

# 3<sup>rd</sup> WEEK:

## 3 - PROCEDURES of SCENAR therapy for Stress-free Holiday Season



# Nervous system

The nervous system coordinates body activities by transmitting signals, enabling perception, thought, movement and vital functions

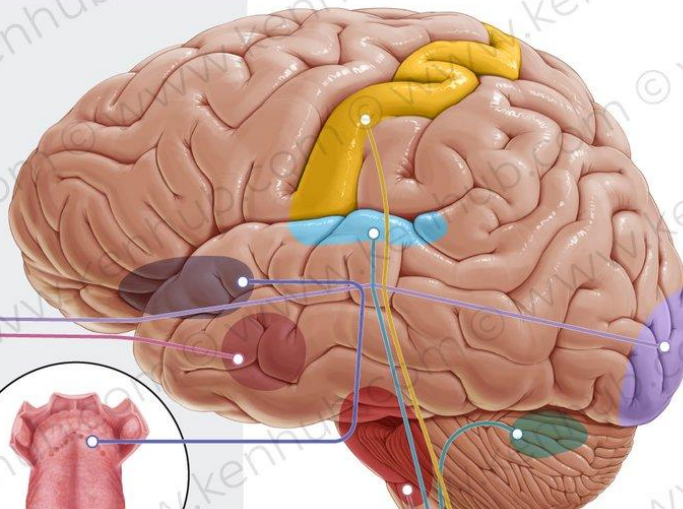
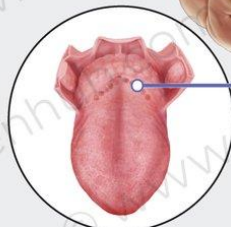
The nervous system is a fundamental energy system in the body. Its operation is studied by measuring electrical fields generated during the transmission of nerve impulses. As electric currents always give rise to magnetic fields, the nervous system is also a source of some of the bio magnetic fields present within and around the organism (Oschman 2000). Neurophysiologists focus most of their attention on the “classical” nervous system, composed of the neurons that conduct information from place to place as electrical impulses.

This is a partial view because it neglects another energetic and informational system consisting of the Perineural connective tissue system, which constitutes more than half of the cells in the brain (R. Becker).

The “**Dual Nervous System**” consists of the classical digital nerve network and the perineural analogue network. In contrast to the nervous system, the perineural connective tissue generates slower moving waves of direct current that flows throughout the organism, delivering messages to every part of it.

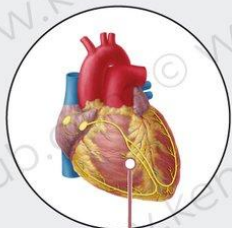
The system is integrating and regulating throughout the body.

## Special senses

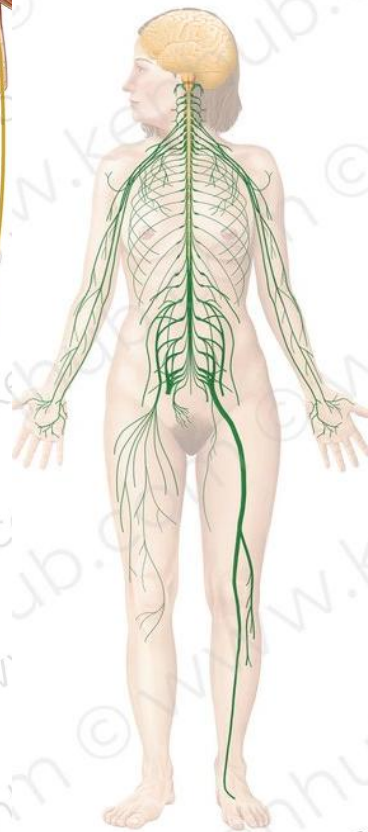
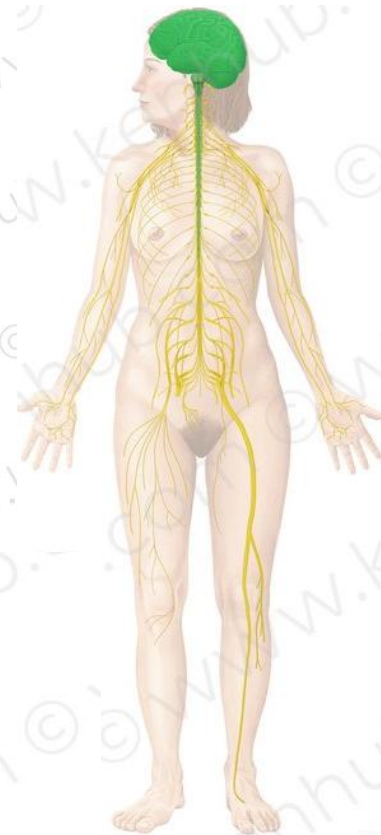
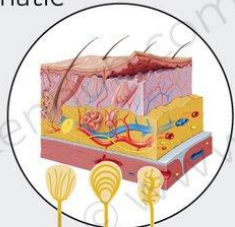


## General senses

### Visceral



### Somatic



**Nervous System Normalizing**

## 7<sup>th</sup> PROCEDURE-

### SCENAR TECHNIQUES:

- Cranial Sacral therapy
- “Treating 6 points on the face”

## 8<sup>th</sup> PROCEDURE –

### SCENAR TECHNIQUES:

- Cranial Sacral therapy
- "Informational cleansing of the Spinal Column"

## 9<sup>th</sup> PROCEDURE –

### SCENAR TECHNIQUES:

- Cranial Sacral therapy
- SCENAR TECHNIQUE “SIXES” Simple
- SCENAR Technique “Collar Zone” ( CZ)

## **7<sup>th</sup> PROCEDURE (Day 7)**

### **SCENAR TECHNIQUES:**

- Cranial Sacral therapy
- “Treating 6 points on the face”

# **Cranial Sacral Therapy: a technique based on Cranial Osteopathy.**

The original name “Watermelon” by Y. Gorfinkel.

In the difficult patients and children, it is better to work on the shaved skull, at the functional disorders or in a patient who doesn't want to shave the hair – use comb electrode.

***Device settings:*** D-0, F – depends on the complaint, Int, FM or SW, E – comf.

## **Algorithm:**

1. Start the treatment at the point “*Odontoid bone*”, the device is in vertical position, stay for 30 sec.
2. Slowly move the device on the central line to the foramen occipital and stay there for 30 sec.
3. Return to the first position, stay for 30 sec.
4. Skip the width of electrode of the central line.
5. Move on the left or right side (depends on the localization of the complaint or disorders) to the foramen occipital and stay for 30 sec.
6. Continue in same manner alternating left and right sides.
7. Last route with the horizontal position of electrode, move on the orbital bones, behind ears to the foramen occipital.

# Cranial Sacral Therapy:

SCENAR permits the recovery (in different degrees) of some of the functions of the CNS in case no brain sections are irreversibly damaged (i.e. necrosis). But “dead” zones are always surrounded by, if not healthy, at least functioning sections of the brain, which partly take up the functions of the damaged ones. In this case the SCENAR influence permits the functioning parts to fulfill more effective neuron interaction.

“Computer cleanup” i.e. normalization and regulation of the neuron interactions is accomplished during the process of influence. Normalization of the internal electrical fields in CNS is achieved.

Application of SCENAR therapy (as an ideal electro treatment) and comb-electrode with the appropriate technique (in order not to shave everybody) is a possible outcome.

The comb-electrode consists of two electrodes: passive (which is held in one hand or is pressed in any way to the body) and active - the comb-electrode itself with isolated handle and good material of the electrode.

*Effects of the cranial therapy:*

All effects, typical for the SCENAR-therapy can be achieved, but they can often be of higher quality and expression.

# Cranial Sacral Therapy:

Like Cranial Osteopathy, Cranial Sacral Therapy seeks to restore the natural rhythmic movement found between the bones of the skull.

It does the same for the movements of the sacrum.

The purpose of this is to aid the circulation of the cerebrospinal fluid throughout the central nervous system.

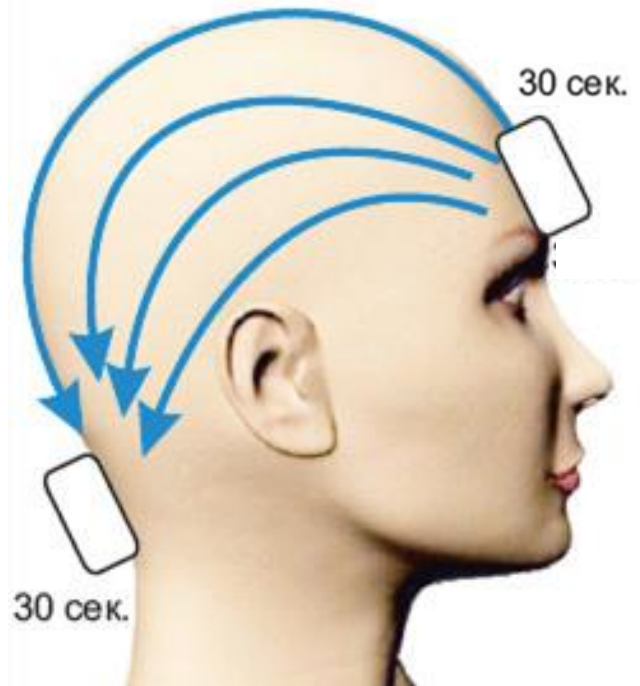
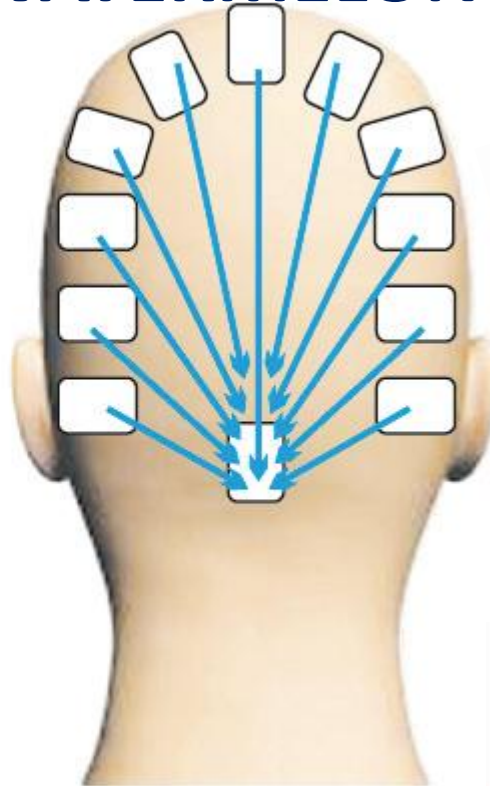
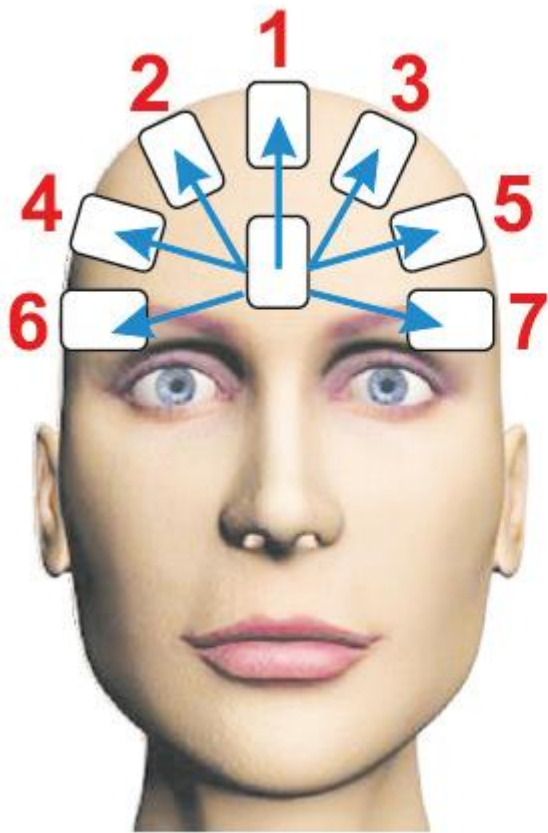
However, Cranial Sacral Therapists believe that the natural movements at the skull bones come from the membrane that lines our nervous system structures, namely the brain and spinal cord.

**Device Settings** :D-0, F, INT, other settings choose according complaint, E-comf .

## **Algorithm:**

1. On the first and last point in every type of Cranial therapy stay for 30 sec.
2. Between each route – width of electrode.
3. When treating difficult conditions – better to shave a skull (before every session), in all other cases – use comb electrode.

# “WATERMELON”



## **Device settings:**

D-0,  
F, INT, other settings choose according to the  
complaint. E - comf  
On the first and last point in every type of Cranial  
therapy stay for 30 sec.

# SCENAR TECHNIQUE “TREATING 6 POINTS ON THE FACE”

“Six points” are the projection of the trigeminal nerve exit from the bones of the skull to the skin/ the exit points of the triple nerve branches of the zone of 6 points on the face.

SCENAR procedure is as follows: first treat the areas on the lower jaw (mental), then the infraorbital (under the eyes), and the last – supraorbital (above the eyes).

When working with the built-in electrode, it is better to start from the side with the local pain.

When working with the spaced electrodes place one of them on each pair of trigeminal nerve exit points. The treatment is symmetrical.

**Device settings:** F - 90 Hz; Int - 3 – 5; Gap (the coaxial electrode)- 18, Gap (for the spaced electrode) - 12; Energy – comfortable.

Treatment time with the built-in electrode is 1.5 - 2 minutes each point.

Treatment time with the spaced electrode is 2 minutes each pair of points.

Home device Settings Acute pain: FM at the beginning of the procedure locally at the point of pain. F = 90 Hz, labile - moving the electrode from the point of pain to the nerve pathway. If using a spaced electrode, place one pawn on point 1, and the second on the pain point (F = 90).

Energy - threshold of tolerance. The treatment time is 10 -15 minutes.

# SCENAR TECHNIQUE “TREATING 6 POINTS ON THE FACE”

Treat the nerve exit points.

Hold SCENAR on each point for 5 seconds.

**Notice** how the positions change directions on the sides of the nose.

Place the SCENAR as close to the nose as possible while still making good contact with the skin.

In this procedure, DO NOT put it on the nose, but directly adjacent.

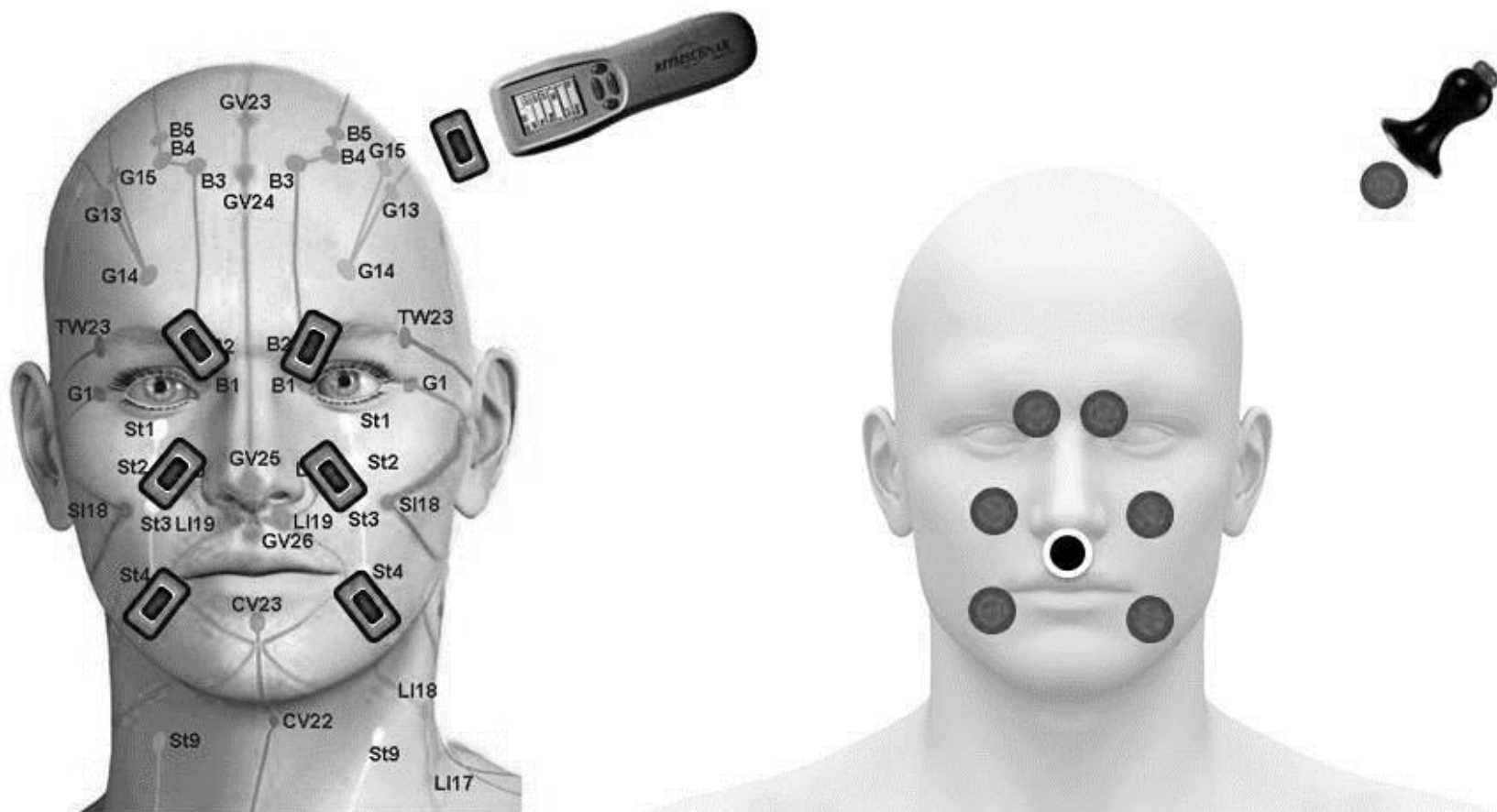
All other positions are vertical. The face is not always symmetrical.

On this particular face, C5 is lower than C6.

That's because one eyebrow is higher than the other

# SCENAR TECHNIQUE

## “TREATING 6 POINTS ON THE FACE”



Use double external electrodes (Mushrooms,Combi.)

Device settings: D-0, SW1 -4 Home : (FM), AM 3:1, E-comf.

Treat each position for 30 secs following the vector.

## **8<sup>th</sup> PROCEDURE (Day 8)**

### **SCENAR TECHNIQUES:**

- Cranial Sacral therapy (see Day 7)
- "Informational cleansing of the Spinal Column"

# Informational Cleansing on the Spinal Column

Indicated in case of tiredness, stress, vegetative disorders, general illness.

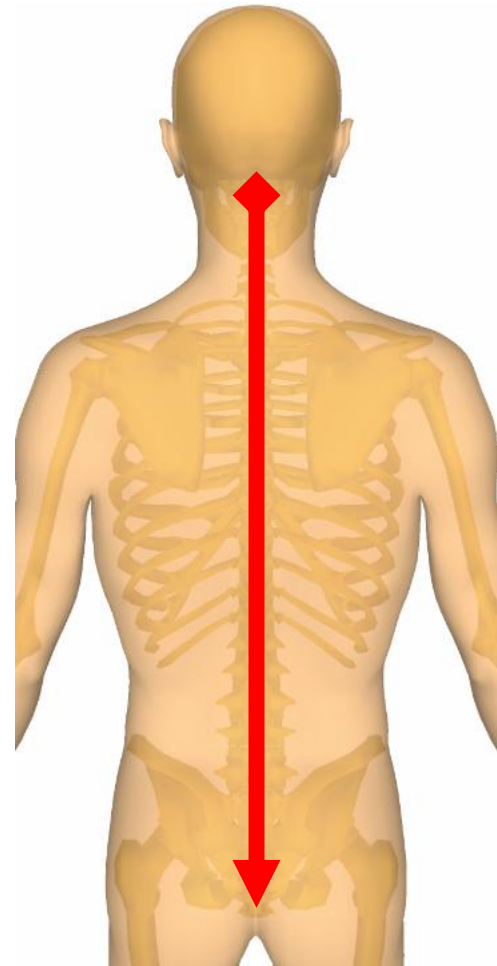
## **Algorithm:**

1. Place the built-in electrode to the suboccipital notch on the middle line of the spine with the long side parallel to the body axis.
2. Firmly pressing the electrode to the skin, move it slowly down to the coccyx, allowing stops on the “sticky” spots.
3. The minimum procedure time is 15-20 minutes for one path.

Try not to take the electrode off the skin. It should move evenly downwards “under its own weight”. The therapist should press the electrode to the patient’s skin and not force the procedure to the end.

# "Informational cleansing of the spine"

This picture illustrates the "Informational Cleansing" by Dr.Yuri Gorfinkel. The built-in electrode is oriented along the spine by its long side, starting from the hair line. The movement trajectory goes along the vertebrae to the coccyx.



$F > 120\text{Hz}$ .

Int.5-8.

E – max

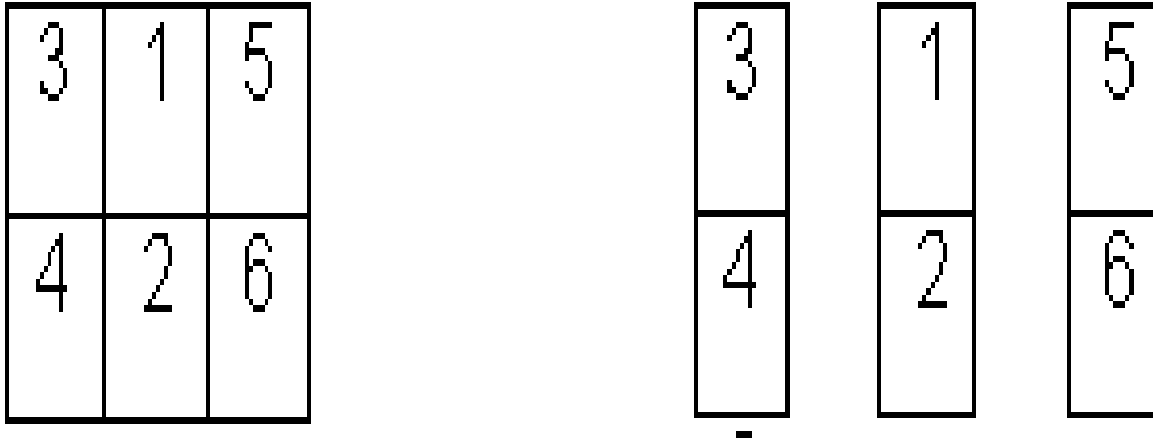
## **9<sup>th</sup> PROCEDURE (Day 9)**

### **SCENAR TECHNIQUES:**

- Cranial Sacral therapy (see Day 7)
- SCENAR TECHNIQUE “SIXES” Simple
- SCENAR Technique “Collar Zone” ( CZ)

# SCENAR TECHNIQUE “SIXES” Simple

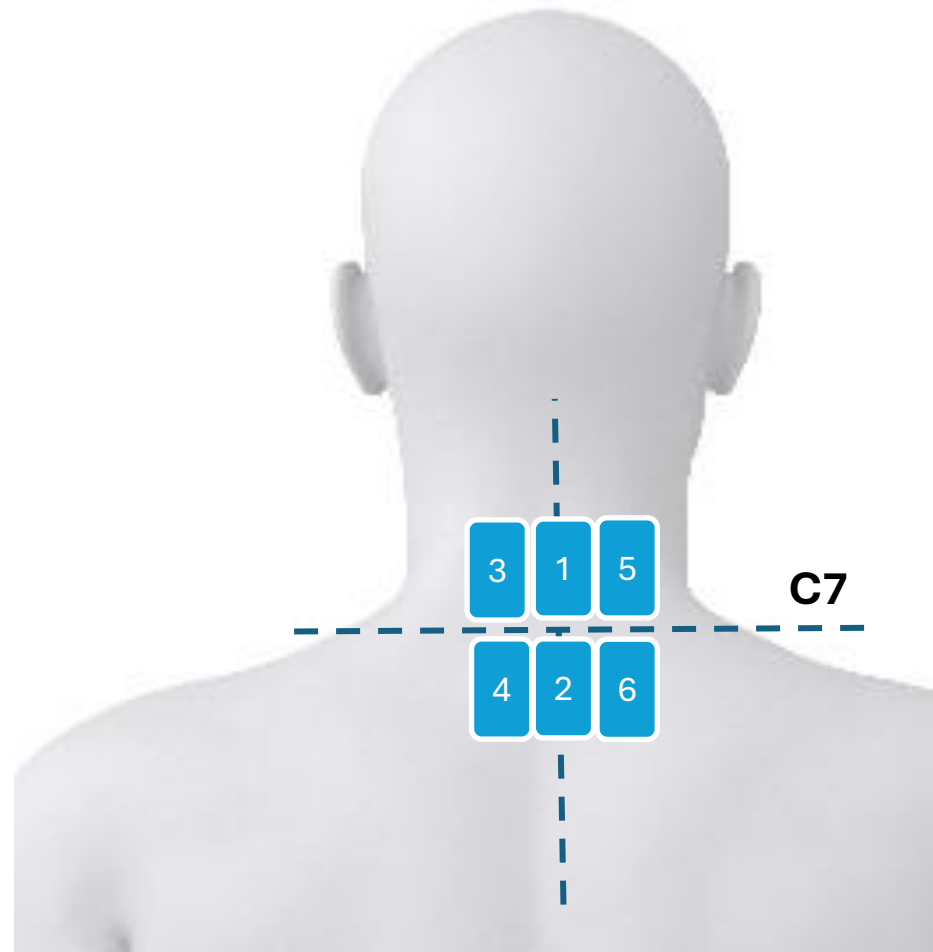
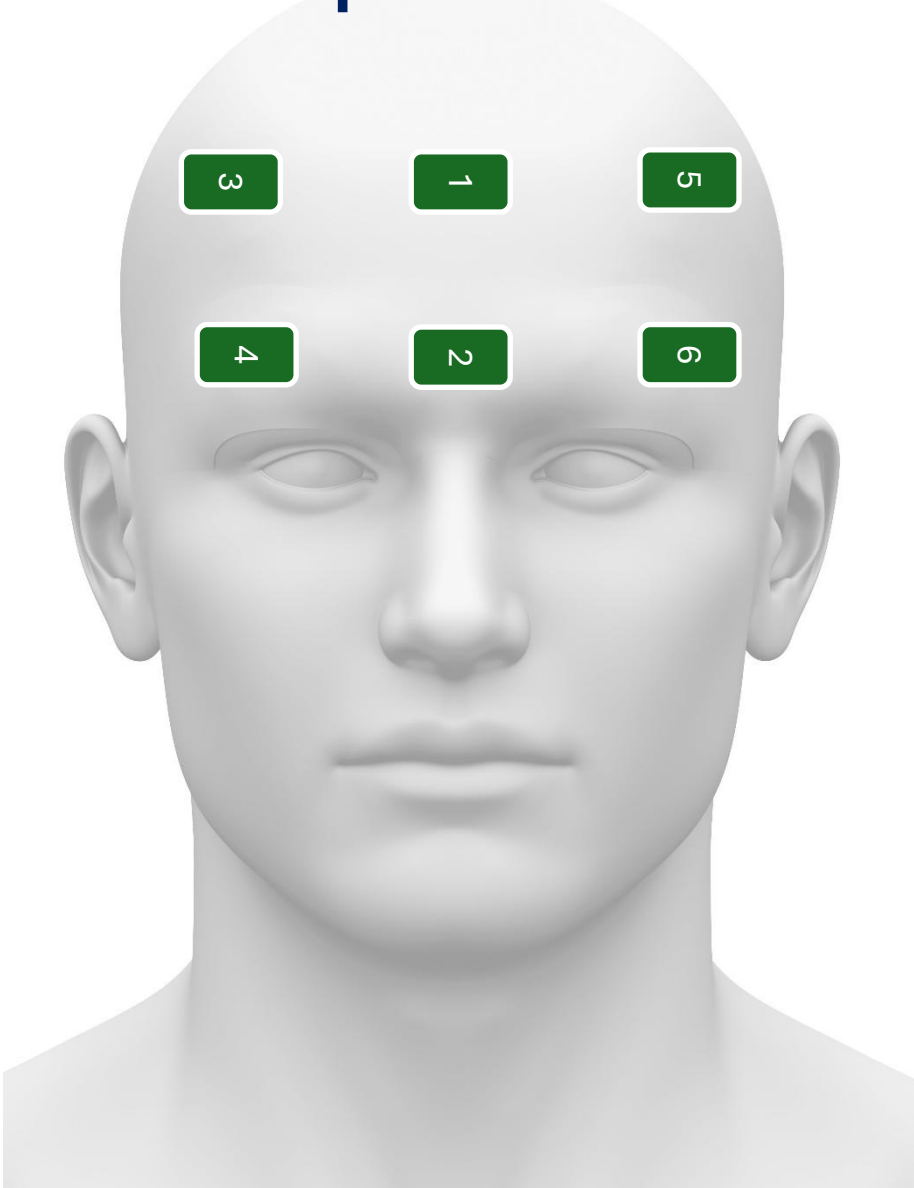
# 6



Principle of treatment – “**Stereo pairs in Three’s**”:

- on each level in vertical pairs measure IR and get Doses (\*)
- when all 6 positions are finished and there are 3 Doses (\*), the greatest gets Zero @ “0”
- do not get Zero @ “0” if there is only 1 or 2 Doses (\*)

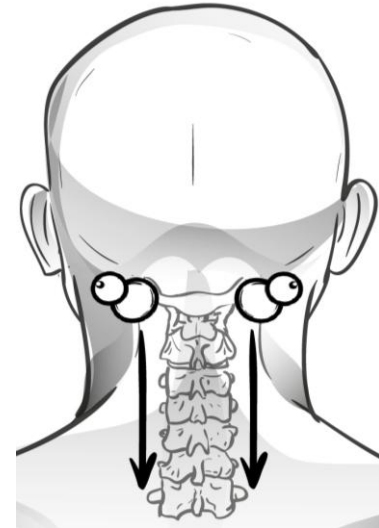
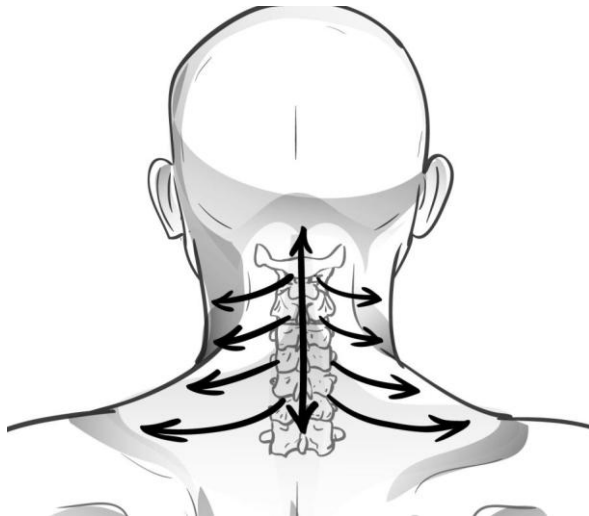
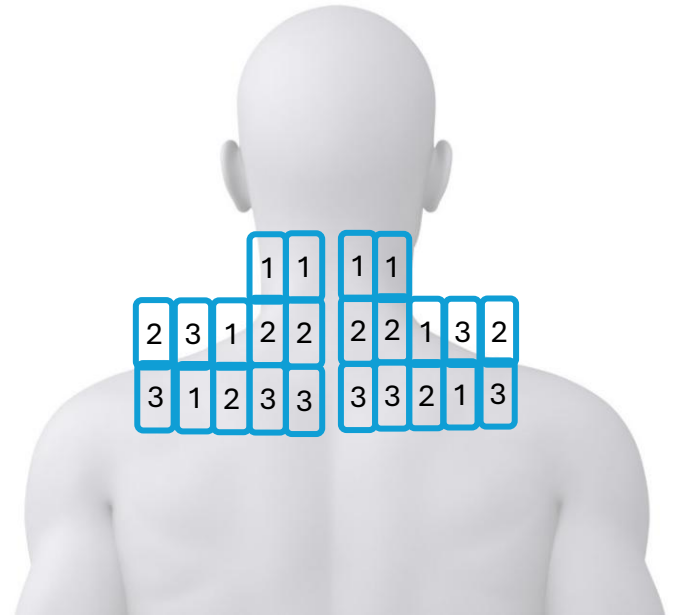
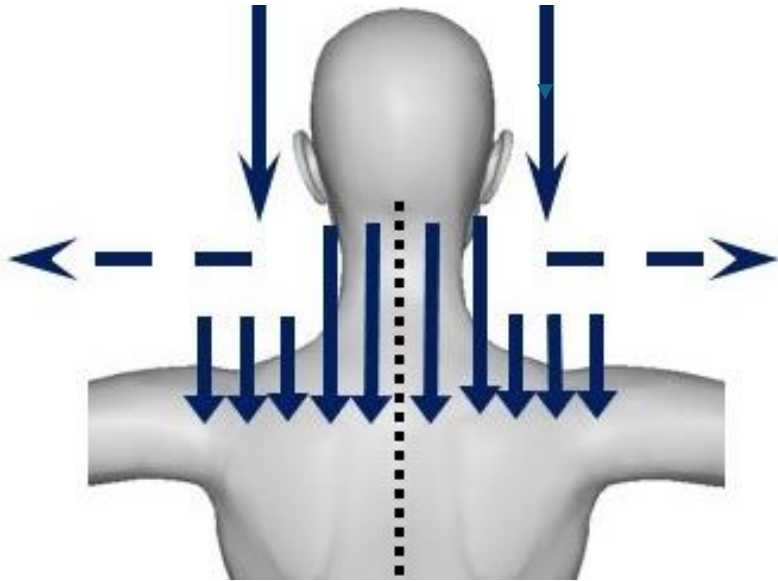
# Simple “SIXES” / “6” on the forehead and C7

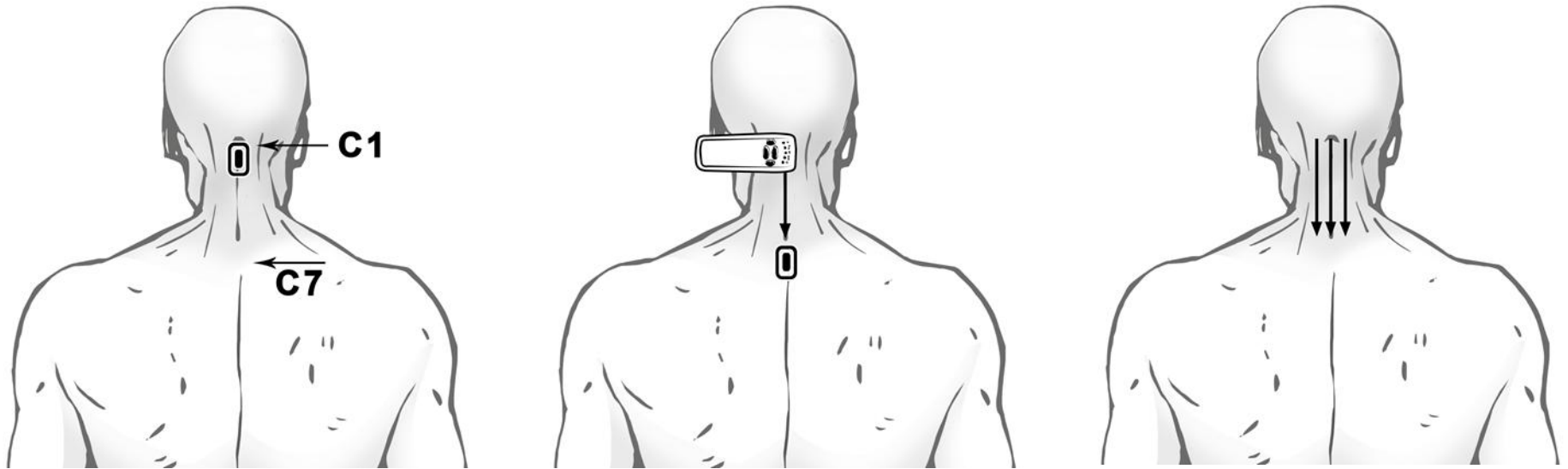


## **Device settings:**

- *D-1, basic settings,*
  - *D-0, SW, or FM, AM-3:1,E-comf*
- Stay on each position for 30 sec*

# “Collar Zone”





**Collar Zone** - the upper border is right under the hairline and projection of the first cervical vertebra C1, the lower border runs in a semicircle from the shoulder girdle through the lower point above the level of the spinous process of the first thoracic vertebra Th1. In front, this area is limited by the anterior edge of the trapezius muscle of the back and the psoas muscles.

