

## **Special SCENAR Techniques on Head and Neck as the Solution to Headaches of Various Origin**

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Presented at European Conference on SCENAR Therapy 2015, Vienna, Austria*

Most people are used to treating pain as something undesirable, from which they should get rid of as soon as possible, and doctors support these efforts too. Indeed, the pain does not let you sleep, eat, think. It literally interferes with the life.

On the other hand, it may give you a hint that the way of life that leads to illness and pain is wrong, so it prevents you from continuing to live wrong. In addition, pain is a necessary link in the pathogenetic process, starting and mobilizing.

In general, what is pain? Pain is information about a violation in the biological system, a signal calling for a battle, for the search for means of restoring damaged organs.

In orthodox medicine, there are a lot of medication that suppress the perception of pain, but this is a way that contradicts the evolutionary sense.

Nature has created an organism capable of self-sensation and self-healing, endowing it with a set of biological self-regulation mechanisms, among which pain is a necessary link. Turning it off is just as wrong as turning off the siren in case of a fire - so as not to wake the neighbors with the sound. It makes no sense to suppress the signal that indicates a problem, especially since the suppression of this signal does not indicate recovery and, moreover, can lead to serious disorders in the body. Firstly, because the elimination mechanism itself is usually harmful, and secondly, the elimination of the information channel leads to the disorganization of innate recovery programs (allergies, toxic hepatitis, dysbacteriosis, metabolic disorders, etc.).

Fortunately, there is a tool that allows you to eliminate pain by restoring damaged systems without violating natural life-support algorithms. A tool that absorbed and brought to life most of the ideas of holistic medicine. This remedy is SCENAR THERAPY.

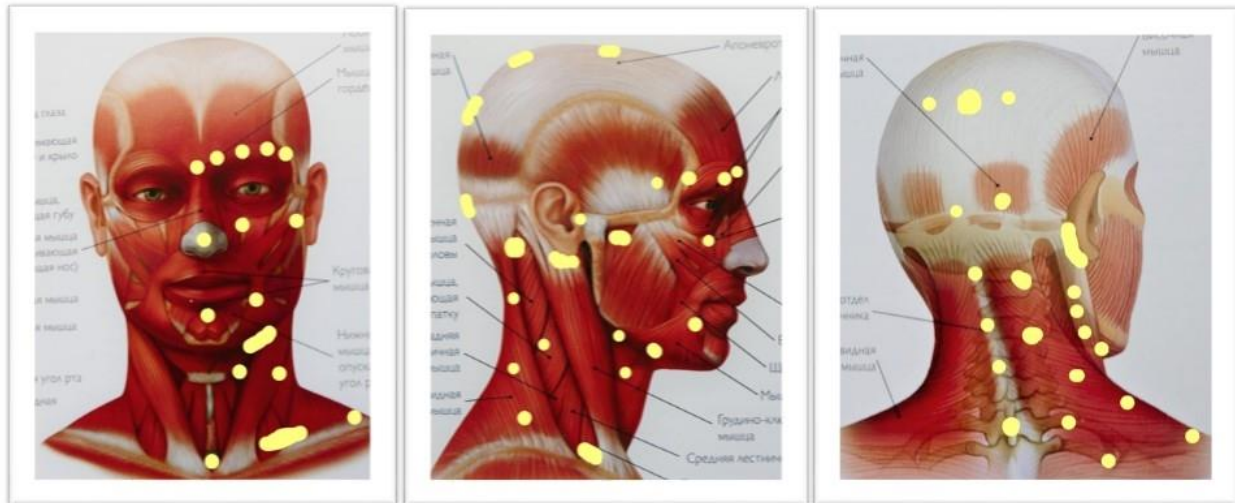
### **Headache**

First, thoroughly examine the patient asking him/her the questions about the nature and localization of pain, the features of its occurrence, duration and accompanying sensations, the relationship with blood pressure, etc. Such an analysis allows the patient to become aware of his/her pain in detail, so that during the treatment his/her psyche participates in the process and captures all the nuances of the changes.

Then palpate the control areas of the head and neck, which may be responsible for the occurrence of pain.

The pain, for example, in the temples can be caused by disorders of the occipital, hypoglossal, glossopharyngeal, trigeminal or vagus nerves. Headache can be provoked by problems of the cervical plexus or cervical myopathy. Therefore, the exit points of all these nerves and the neck area should be palpated. Your task is to establish these possible connections.

To do so, start treating one of the pain points you have identified in D-0, continuously monitoring the dynamics of the headache, if there is a dynamics (the pain moves, its nature changes), make a conclusion about the presence of a connection, if the pain has disappeared, stop the treatment, if not, treat the next active point.



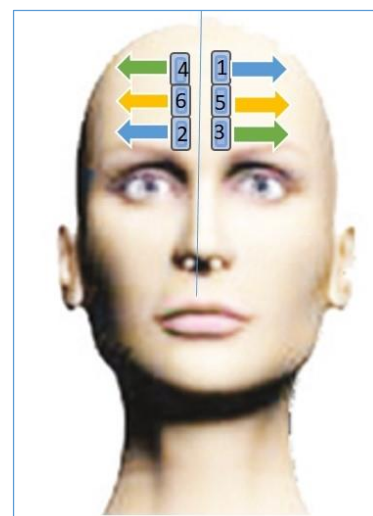
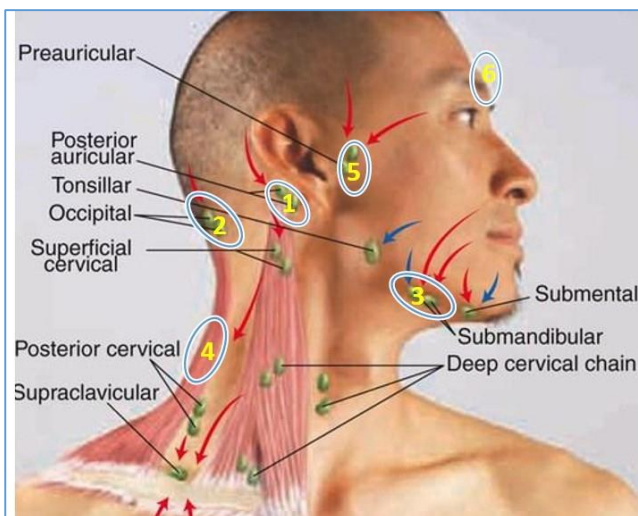
Most often, the **6 points** indicated in the figure are the most influential:

**First point** is located behind the auricle in the recess between it and the mastoid process. This is *the exit point of the three nerves: vagus, lingular (n. lingualis) and glossopharyngeal*. The fibers of the vagus nerve are extremely widespread and affect many organs: the pharynx, larynx, esophagus, stomach, liver, pancreas, lungs, heart, etc. The area of innervation of the other two nerves derives from the name. In many cases of health issues, the palpation of this zone is painful, and its treatment brings diverse positive results. Particularly effective in relieving headaches.

**Second point** corresponds to the projection of the *exit of the occipital nerve*. With headaches, this place is often very painful. The nerve branches in the outer soft tissues of the head, probably its condition is reflected in the condition of the meninges, which gives rise to a headache.

**Third point** corresponds to the localization of the *submandibular nodes*, which are involved in the implementation of the immune protection during the inflammatory processes in various head tissues. In this case, they are often enlarged and painful.

**Fourth point** is located on the projection of the *cervical trapezius muscle*. Its pain is associated with the processes of osteochondrosis in the cervical spine and the state of the cervical plexus.



**Fifth point** is the *tragus of the auricle*. Its soreness is a sign of the inflammation of the middle ear (otitis media). This inflammation can cause severe headaches.

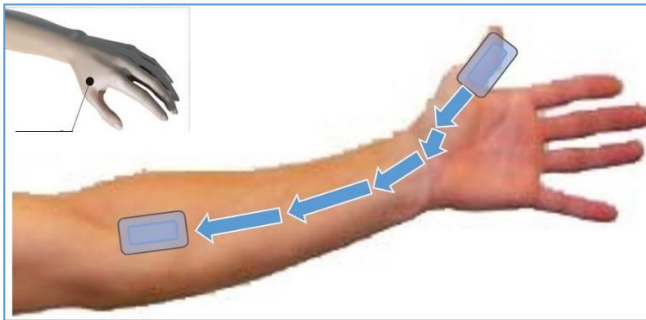
**Sixth point** is located above the bridge of the nose and is a projection of the *sinus of the sphenoid bone*. This sinus is considered the mother of all paranasal sinuses. Its proper treatment has a positive effect on the entire respiratory system and more.

### Treatment modes

1. Main treatment mode is D-0 (SDR - Subjectively Dosed Mode) – labile and stable.
2. Additional treatment mode is D-1 (digital, IDR - Individually Dosed Mode).

It is desirable that the areas in which the patient identifies the complaint be treated last. If the area of the last-turn treatment is the **forehead**, we recommend treating it according to the following method:

If after treatment the pain of all the identified zones has not disappeared and has not changed, go to the arm to study and treat the Lung Meridian, He-Gu (LI-4, is located between the base of the thumb and index finger) point and the Pericardial Meridian (TCM).



It is done in the following way: In diagnostic mode D-1, select E-(energy) - tolerable and determine the IR- (initial reaction) on He-Gu points on both hands. The higher number gets Dose (\*) and then Zero "0" @.

If the pain is gone, do nothing else.

If pain persists:

- slide SCENAR device 8-10 times along the lateral surface of the thumb through the thenar to the radiocarpal crease,
- then slide SCENAR device 8-10 times along the Median line of the inner surface of the forearm,
- Additionally treat the appeared zone of SA (Small Asymmetry).

This zone is connected with the systems that control the blood supply to the brain membranes. This procedure is also good for depression.

Sometimes a good result is obtained when treating the scalp with the remote electrode "Small Comb". If at the same time painful or numb spots are determined, they should be treated until the pain disappears or until sensitivity appears.

After treatment of each zone, it is necessary to control the dynamics of the main complaint.

When performing SCENAR Technique "Wings", often not only a headache disappears, but also a bad mood along with fatigue. If you move the electrodes back and forth at the junction of the neck with the shoulder girdle, you can get various effects, even control the muscles of the arms. This may be of importance in the

neuritis, paresthesia and hemiplegia. In addition, you can use functional loads at the time of SCENAR treatment.

Also, additional symptoms in the form of specific cyanosis can be obtained when stimulating the muscles of the back with external electrodes.

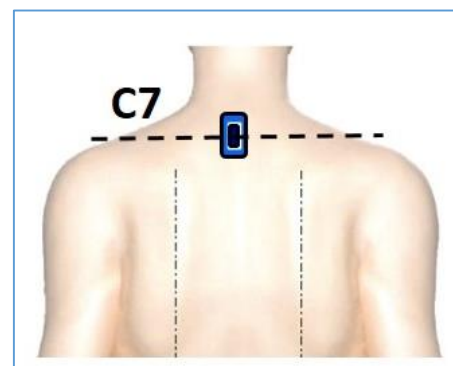
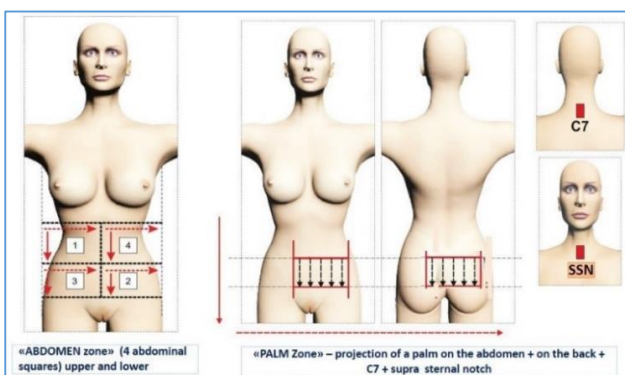
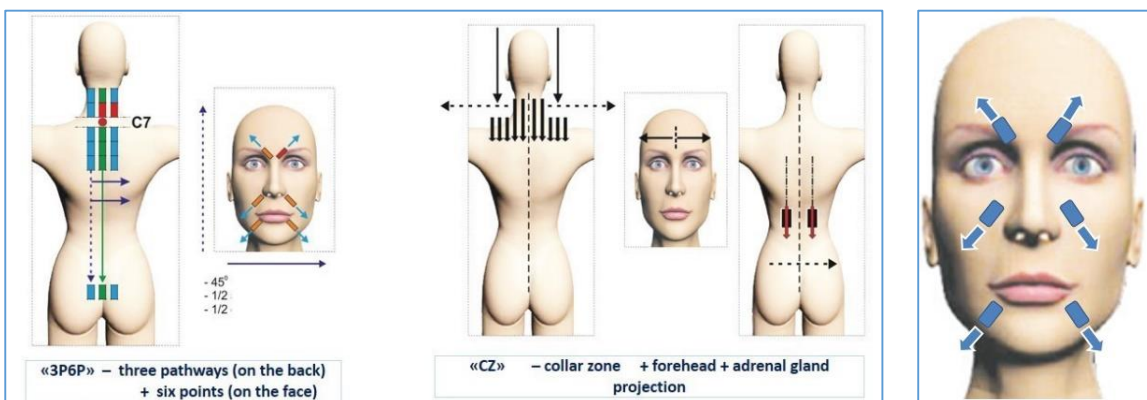
Usually, these actions lead to the weakening or disappearance of pain.

Please understand that this is not a pain relief in its pure form, as it is understood in orthodox medicine, i.e., not a blockade of sensory elements, but a change in the internal state, which always occurs with competent SCENAR therapy.

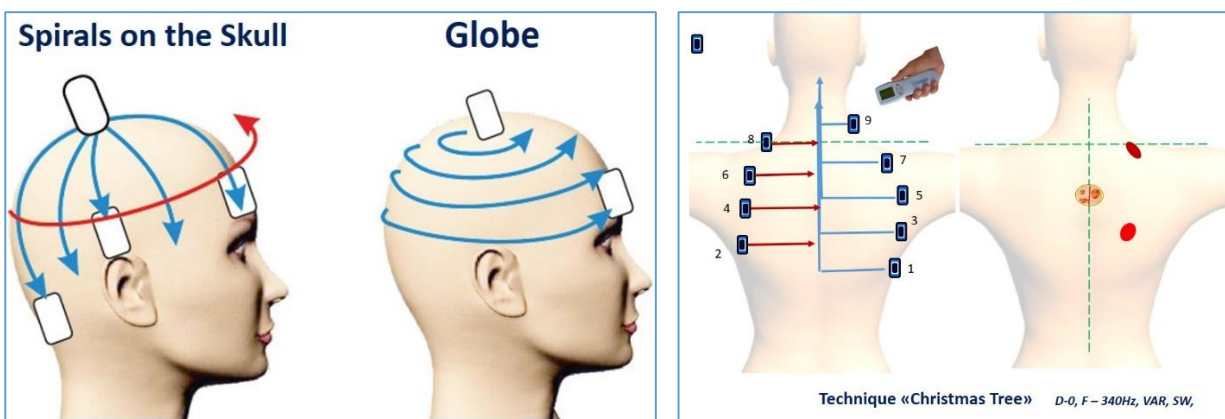
A violation of the internal state is the cause of the headache. Proper use of the described treatment algorithm makes it possible to use a headache to search for the localization and nature of the disorder, as well as a performance criterion.

Sometimes these actions are not enough to eliminate the causes of headaches, which can be many. In this case, after a while the pain will return and you will either have to repeat the procedure for eliminating it several times or look for the sources of the problem in other systems (digestive, endocrine, genitourinary, etc.) and eliminate the violations there.

If the pain is psychogenic, it makes sense to treat Zone of General Regulation ("3P6P" (3 Pathways 6 Points), "Abdomen", "Palm"), and perform SCENAR Technique "Information and Energy Cleansing On the Spine"







### **Diffused Headache, more in occiput and crown**

- 1) Set FM. Place the device on the projection of C7 (the 7<sup>th</sup> cervical vertebra) and treat it with circular massage-like movements for 3-5 minutes.
- 2) Set F-90Hz. "Collar zone" is treated from top to bottom from the inside out, paying attention to the signs of asymmetry, treat them additionally until the signs disappear (discoloration of the skin, change in the patient's local sensations - a painful or insensitive area, a change in sound during operation of the device while it is moved over the skin, sticking of the electrode). Start treating the spinous processes of the vertebrae, then move to the more lateral parts of the neck.
- 3) If the patient's health condition has not normalized during the above procedure, treat 6 exit points of the trigeminal nerve on the face for 1-2 minutes for each treatment area in FM.

### **Rhinitis, sinusitis, pansinusitis**

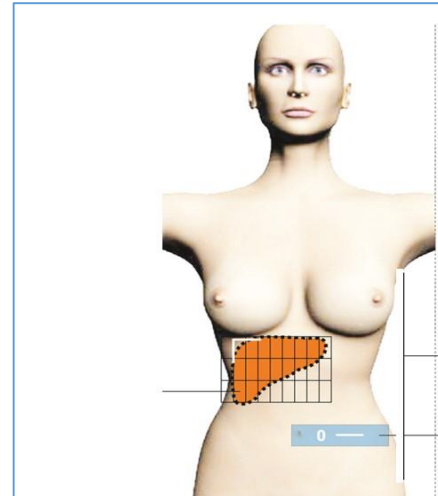
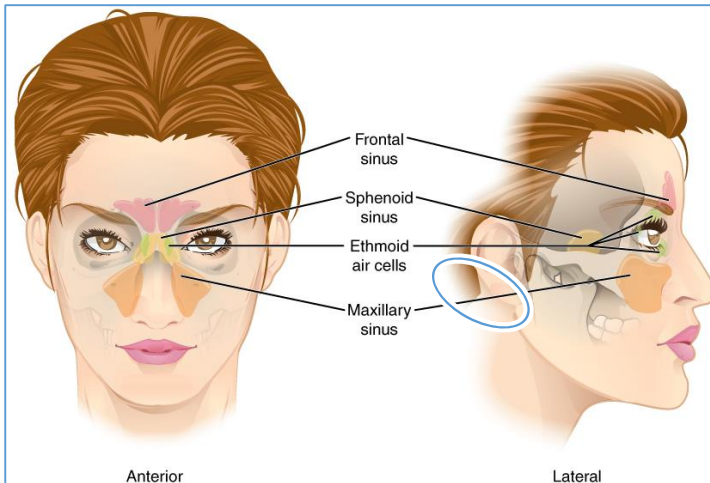
Headache is often associated with inflammatory processes in the nasopharynx and paranasal sinuses, in turn, their condition is associated with the condition of the lungs, liver and intestines, nervous and endocrine systems. And it all depends on the psycho-emotional mood. There is nothing in the body that is not interconnected!

In the whole system "Body" some organs and systems are more dependent on each other, others are less. Our task is to understand these degrees of dependence.

To determine the place of treatment, it is necessary to examine:

- the state of the submandibular lymph nodes,
- point No. 1 (behind the auricle in the recess between it and the mastoid process – see pic below),
- the projection of the maxillary and frontal sinuses,
- the sinuses of the sphenoid bone.

Treat the pain and trigger zones found either directly with SCENAR, or with remote electrodes of a small area, observing the hierarchical principle of treatment. It is advisable to examine and treat Anterior projection of the liver and "Abdominal Zone", as well as the projection of the lungs applying SCENAR Technique "Christmas tree" in case of a protracted course of sinusitis.



This can speed up the healing process.

#### Little highlights of big technology

1. Without getting to know the body, do not apply complex modes/ settings combination, wait for the first reactions from the treatment in the main/ default mode.
2. SCENAR should slide over the skin at a speed of 1-2 cm per second, but sometimes, with a weak response, you can work 2-3 times faster until the patient feels warm and only then work thoughtfully and slowly.

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