

Chronic Fatigue Syndrome (CFS)

General Recommendation For SCENAR-Therapy

How To Boost the Recovery

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Chronic fatigue syndrome is a state of constant fatigue, a decrease in mental and physical performance, which does not stop after rest and lasts more than 6 months.

Nowadays, we face the chronic fatigue syndrome more and more often. It affects not only adults, but also children, adolescents and young people.

In my opinion, we should not wait 6 months to be sure that it is chronic fatigue syndrome, but start treatment as early as possible, at least after 2-3 months.

Let's try to figure out and understand what chronic fatigue syndrome is.

In fact, there are practically no confirmatory tests, mostly assess by the symptoms.

Signs and symptoms of CFS:

1. Fatigue and the inability to do any physical or intellectual work.
2. Sleep disorders: sleepiness during the day and poor falling asleep in the evening, superficial sleep.
3. Depression, mood instability, irritability, apathy and even panic attacks.
4. Pain in the muscles, joints and non-localized pain in the spine.
5. Causeless headaches.
6. Pain and sore throat, frequent colds.
7. Decreased memory and concentration.

The **triggers** for the development of this syndrome are most often:

1. Viral or bacterial infections:

- Epstein-Barr virus,
- Sars-Covid 19,
- Borrelia,
- and many others long-lasting infections

2. Prolonged strong psycho-emotional and physical stress:

- Delivery and childcare,
- Loss of close people,
- "Toxic" relationship,
- Overload physical activity,
- Work without vacation and many other reasons.

The **main causes** of CFS are:

- Decreased immune system performance.
- An imbalance of the autonomic nervous system, most often parasympathetic exhaustion occurs.
- Changes in the level of the adrenal hormones, especially cortisone.

Many protocols for the treatment of chronic fatigue syndrome include trans-cutaneous electrical impulse stimulation of the parasympathetic part of the nervous system.

Over many years of treatment of the patients with CFS, I noticed that in addition to stimulating the parasympathetic system, SCENAR therapy may help to regulate level/ volume of cortisone and boosts the recovery of the immune responses.

Advice for SCENAR treatment:

Schedule of procedures: 1-3 times a week.

Device settings: D-0, or D-1, F-60Hz, E (Energy) - no sensation of prickling.

Traditionally, General zones like *abdomen*, *cranium*, *spine*, hands/feet are treated to produce a self-regulating effect.

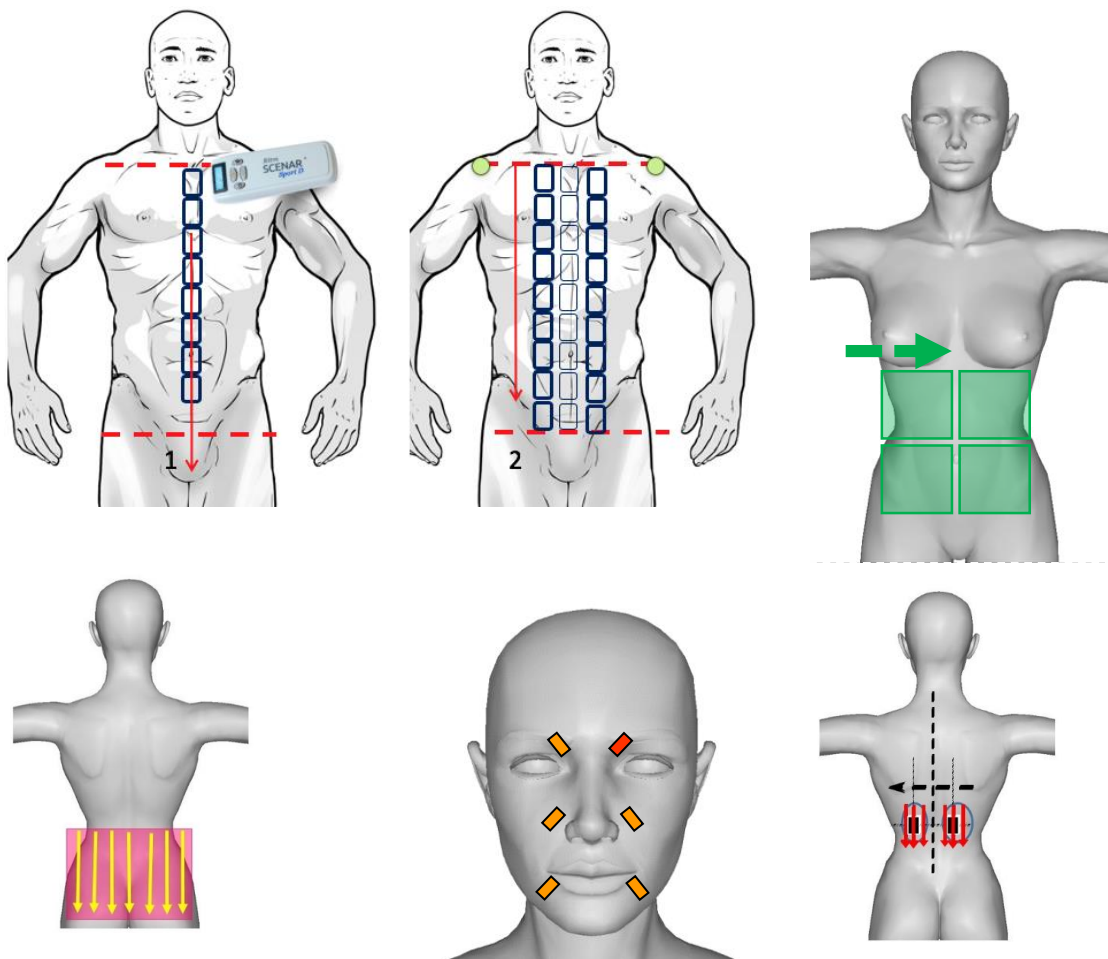
Additional treatment zones:

The convenience of these techniques is that you can treat yourself or work on the front surface of the body:

- "3 Pathways on the front of the body"
- "6 points" of the exit of the trigeminal nerve on the face.
- "Magic Hands" on hands/feet

Other useful SCENAR techniques:

- "Collar zone and Reverse Collar zone"
- Lumbar and Sacrum Area
- Projection of the kidneys.



Energy Boosting Techniques & Energy Balancing Methods

- *Special local techniques:*
 - “Horizontal Three’s”, “9-Cycle”
 - “Small Cross” on 3 PATHWAYS on the Spine
- *Special techniques:*
 - “Information and Energy Cleansing “on the Spine”
 - SCENAR Technique “SCENAR vaccination”, “Vaccination In The Parasympathetic Or (Sympathetic) Segment Of The Spine“

Advice for SCENAR -treatment:

Schedule of procedures: 1-3 times in a week.

Energy – no sensation of prickling

The treatment is performed on the basic parameters of the device (D-0, F-60 Hz).

We recommend to use the corresponding advanced parameters and D-1 mode.

!! In one procedure, it is recommended to treat 1-2 zones from the above listed in various combinations and alternations.

!! The optimal time recommended for each procedure is still getting the positive dynamics of the complaint that the patient presented before this procedure.

!! To increase the effectiveness of the procedure, it is recommended when treating the skin in any treatment zone to look for and preferentially treat the signs of Small Asymmetry.

NB! I would advise to be careful with SCENAR treatment for people who were vaccinated by AstoZenica. They cannot be treated earlier than 12-18 months after vaccination.

Additionally, to the SCENAR treatment you may use Magnesium, vitamins of group B, herbal remedies with sedative effect, Coenzyme Q10, variety of other supplements depending present symptoms and of course maintain a regime of rest and sleep. You should treat infections if it is main trigger and avoid psycho-emotional and physical over-load.

Healing Compound Blanket (OLM-01) www.alter-homeo.com can be used as one of additional treatment method for sleep regulation, for muscles-tension relief and getting resistance to stress.

Reference:

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