which are processed from the bottom up.

Device settings: D-0, F- 350Hz, VAR, SW, FM, FMBio BioF, Int+Gap

Treat three lines first (1 central and 2 paravertebral), starting from the central line, from the hairline to the 1st lumbar vertebra.

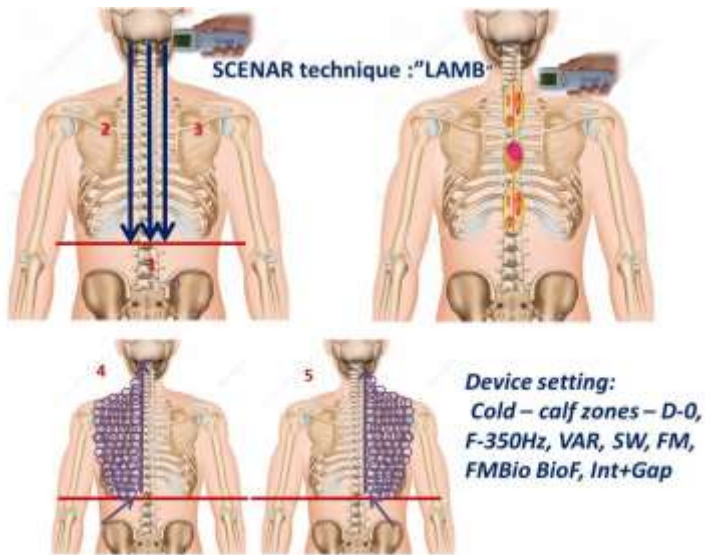
Then treat the left and right paravertebral lines, from the spinous process of the seventh cervical vertebra C-7 to the first lumbar vertebra L-1.

the criterion for the treatment sufficiency will be the reaction of hyperemia/ redness on three lines.

If necessary, repeat the treatment of the lines.

Place the electrode on the junction of the mid-axillary line and the line of the 11th intercostal space.

First, move the electrode from the outside inward from the mid-axillary line to the left paravertebral line, while rotating the electrode clockwise with a small amplitude in the shape of a spiral. Then, without taking off the electrode of the skin, go to the next level above, somewhat overlapping/layering the rotation/ spirals on the previous ones. At the same time, change the direction of motion and the rotation vector of the electrode - from the inside out and counterclockwise. Without stopping, repeat the same actions as on the first and second routes, until you reach the upper chest.



The last spiral movements are on the neck. Finishing treatment of one half of the chest, we go to the other side and perform the same algorithm.

In case of a strong stickiness it is necessary to hold the skin, providing a smoother sliding of the electrode.

During and after the treatment, some asymmetry reactions may appear (pain threshold change, change in color, sound change when the electrode moves, stickiness).

Color reactions are the most dynamic.

Do not perform an additional treatment of the asymmetries.

It is recommended to combine and alternate the "Lamb" and "Christmas tree" techniques during the treatment course.

SCENAR TECHNIQUE "CHRISTMAS TREE"

The treatment zone is the projection of the intercostal spaces and the projection of the spinous processes of the thoracic vertebrae. Before the procedure, determine all the intercostal spaces on the back surface of the chest, from the mid-axillary line to the spine, and the line of the spinous processes.

During the procedure, the intercostal spaces are processed alternately on the right and on the left, asymmetrically on each side.

The treatment line on one side passes without interruption into the line of the spinous processes, and on the other side ends in the midline of the back, without going beyond the intercostal space.

Vector of treatment - from the periphery to the center (from the outside to the inside) and from the bottom to the top.

The treatment begins with the lower intercostal space. Gradually treat along and alternate all intercostal spaces.

As a result, the shape of "Christmas Tree" is formed.

Device settings: D-0, F – 90 or 120Hz, VAR, SW, FM, FMBio BioF, Int+Gap.

The first route is the line of the intercostal space from the side of the active complaint, passing into the projection line of the spinous processes, which ends on the neck/ before hair line. The routes are called the base and the trunk of the "Christmas Tree".

The electrode is located longwise following the treatment line.

The first position/setting is at the intersection of the middle axillary line and the last intercostal space. The electrode is placed and held here for several seconds. Then the electrode is moved along the intercostal space, without taking it off the skin. In some cases, it is necessary to hold the skin, providing a smoother sliding of the electrode. Finish the movement only on the neck, where again hold the electrode for several seconds.

After the electrode is off the skin, look for the reactions in the form of color asymmetry (redness, paleness, or a combination of both). The criterion of sufficiency is the appearance of the sign on the base and on the trunk of the "Christmas Tree". If this sign does not appear or appears only in one area (base or trunk), repeat the treatment. Sometimes you have to repeat the treatment 2-3 times or more.

All other lines are treated only once.

Then, on the opposite side, select the next, lying above intercostal space. Place the electrode at the junction of the intercostal and middle axillary lines. Always palpate the ribs and intercostal muscles. Perform the treatment according to the same rules, however it ends at the spinal line. On the first and last position, the electrode is held for several seconds.

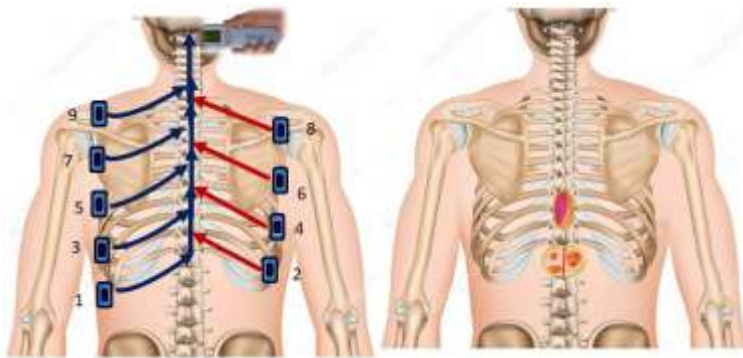
The electrode is off the skin, and start treating the next route, on the other side, skipping one intercostal space. Once again, treat the line of the intercostal space and the line of the spine. On this side, the route line of the spinous processes is gradually shortened.

Gradually, according to the same scheme, all remaining intercostal spaces are treated, alternating the right and left sides of the chest. Due to the possible deformation of the chest, for example caused by scoliosis, the treatment lines are distorted, and the “Christmas Tree” loses its symmetry.

In the upper chest, routes begin from the border of the junction of the arm with the body.

The last line goes over the shoulder blade.

After treating all the routes, the remaining color changes (redness) are evaluated. Treat these zones starting from the lower branches of the “Christmas tree”. Apply the usual treatment rules for Small Asymmetry - till the dynamics of the sign.



SCENAR Technique «Christmas Tree»

Device settings: D-0, F – 90 or 120 Hz, VAR, SW, FM, FMBio BioF, Int + Gap

The next day, perform the treatment according to the same rules, but the route begins on the opposite side of the chest.

After 2 procedures, all intercostal spaces are treated.

This technique can be an independent course of treatment.

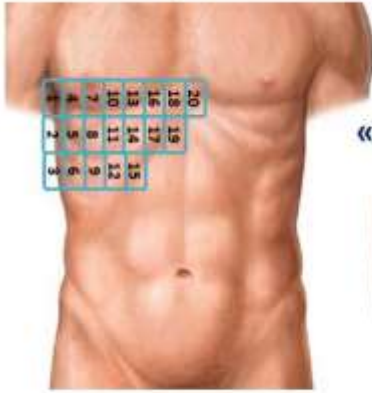
And it can be combined with other methods and treatment rules in 1 procedure and be alternated with general zones techniques - “3 Pathways 6 Points”, “Palm”, “Abdomen”, “Lambs”.

The criterion of the course sufficiency is the appearance of a free “cough push”, accompanied by abundant mucus expectoration

Group No. 2:

- **PROJECTION OF THE LIVER,**
- **PROJECTION OF ADRENAL GLANDS.**
- **TOP OF THE ABDOMEN (EPIGASTRIC REGION AND PROJECTION OF THE STOMACH).**
- **THE AREA AROUND THE NAVEL.**

«LIVER Projection ZONE»



SDM, D-0, Dose-0
(stable-labile treatment)

“Abdomen spirals”



1-st – counterclockwise
Return – clockwise
D-0 - SW, FM, FMBio, BioF

«ABDOMINAL Zone»
(work area)



1-Center epigastric region
2- left hypochondriac regions

In the presence of the acute symptoms of a respiratory disease, it is recommended to perform the procedure 3-6 times a day.

For one procedure, it is recommended to use one of the techniques out of Group No. 1 and Group No. 2.

To use the labile technique, place the electrode on the skin with slight pressure and smoothly move it within the zone with equal pressure along the recommended trajectories.

“In fact, SCENAR is a medical device that activates the body's own adaptive processes and helps restore homeostatic function. This reduces stress and effectively alters the symptoms of pain and various dysfunctions.”

RITM SCENAR®, a hand held neuro stimulation medical device sends a specific electrical impulse via the skin to stimulate the C nerve fibers. This in turn promotes the nervous system’s production of regulatory peptides that trigger the body’s own internal chemistry to deliver accumulative and sustained pain relief. With a 30 year history, RITM SCENAR® now has more than 20 000 practitioners worldwide and is being used by Health Professionals as a new and effective solution for pain relief.

RITMSCENAR has been cleared by the FDA (Canada and Mexico Health) CE Europe for use in treating Chronic & Acute Pain.

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