

HOLIDAY SEASON “12 DAYS OF WELLNESS WITH SCENAR” CHALLENGE



1ST WEEK: 3- DETOX PROCEDURES

DETOX. Cleansing and Stimulation. Drainage

During the **first week**, we will do **3- SCENAR Detox Procedures**.

This stage is all about cleansing the body from toxins and helping the system eliminate them faster so it can be fully prepared for the next steps.

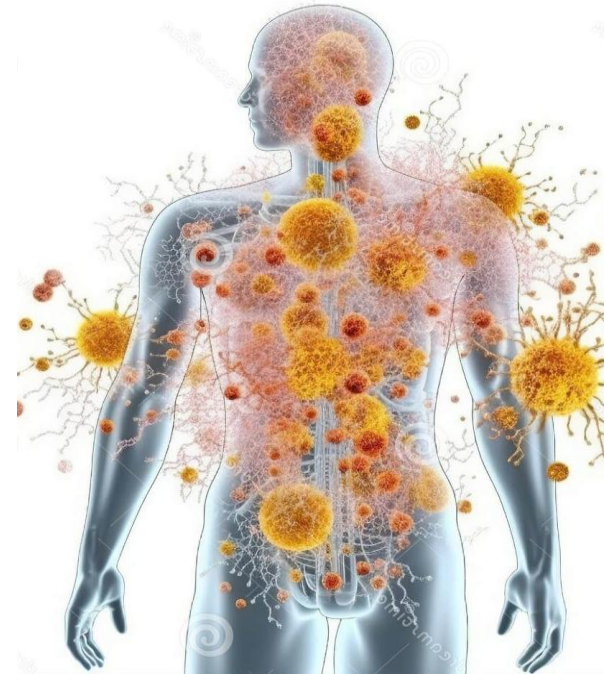
Toxins in the body come/accumulate from:

- Food that is poorly digested or not fully broken down in the intestines
- Environmental pollution and poor air quality
- Stress (stress hormones also turn into toxins)
- Household chemicals and cleaning products

All of this creates a significant toxic load on the body.

So, the very first thing we need to do is
cleanse the system from toxins.

That's why the first three procedures of
Week 1 will focus entirely on detox.



the human body is full of toxins

DETOX. Cleansing and Stimulation. Drainage

For the treatment, you need to know how to properly perform the following SCENAR methods and SCENAR Techniques:

- «ABDOMEN zone» (4 abdominal squares) upper and lower.
- “Steering Wheel»
- “Spirals” on abdominal zone
- Anterior projection of the liver.
- Anterior projection of the pancreas (epigastric zone)
- Anterior projection of the liver” “Projection of the C7 and kidneys” Urinary system cleansing
- Digital local technique : “9-Cycle”

1ST WEEK – 3- DETOX PROCEDURES :

1. “*Steering Wheel*”
2. *Local zone C-7 + Kidneys (“Detox Triangle”)*
3. *Abdominal Zone “Squares”*

Additional techniques (perform every day)

1. Anterior projection of the liver. & Anterior projection of the pancreas
2. “Spirals” on the Abdomen

DETOX. Cleansing and Stimulation. Drainage



PROCEDURE-1 SCENAR Technique “STEERING WHEEL”

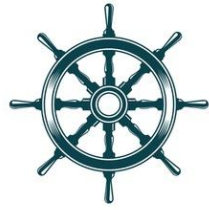
NUMBER EIGHT (from Dr. Revenko's book)

The History of SCENAR Methods, Principles, and Rules by Dr.A.Revenko and Yu.Gorfinkel.

The symbol of “eight” is a symbol of love, harmony, law, three-dimensionality, and the sign of infinity, symbolizing two worlds - the material and the spiritual.

The very popular SCENAR technique developed at Yu. Gorfinkel Center, "Steering Wheel," consists of several sectors, each using a different principle of comparing indicators (IR, Doses, and Zero's). Figuratively, the method looks like a steering wheel.

SCENAR TECHNIQUE “STEERING WHEEL”



Indications:

- Digestive discomfort
- Chronic abdominal pain
- Low energy and slow body responses
- Emotional tension
- General adaptation and energy balancing
- Detox / Drainage

This technique helps:

- Normalize the body's overall energy background
- Balance the autonomic nervous system (ANS)
- Support both low-energy states (fatigue, weakness) and high-energy states (allergic reactions, hyper-responses)

Although the technique is applied in the same way for all cases, the energy shifts differently depending on what the body needs. Through energy, you can “get through” to the pathology.

Important to Know

This technique does not repair structural damage or cure diseases on its own. Its purpose is to enhance the therapeutic effects, improve overall regulation, and support better treatment outcomes.

SCENAR TECHNIQUE “STEERING WHEEL”



Treatment zone - Abdomen.

Technique "**Steering Wheel**" can be performed on the course **more than once**.

It **can be combined** with other techniques:

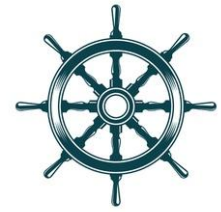
- after working in the Continuous Mode (D-0), **for example**, over **LIVER Projection ZONE** or over the abdomen;
- after having performed any technique in D-1.

This technique is additional to enhance the highlighted effects, to improve patient outcomes.

Positions:

- 1st** - the adjoining docking from the center of the navel on the top;
- 2nd** - the adjoining from the center of the navel on the bottom;
- 3rd** - the adjoining on the left;
- 4th** - the adjoining on the right.

SCENAR TECHNIQUE “STEERING WHEEL”



Algorithm:

1. Compare IR of positions 1 and 2, the greater gets Dose (*).
2. Compare IR of positions 3 and 4, the greater gets Dose (*).
3. As a result, you will get two Doses (*). *A dose may not appear if “NB” is displayed.*
4. The next positions are also adjoining (edge-to-edge) but set at a 45° angle relative to the previous ones.
5. Each new position overlaps the previous one.
6. On positions 5, 6, 7, and 8 work according to **Strategy “Higher”**, meaning ± 1 . The last position gets Dose (*). Therefore, position 8 will always get Dose (*), and the other positions might get some Doses (*). By the end of the first round, you will have a certain number of Doses (*). The greatest Dose (*) gets Zero @ “0”.
7. Proceed in the similar manner, but the electrode is placed perpendicular to the previous positions.

Positions 1–2: **Dose (*)**

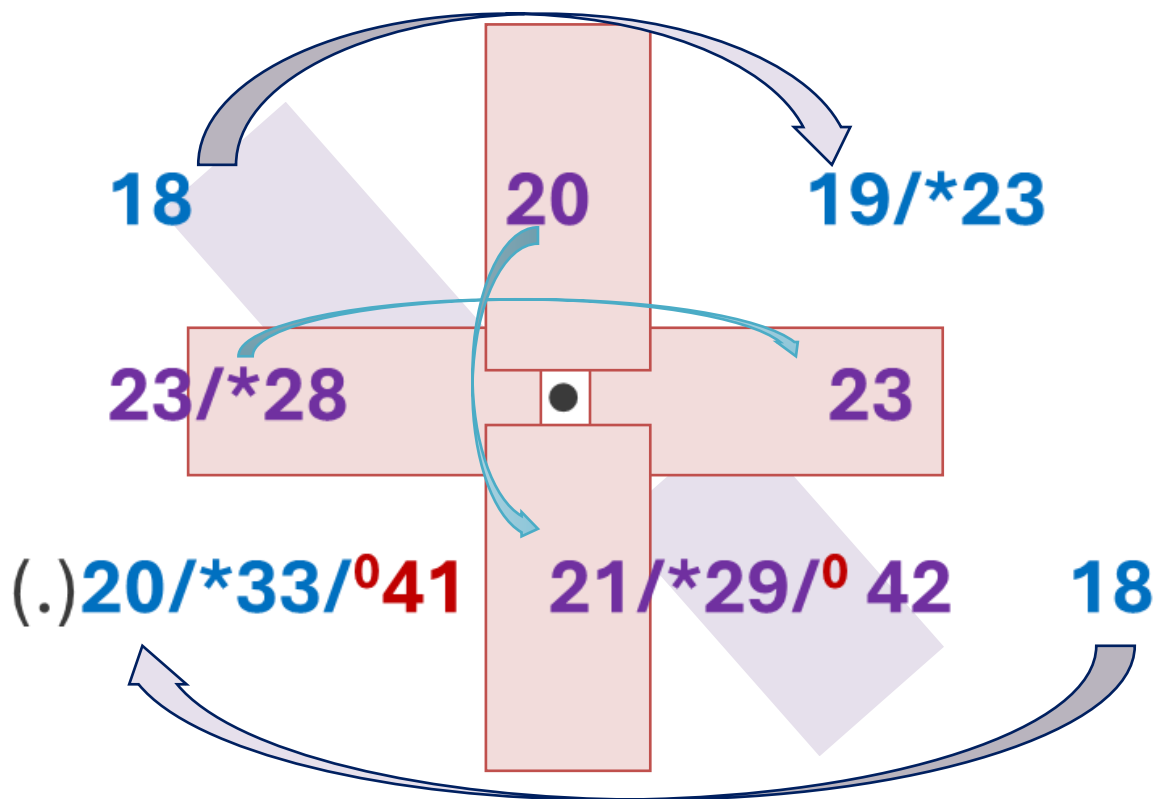
Positions 3–4: **Dose (*)**

Positions 5–8: Strategy **“Higher”**

All positions should adjoin/touch. The greatest Dose (*) gets Zero @ “0”.

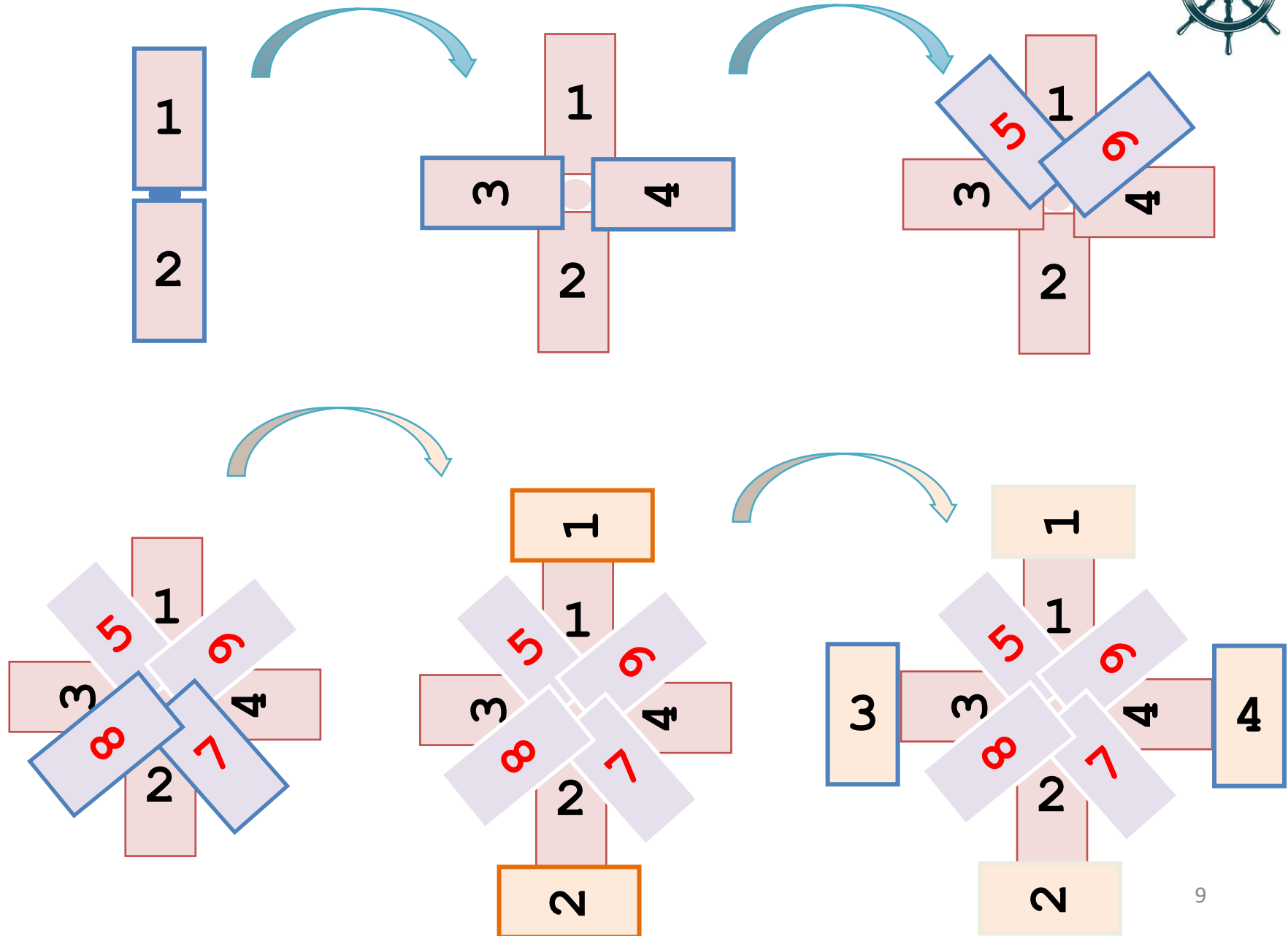
8. Perform the third and final round. Place the electrode the same way as in the first round. Get the third Zero @ “0”.
9. In total, we get 3 Zero’s @ “0”. The greatest Zero @ “0” gets **FMVAR 2 minutes**.

SCENAR TECHNIQUE “STEERING WHEEL”

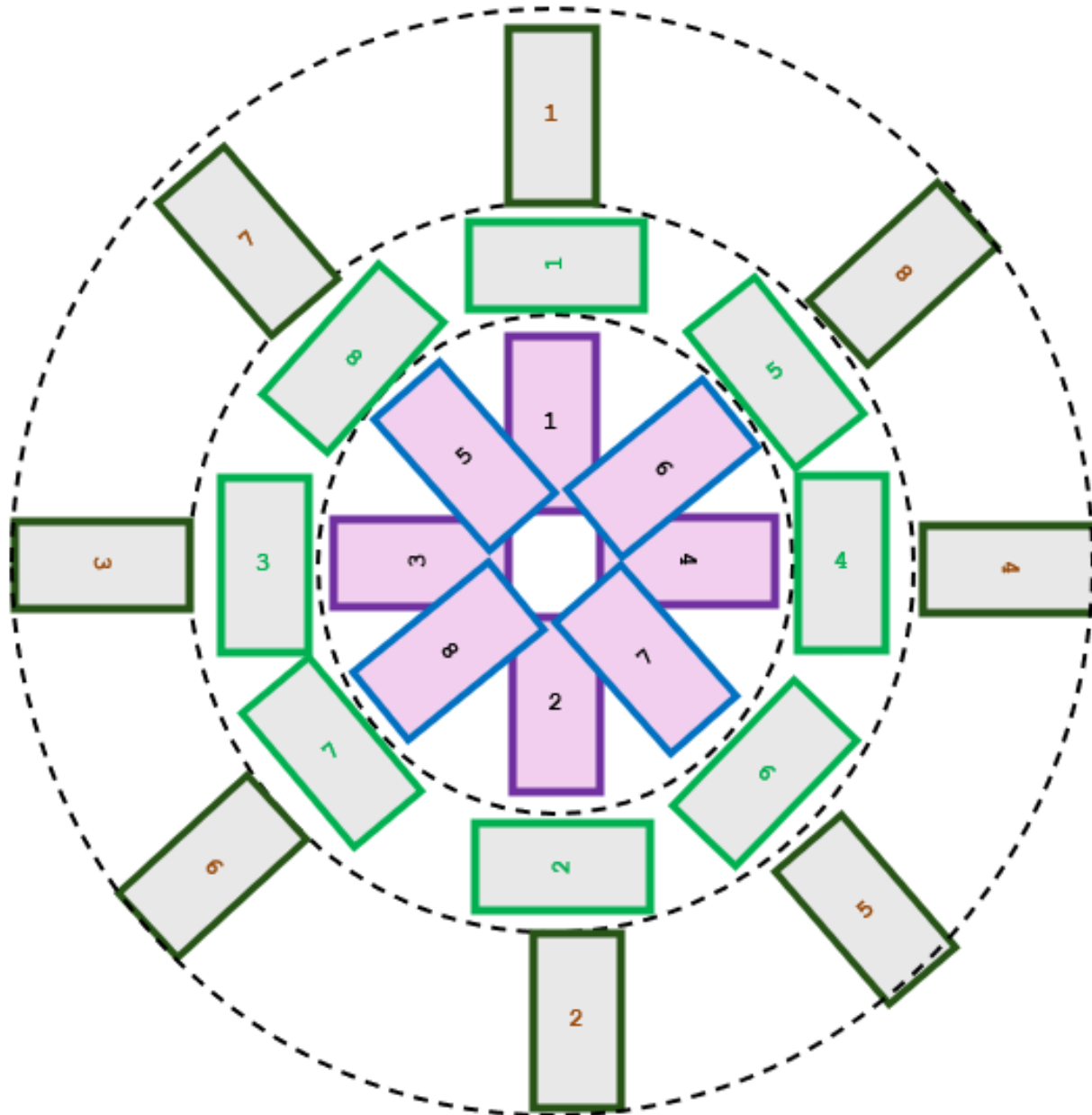
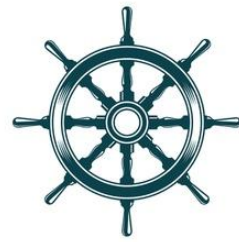


1. Two crosses, located at an angle of 45 degrees to each other.
2. All lines go through the navel.
3. Two treatment vectors - general and circular, with the offset of the initial position along the circle.
4. Each sector has 8 positions
5. On the vertical and horizontal positions use Strategy STEREO- PAIRS, on the circular sector – Strategy “HIGHER”.
6. Each sector gets Zero @“0”. The greatest Zero @ “0” gets **FMVAR 2 minutes**.

SCENAR TECHNIQUE “STEERING WHEEL”



SCENAR TECHNIQUE “STEERING WHEEL”



PROCEDURE 2

**“DETOX TRIANGLE” and
“DETOX CROSS”**

DETOX. Cleansing and Stimulation. Drainage

PROCEDURE 2 “DETOX TRIANGLE” and “DETOX CROSS”

First Option

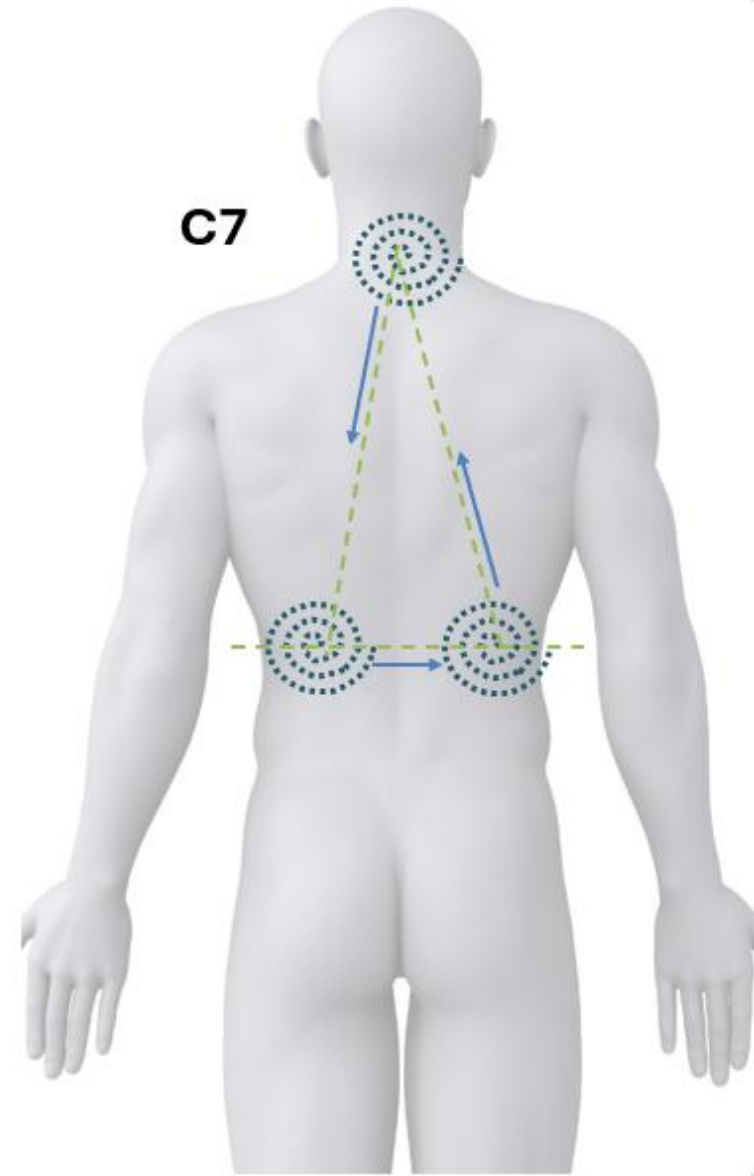
Device settings: SCENAR FORCE Preset : "HiFM".

Pro -FMVAR; Personal - FM

Algorithm:

- 1) stay on **C7** for **2 minutes**, moving in a spiral around the 7th cervical vertebra.
- 2) move the device to the **left kidney** and work in a for **5 minutes**, then repeat **5 minutes** on the **right kidney**.
- 3) return to **C7** and simply hold the device there **Fn 2 minutes or FM** mode (for Personal devices).

This is the **morning procedure**, or it can be done on day on its own.



Second Option

You can do the Triangle in the morning, and in the evening perform “**Detox Cross**”:

Device settings: SCENAR FORCE Preset "**HiFM**".

Pro - D-0, F-60-120Hz, Int 5-7, Energy – comf.;

Personal - FM or preset: “Acu”

Algorithm:

- Spirals on **C7** for 2 minutes
- Slowly move the device down along the spine
- Spirals on the **sacrum** for 2 minutes
- Lift the device and place it on the **left kidney: spirals** for 2 minutes,
- Slowly move the device to the **right kidney, spirals** for 2 minutes — FM or FMVAR mode.

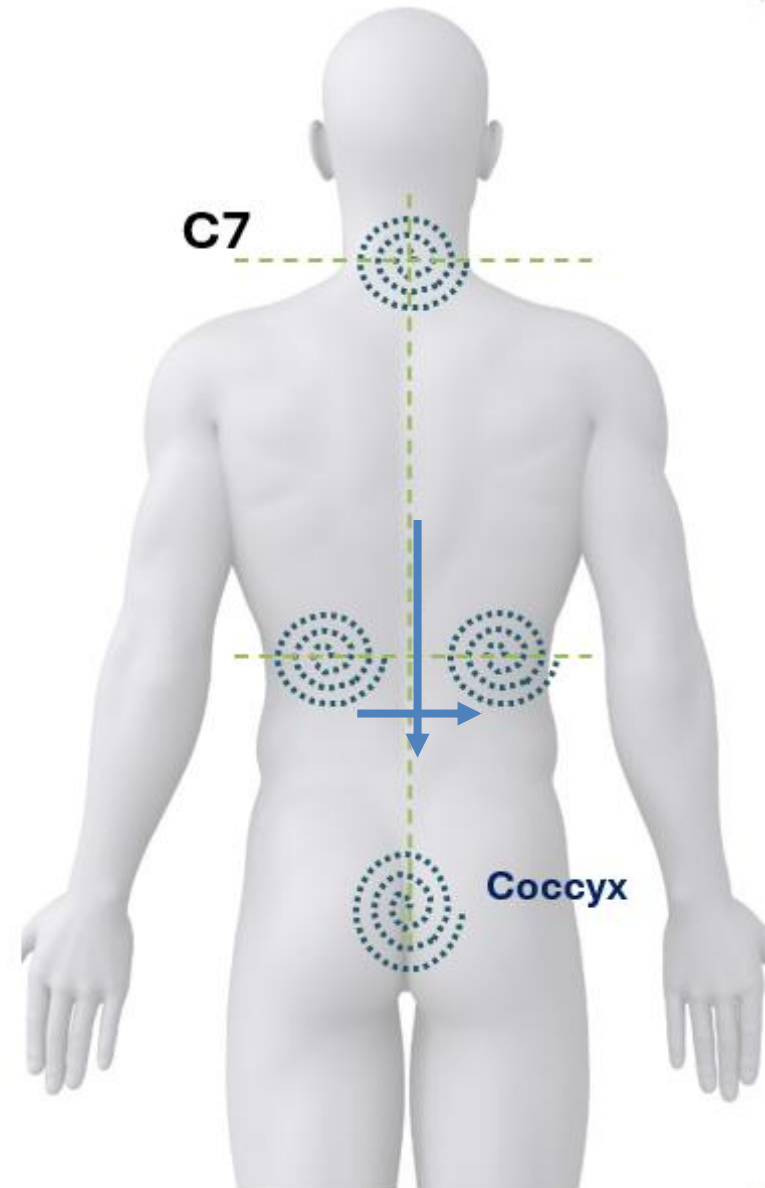
For example:

Wednesday — Detox Triangle,

Thursday — Detox Cross,

or morning Detox Triangle + evening Detox Cross.

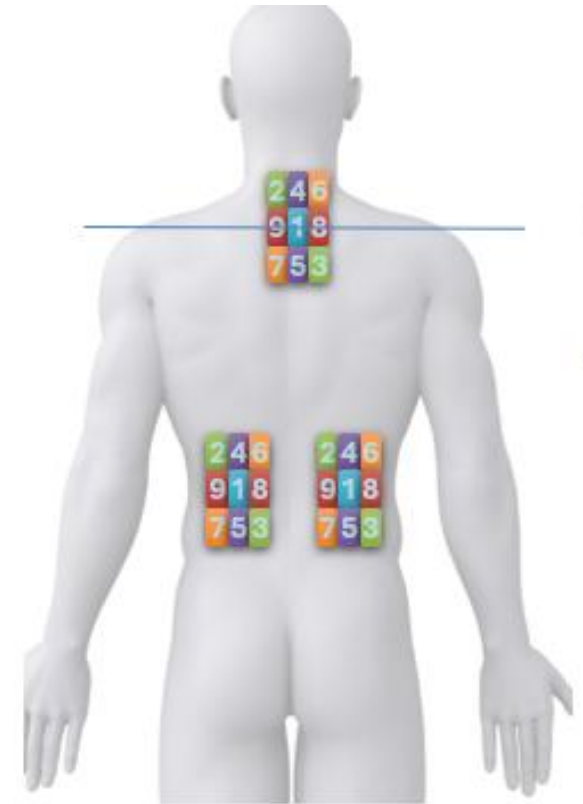
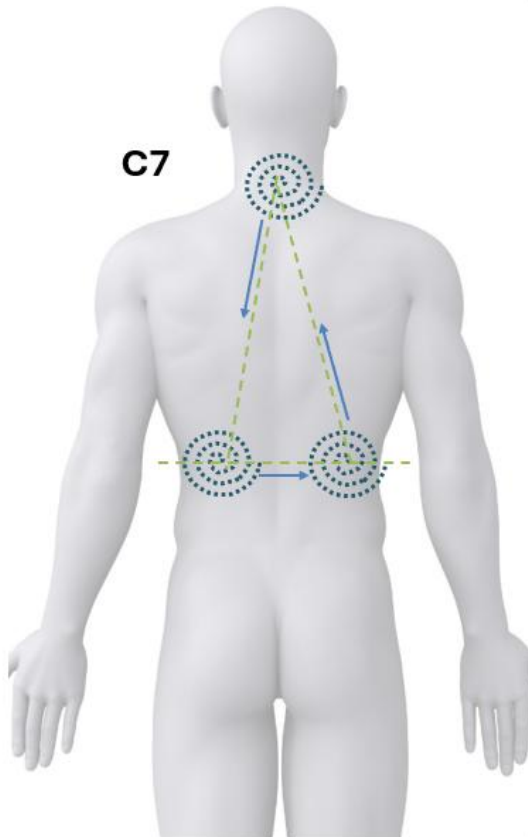
“Detox Cross”



For Professional SCENAR Devices ONLY

You can perform **Technique “9-Cycle”** on:

- **C7**
- **Left kidney**
- **Right kidney**



After Technique “9-Cycle”,
perform **“Detox Triangle”**:

Zones

- C7 (spiral – 2 minutes)
- Left kidney (spiral – 2 minutes)
- Right kidney (spiral – 2 minutes)
- return to C7, FMVAR 2 minutes.

Special technique “9-Cycle”

on C7 and “Posterior projection of the kidneys and the adrenal glands”

C7

2	4	6
9	1\IR *	8
7*	5*	3 *

«@ 0»

«@ 0»

2	4	6
9	1\IR *	8
7*	5*	3 *

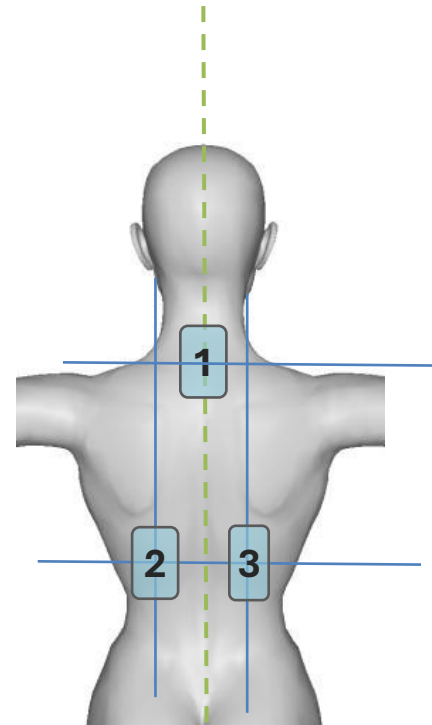
«@ 0»

2	4	6
9	1\IR *	8
7*	5*	3 *

FMVAR

Device settings: E-comf.

D-1, basic settings, FMVAR -2 mins



PROCEDURE 3

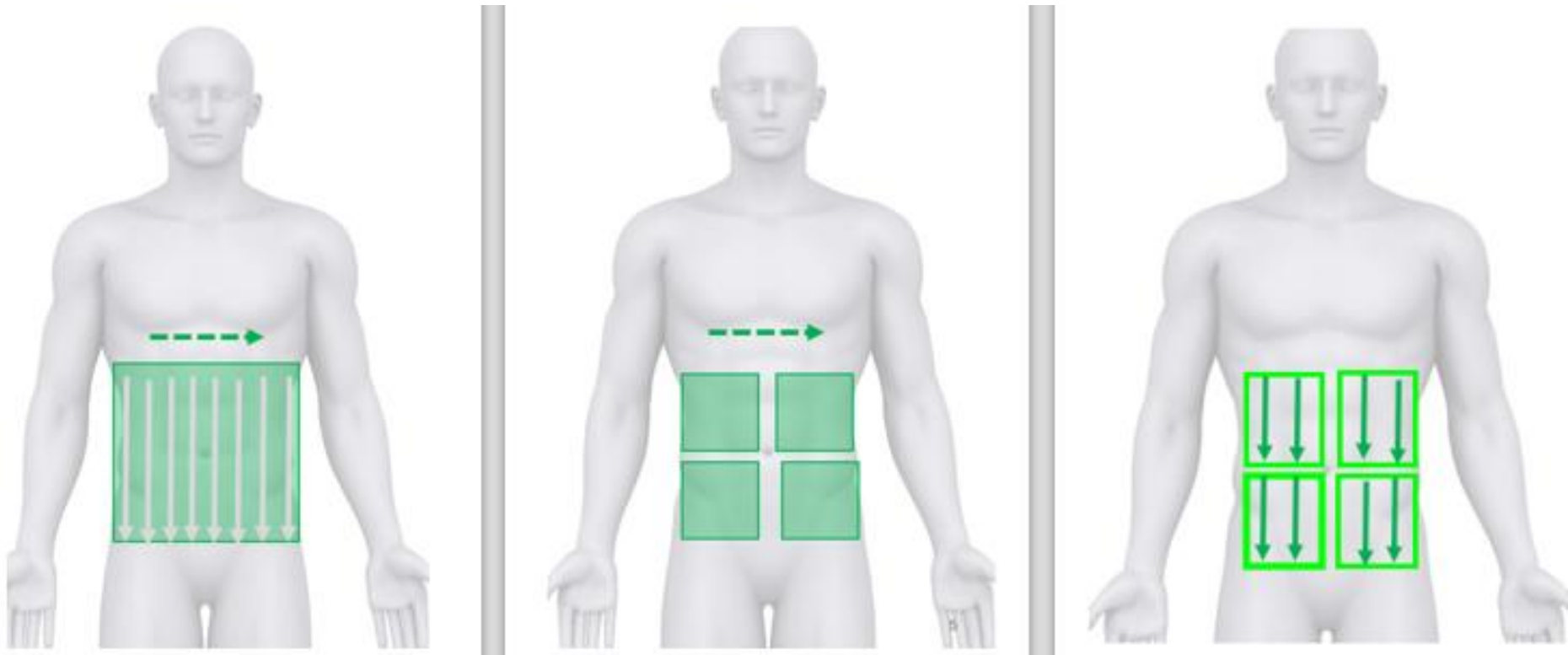
Zone of General Regulation “Abdominal Zone”

(4 abdominal squares) upper and lower

DETOX. Cleansing and Stimulation. Drainage

PROCEDURE 3 –

Zone of General Regulation “Abdominal Zone”



Abdominal Zone (Upper and Lower)

Indications:

- complaints related to the digestive system, abdomen, and associated areas;
- general regulation zone.

In SDM/D-0 along General Vector: work all over the abdomen following the general vector. In the abdomen zone the entire abdomen is treated along General Vector (top to bottom, left to right), look for Small Asymmetries and treat them with the 4-direction vector method or changing the settings on SCENAR to create the dynamics.

ALGORITHM:

1. Draw the route first using a non-toxic pencil such as a white eyebrow pencil.
2. Turn on SCENAR. F-60 or 90Hz. You can use other F depending on the complaint (acute or chronic).
3. Place the device on the outside of the treatment zone. Increase Energy (E) to a comfortable level (usually a comfortable tingling sensation) determined by the patient while the device is being held on the skin. Then place SCENAR electrode on the opposite side of the treatment zone to feel the difference of SCENAR and make sure the device is on a comfortable level. Write down E level.
4. Place SCENAR electrode vertically in the top left corner of the treatment zone and hold with firm pressure for 5 seconds. Slide the device slowly down to the bottom of the outlined border you drew using a firm even pressure and holding the device firmly at the end of each pathway for 5 seconds. Hold for 5 seconds on each pathway at the top and bottom until you have covered the zone you have outlined. Work along General Vector - top to bottom and right to left - making sure each pathway either touches or overlaps.
5. Repeat this three times until Small Asymmetries begin to show. Look for stickiness of the electrode, changes in the skin color, hypersensitiveness, and changes in the sound of the device as it is being slid across the skin.
6. When Small Asymmetry is located use the 4-vector method or change the settings on the SCENAR to create dynamics.

Abdominal Zone Treatment



Abdominal Zone Treatment

In D-1, the abdomen can be treated as a whole or divided into halves or quarters.

The abdominal zone is divided by a horizontal line through the umbilicus.

The upper border of the abdominal zone is a horizontal line across the sternum at the bottom of xyphoid process; and the lower border of the abdominal zone is a horizontal line at the level of the pubic bone.

Work along General Vector.

When working in quarters, work either diagonal quarters or all 4 quarters in the order given.

ALGORITHM:

1. Divide Abdominal Zone into squares. Choose 2 squares for the treatment.
2. Move the device along Vector. Measure IR's, get Doses (*).
3. Last position gets Dose (*). The greatest Dose (*), gets Zero @ "0".
4. Same in the 2nd square. Compare two Zero's @ "0".
5. The greatest Zero @ "0" gets **FMVAR 2 min.**
6. Apply "***Highest of All***".

Abdomen Zone

E : _____

1____ 4____ 7____ 10____ 13____ 16____

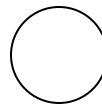
2____ 5____ 8____ 11____ 14____ 17____

3____ 6____ 9____ 12____ 15____ 18*____

1____ 4____ 7____ 10____ 13____ 16____

2____ 5____ 8____ 11____ 14____ 17____

3____ 6____ 9____ 12____ 15____ 18*____



1____ 4____ 7____ 10____ 13____ 16____

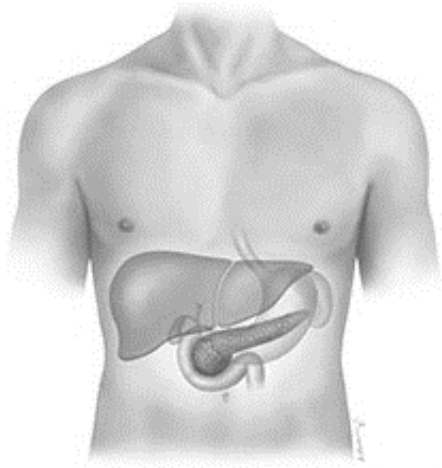
2____ 5____ 8____ 11____ 14____ 17____

3____ 6____ 9____ 12____ 15____ 18*____

1____ 4____ 7____ 10____ 13____ 16____

2____ 5____ 8____ 11____ 14____ 17____

3____ 6____ 9____ 12____ 15____ 18*____



**Additional treatment zones
perform every day**

Special techniques on the body.

Projection treatment zones:

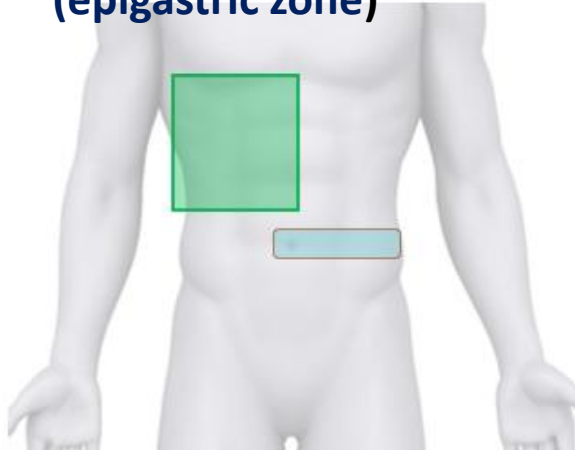
Anterior projection of the pancreas (epigastric zone).

Anterior projection of the liver.

DETOX. Cleansing and Stimulation. Drainage

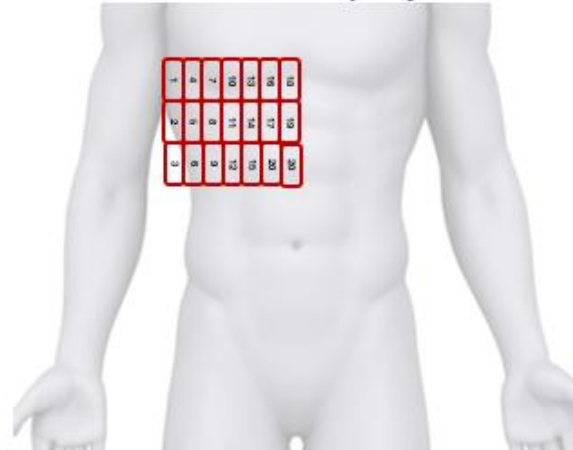
Anterior projection of the liver.

Anterior projection of the pancreas
(epigastric zone)

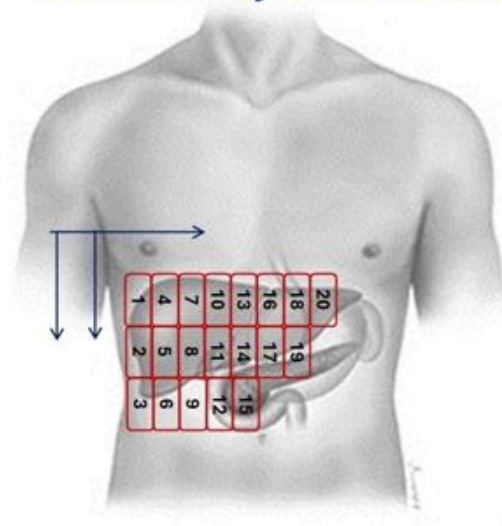
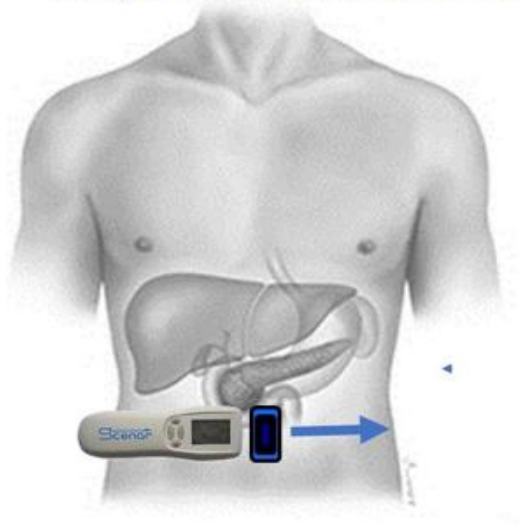


« Projection of Pancreas »

Anterior projection of the liver



«LIVER Projection Zone»



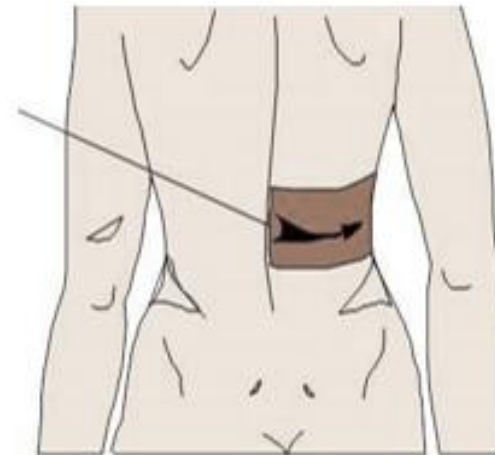
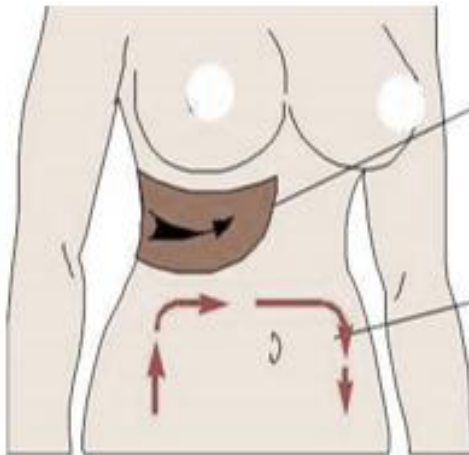
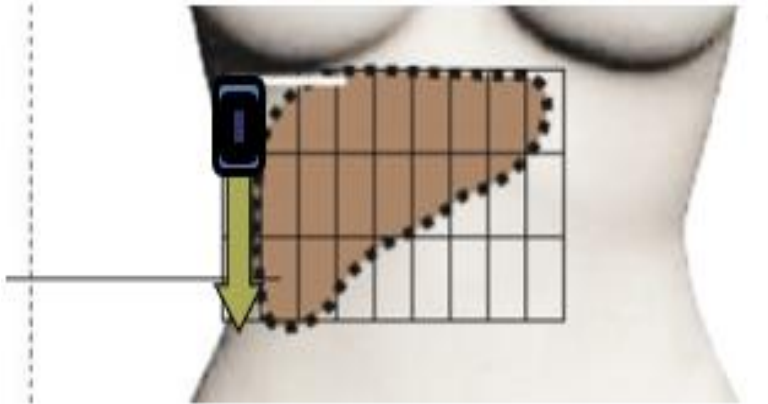
Additional treatment zones:

Local zone : «PROJECTION of the LIVER»

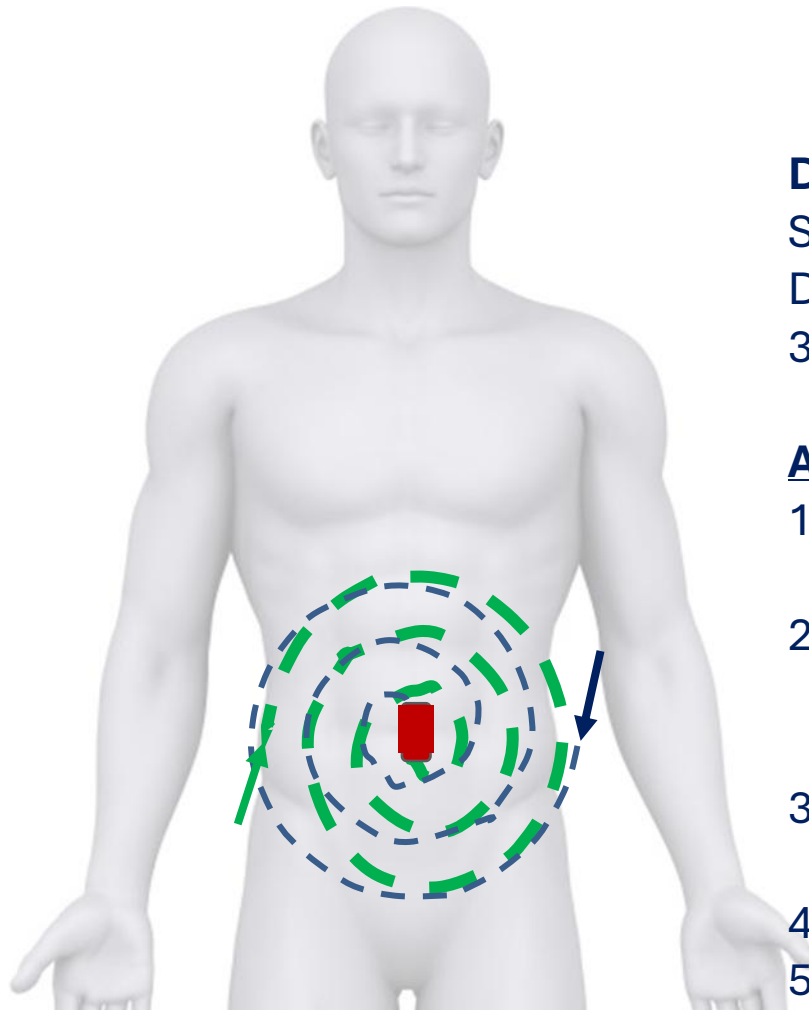
Device settings: D-1, (D-0 basic), AM 3:1, SW, FM,

In D-0 – stay on each position for 30 sec,

In D-1 – stay on each position till Dose (*)



Technique “Spirals” on abdominal zone



Device settings:

SCENAR FORCE Presets: **Preparation. High FM**
D-0, FM, SW, E – comf.

300Hz → 15 Hz → , 120 Hz

Algorithm:

1. Hold the electrode in vertical position in the projection of the umbilicus for 5 seconds.
2. Move corkscrew to the periphery to the bony spurs (xiphoid angles ribs, pelvic bone combs, symphysis).
3. Perform 3 laps counterclockwise over the bony spurs.
4. Perform 3 laps **clockwise**.
5. Return to the umbilicus and hold for 5 secs.
6. Repeat the algorithm 3 times

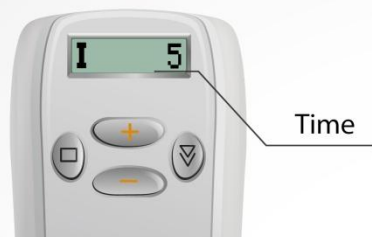
BASIC/ DEFAULT SETTING

- 
- A woman with long brown hair, wearing a white lab coat, is smiling and holding a white SCENAR Sport device in front of her face. The device has a control panel with buttons and a small display. The background is a clinical or office setting with a computer monitor and a poster on the wall.
- **D-0 SDM**
 - **ENERGY – 1**
 - **AM – off**
 - **FM – off**
 - **FREQUENCY – (90Hz) 60 Hz**

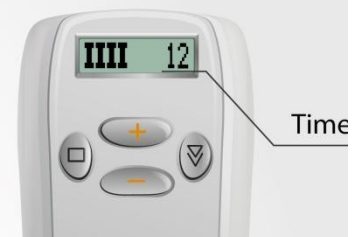
For Personal SCENAR device:

1. Work on each position till you get Dose (*).
2. After completing the procedure, additionally treat the zones of Small Asymmetry (areas with active pain) in **Preset 1 – «P1»** or **«ACU» 1st the bio mode phase.**

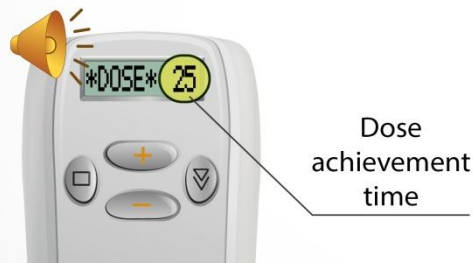
DOSING MODE



When the right LED ('I' symbol) is on that indicates the presence of skin contact.



During the treatment the dynamics of Dose achievement is indicated by gradual LED ('I' symbols) activation (from 1 to 4).



Dose achievement time



CONTROL THE DOSE ACHIEVEMENT TIME

DOSE is the measure of sufficient reaction.

The quicker is the Dose to achieve, the better is this place for additional treatment.

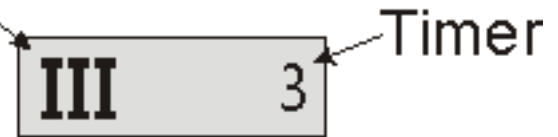


The electrodes are placed with overlapping.

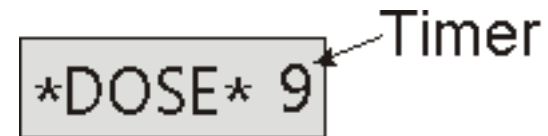
Setting the Dosed Stimulation

- Dose 1 – measurement of the IR and showing it on the LCD as symbols “I”... “III” $40 < \text{IR} < 60$

IR symbol



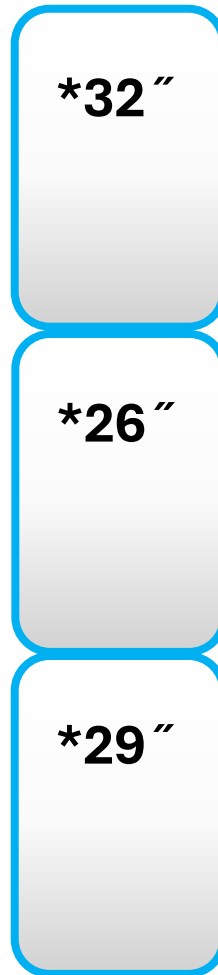
- The device will show:
 - only the timer at the top right corner if the IR is less than 18
 - I if the IR is between 18 and 25
 - II if the IR is between 25 and 40
 - III if the IR is between 40 and 60
 - IIII if the IR is more than 60



Technique on a local zone"

Treat in "D-1" in the zone of active complaint (Time asymmetry in seconds DOSE*)

- 1
- 2
- 3



***24"** +

***25"**
***29"**
***37"**

Timer



Gets Doses (*) on the lowest time Dose section

