



Q: What SCENAR procedures can you recommend to my patient?

A male patient has Persistent Atrial Fibrillation, which means he is always in arrhythmia, a heart condition that was diagnosed by the doctor.

He shows the symptoms of fatigue, shortness of breath and a type of anxiety that results from feeling that he can not get breath especially at night when he wakes up. His doctor has allowed him to explore holistic methods for 90 days otherwise he will schedule my patient for an ablation procedure to cauterize the affected area.

Note: *Atrial fibrillation (A-fib)* is an irregular and often very rapid heart rhythm (arrhythmia) that can lead to blood clots in the heart. A-fib increases the risk of stroke, heart failure and other heart-related complications. During atrial fibrillation, the heart's upper chambers (the atria) beat chaotically and irregularly — out of sync with the lower chambers (the ventricles) of the heart. For many people, A-fib may have no symptoms. However, A-fib may cause a fast, pounding heartbeat (palpitations), shortness of breath or weakness. With **persistent** type of atrial fibrillation, the heart rhythm doesn't go back to normal on its own.

A: If a person has A-fib symptoms, SCENAR treatment may be used to restore and maintain a normal heart rhythm.

Recommendation of Dr. Iolanta Stanchak

First, SCENAR therapist needs to relieve the tension on the heart. So, start treating with the Abdomen, where v. Cava inferior/ aorta abdominal is located (around and below the navel). And only then the arrhythmia through atrial zone can be removed.

Work there in Continuous (D-0) and Dosed (D-1) mode - this is the most important zone.

To relieve an arrhythmia attack, it is recommended to treat the inner surface of the forearm zone. The area of the forearms, where the vascular meridians are located.

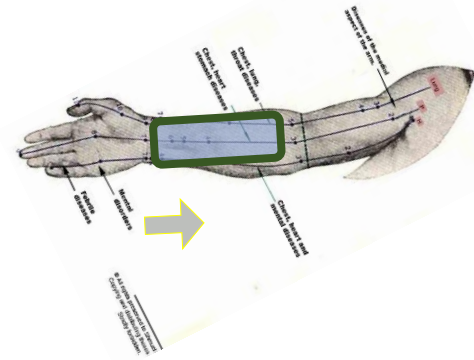
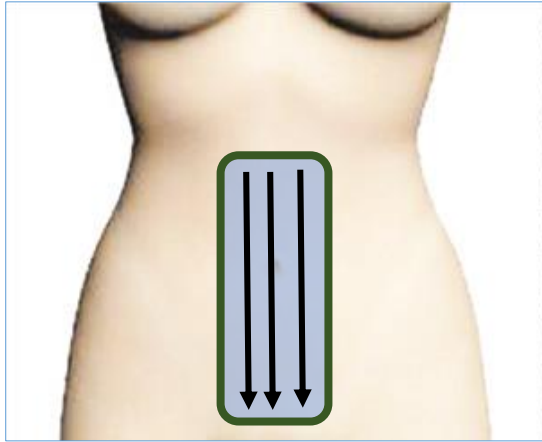
Also perform SCENAR technique “3 pathways 6 points”. Since this is a systemic disease work with the system on the General Zone.

As a local zone treat the area of the thoracic region on the back.

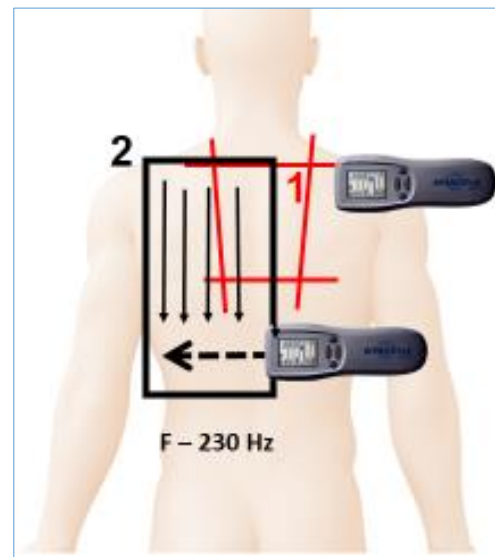
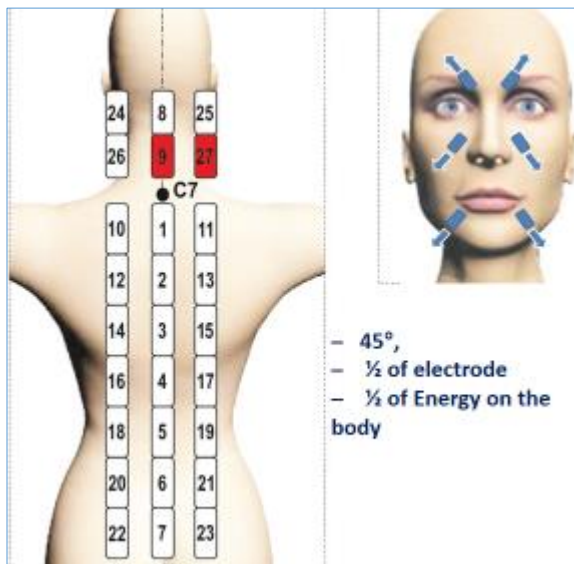
Device settings: D-0, F-230 Hz. Use General Vector, find SA's, treat in 4 vectors till the dynamics.

The heart is a pump, the pump works poorly when it is overloaded (stagnation in the pulmonary and systemic circulation).

Blood stagnation/ stasis is a concept in traditional Chinese medicine, described as a slowing or pooling of the blood due to a disruption of heart qi. Blood stasis can also be described in terms of yin deficiency, qi deficiency and qi stagnation.



ARTERIES OF THE FOREARM



Therefore, these are the tasks for the restoration and maintaining of a normal heart rhythm:

- 1) Remove stagnation (e.g., cupping therapy is one method used to remove this stagnation by clearing the blockage to restore your body's natural blood and energy flow).
- 2) Regulate blood vessels through the middle of the forearm. Treat the area of the forearms, where the vascular meridians are located.
- 3) Treat the additional zone of the **Squares on the thoracic region of the back**.
Device settings: D-0. Energy - comfortable.
SCENAR Pro device: FM, Int - 5 or Preset "HiFM". Slide the device on the left, then on the right.
- 4) Normalize the circulatory system. Proper circulation is key for maintaining optimal health. It ensures that blood and oxygen continuously flow throughout the body, allowing every organ to function properly. It helps to heal wounds faster, it keeps your brain sharp, it keeps your heart healthy, and it even gives your complexion a natural flush. Although circulation is largely an automatic process, there are some ways to improve it (increase cardiovascular exercise/ physical activity, adopt healthy eating habits, avoid caffeine, nicotine, and alcohol, decrease stress, etc.).

Vascular effects of SCENAR therapy:

- improves blood microcirculation (which leads to anti-inflammatory, anti-edema, resorption and hypotensive effects of SCENAR therapy);
- provides activation of the lymphatic system and blood vessels;
- SCENAR not only dilates the vessels when they are in a state of spasm, but also narrows the vessels when they are dilated (arteries);
- Improves the tissue trophism not only in the area of a local SCENAR treatment, but also in the internal organs associated with this area of the skin (according to the principle of skin visceral reflex).