

## SCENAR TREATMENT OF SUNBURNS

Sunlight is a factor of setting good mood to people. You lie out in the sun hoping to get a golden tan, but instead leave the beach looking like a red lobster. Sunburn is an unfortunate downside of any summer vacation that can cause pain and significant discomfort. However, most sunburn episodes are not linked to vacation times but rather to day-by-day activities such as gardening, backyard BBQ/grill parties or lunch breaks outside.

Here's what you need to know about how to keep your skin safe and where to find sunburn relief if you do need it.

Sunburns are caused by excessive exposure of the skin to the sun - eventually it burns, turning red and irritated. These burns are characterized by a large area, almost always the first degree and skin edema. They are always accompanied by chills, fever, nausea, headache, weakness, i.e., symptoms of general intoxication. Therefore, for the treatment of such burns, perform SCENAR techniques that aimed at activating the body's regulatory systems and detoxification.

The treatment of any burn should begin with cooling the burned surface. The best way is cold running water. If the burn is on the arm or leg, you can even submerge the extremity in a container with cold water. If the burn is on the body/ torso, you can put a towel soaked in cold water on top of it. It is necessary to cool the burnt surface for at least 10 minutes. It is acceptable to apply pieces of ice to the small burns. After cooling the burned surface, dry it preferably with a paper towel.

In case of sunburn, perform SCENAR techniques of the general regulation and detoxification:

1. SCENAR TECHNIQUE “3 PATHWAYS ON THE FRONT OF THE BODY”
2. SCENAR TECHNIQUE “RENAL/ KIDNEY DETOXIFICATION”

If after sunburn you have a fever and chills, perform a *detoxification technique*.

The 1<sup>st</sup> day sunburn should be treated every two hours, the next day - 4 times a day, on average 10-15 minutes, on the 3<sup>rd</sup> day - twice a day.

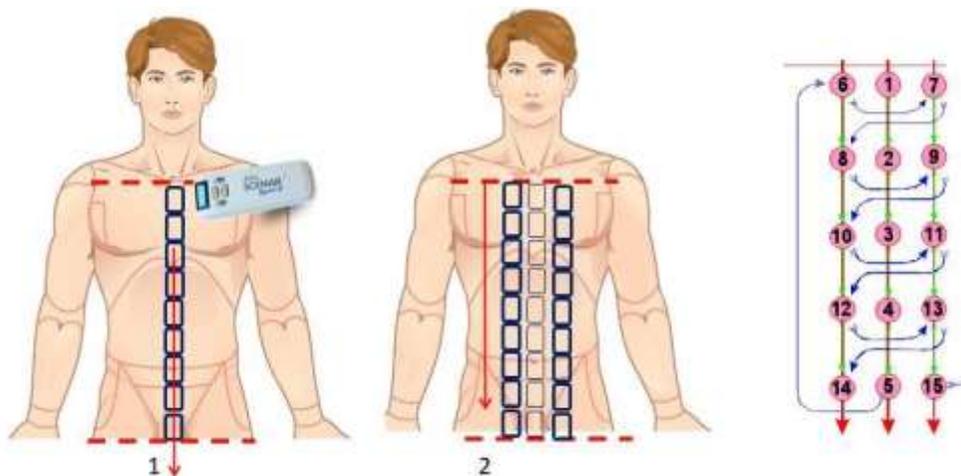
After SCENAR-therapy you can apply a cooling gel/ cream/ ointment.

### GENERAL TECHNIQUE “3 PATHWAYS ON THE FRONT OF THE BODY”

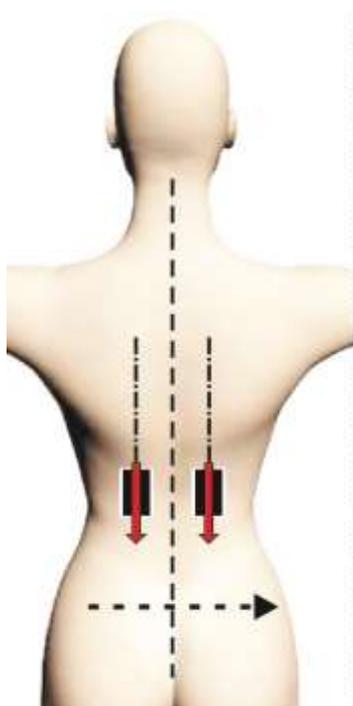
The convenience of this technique is that you can treat yourself or work on the front surface of the body if the back (in case of a sunburn) is painful to the touch of the electrode.

1. The technique is performed on the chest and abdomen, from top to bottom from the jugular fossa to the lunate fold.
2. The center line is the front midline. Turn on SCENAR device at “Stable F - 90 Hz” mode, the dosed mode D-1.
3. Re-place the electrode step by step from top to bottom, with a slight overlap on each electrode position, along the front midline from the jugular fossa to the lunate fold.
4. Each position is treated till Dose (\*).

- Parallel to the central line, on the right and left, treat the parasternal lines. First treat the left side, i.e. on the left side of the operator/therapist and the right side of the patient, and then the right side of the operator and the left side of the patient. Then move the device down and treat in the same way by parallels.
- Each position gets Dose (\*).



### SCENAR TECHNIQUE “RENAL/ KIDNEY DETOXIFICATION”



1 Turn on the device, set FM mode and place it on the projection of the adrenal gland. First, treat the left zone, then the right one. Treatment time 3 minutes.

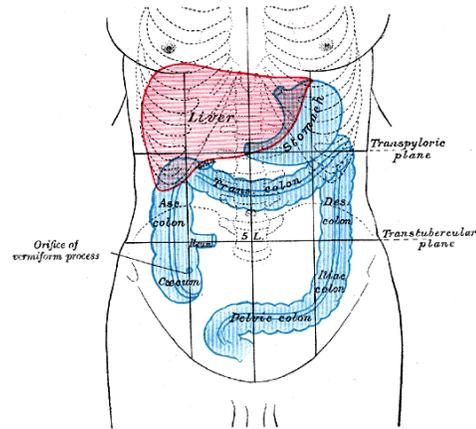
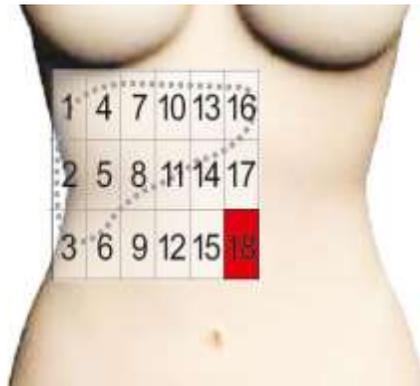
2 Treatment of the kidney and ureter. F - 90Hz (see the picture). The treatment time of the kidney is calculated based on the area. The speed of the electrode is 1-2 mm per second. First, treat the left zone, then the right one

### SCENAR TECHNIQUE “LIVER DETOXIFICATION”

Turn on SCENAR device, stable F - 90 Hz.

- Treat a direct projection of the liver (see the picture) from back to front from the right paravertebral line on the back to the edge of the costal arch. The upper border is drawn

horizontally at the base of the xiphoid process. The lower border of the treatment area is the edge of the costal arch.



Place SCENAR device on the back near the vertebral line, first top, in the upper position, then move it from the back to the front to the edge of the costal arch. Slowly not exceeding 2 mm per second. When the device reaches the edge of the costal arch, take off the electrode and treat the line, which will be half the electrode below the first line. The electrode should be placed vertically.

2. The abdomen is treated along the large intestine (clockwise) from the right iliac region to the left. F - 60Hz.

You may be able to treat the sunburn yourself. But call for a doctor's help if you notice any of these more serious sunburn signs: fever of 102 F or higher, severe pain, sunburn blisters that cover 20% or more of your body, signs of dehydration.

And of course, the best advice is to try to prevent sunburns, by keeping your skin safe and protected when you're outside:

RITMSCENAR OKB, Inc <https://ritmscenarusa.com>

**Toll free: +1 (989) 272-3627 Fax: +1 (817) 402-2037 e-mail: [Scenar.USA@gmail.com](mailto:Scenar.USA@gmail.com)**