

SCENAR Therapy Using External Probes – Extension of Efficiency.

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Despite the fact that a lot of time has already passed since the TENS and SCENAR devices have been introduced to the medical community and shown their extraordinary curative abilities, yet, the distribution and conveyance of this alternative modality propagates inappropriately slow. Dominating Western medicine imposes strict rules and regulations on any novice medical alternative diagnostic or treatment method, especially based on contemporary electronic technology. As of the scope of our interests, Scenar was confined by the FDA within the narrow frames of definition as the "pain relieving and muscle training device". All those practitioners who use Scenar therapy even for a short period of time, know, that the benefits do stretch far beyond of that definition.

For better understanding of why electricity plays such an important conducting role in our lives, I'd like to remind you about the environment in which the life on Earth has evolved. Geophysicists point out to a cavity that exists between the surface of the Earth and the lowest layer of our ionosphere which comprises 55 km. In 1952 Otto Schumann mathematically predicted and then recorded standing electromagnetic waves in the ELF band. The range of frequencies extend from 3 up to 60 Hz, however, the lowest-frequency (and highest-intensity) mode of the Schumann resonance occurs at a frequency of approximately 7.83 Hz. Furthermore, there are some observations, that the frequencies over 35 Hz are harmful when the life species exposed to them intensely and for a long periods of time. " This is probably because life developed amid the electromagnetic field of the Earth, which geophysicists have measured at about 7 -10 Hz", wrote Dr. Robert Becker who contributed to our science his priceless lifelong research, the part of which he introduced in his splendid books: "the Body Electric", and "Cross Current". A very valuable point that I have retrieved from his conclusions and successfully used in my practice is that the cell has its threshold of acceptance/admittance of both characteristics of current: the frequency as well, as the intensity.

Electrical energy is intimately tied to the human body and influences all of our life functions directly or indirectly. It is important to bring that up to the level of our understanding of that notion. All the leashes extend to the Albert Einstein's famous equation $E=mc^2$. This equation states that all matter is equivalent to energy, at the much slower rate of vibration.

Electricity, or any other manifestation of energy, can only affect the body because it is already wired for it. And indeed, all of our organs and systems, physiology and even pathology need an electrical potential to function. The majority of contemporary diagnostic and

monitoring devices are based on electricity. EKG, EEG, EMG, etc., are proven by decades in practice. Not to mention the permeability of the cell membrane, which would be blocked if the electrical potential of the extracellular liquid would not match to the one of the cell membrane.

Wherever we find the electrical potential, we can be sure that they obey to the rules of the nature and physics. There are two types of electricity: *static electricity* and *current electricity*.

Static electricity is an imbalance of electric charges within or on the surface of a material. The charge remains until it is able to move away by means of an electric current or electrical discharge. Static electricity is named in contrast with current electricity, which flows through wires or other conductors and transmits energy.

A remarkable physician in the Hippocratic tradition, Luigi Galvani, contributed one of the important step stones in propagation of medicine through the path of its evolution. In his well-equipped laboratory he was searching for proof of the electrical nature of the life force, when he came up with an amazing experiment. He observed muscle contraction while connecting those muscles with a dissected spinal cord via metallic wires and termed his discovery as "animal electricity". It is pity, that he failed to understand that electricity was formed in the junction of two dissimilar metals (this correction has been done by Alessandro Volta); and, also, muscle contraction could be caused, simply, by bringing the muscle in contact with the cut end of the spinal cord itself. Galvani also reported his observations of transmission of electrical force across space, when a spark produced by his electrostatic machine caused the contraction of a muscle held with metallic forceps by an assistant across the room. Nevertheless, Galvani, by experimenting with static electricity, has found the current - a discovery, that shaped the world ever since.

However, the electricity at that time was a little-understood, mysterious force, which was claimed as the vital spirit of life itself. In 1790s, Galvani's nephew, Aldini, used multiple applications of *direct current to the patient's head to treat psychiatric condition. Despite Aldini claimed that the treatment was successful, he could hardly be recognized as an unbiased investigator, because of his involvement in attempts of "revivifying" the dead through the application of DC current to fresh corpses to stimulate muscular movement. Nevertheless, this was the first recorded example of electrol therapy with a possible effective "dose" of electricity.*

The oldest known medical document is believed to be written somewhere around 2000 B.C.. This work is attributed to Houang-Ti and known under the name: Chinese Yellow Emperor's Book of Internal Medicine. That book contains almost all the volume of constituents of TCM,

like the concept of bodily energy called chi, which works through the balance of yin and yang. All the meridians and acupoints and the appropriate acupuncture techniques and moxibustion were precisely described as well. Along with acupuncture, the placing of lodestones over the same energy points were also described. Although, the latest was considered as less effective than acupuncture, I'm inclined to view this practice as one of the first attempts in using electromagnetic/energy influence (by means of application of magnetic force) over the particular areas and acupoints. Any of described in that book techniques were viewed as **influencing an internal energy system by introducing external energy**. The above mentioned treatments and concepts must have antedated the Yellow Emperors book by some additional thousand years, allowing necessary time for evolution, starting from preliterate people's practices up to the written manuscript.

Despite, so far, nobody have managed to reveal the nature of Qi in the view of known to physics forces of energy, it is obvious, that we can influence and manipulate the force Qi almost by any means: mechanical, heat application, electrical, magnetic, electromagnetic, light and color application, chemical and, even, psychological. The life force Qi flows through the network of meridians, the knowledge that has been given to us almost 5000 years ago, and now the all mapping of acupoints was proven to be precise by the ingenious invention of Dr. Roman Avagyan; - a device named Acuvision, which enables to visualize acupoints, and even the difference of intensity of the latest's.

In contrast with Qi, we have a different picture of polarization of electricity in human body. In spite of the existence of two above mentioned types of electricity in the nature, all the botanical and living species exist on the current electrical system of different complexity. One of the important properties of the current electricity is polarization which drives the electrical potential via particular pathways and interconnects all systems of the living organisms. The driving force that facilitates the flow of that energy forms from the complex interactions of opposites: chemical, heat and cold, the internal and external electromagnetic fields and so on.

The Law of Polarity is the foundation of everything in the manifested universe. We see examples of this law around us every day: day and night, male and female, cold and heat, happy and sad, up and down, young and old, rich and poor, and so on. These pairs of opposites describe all aspects of our world. The Eight Guiding Principles of Chinese medical diagnosis are completely based on the Law of Polarity. Those principles are as follows: hot and cold, excess and deficiency, external and internal, young and old. Classifying the patients in accordance to these opposite polarities, lead the TCM practitioners to a better understanding of the illnesses and, appropriately, to a more precise treatment recipes.

Understanding of polarity patterns of the body is very essential. Dr. Robert Becker and other researchers conducted measurements to map polarities of animals and humans. They came up to a similar pattern among all creatures. The head and the central line of the body tend to be electoro-positive, while the tale in primitive creatures and extremities in a more evolutionary advanced animals and in people tend to be electoro-negative. A fascinating experiment was conducted by March and Beams in the 1950s on flatworms. When a positive current was placed at the tail, and a negative current at the head, the worm's head actually changed into a tail, and the tail into a head!

The above mentioned pattern of human polarity refers to a normal healthy state. However, when people get sick, the electrical pattern of the human body may be distorted or, even, reverse its polarity within the local or a wider extent. One need to be able to indicate or determine the actual pattern of electrical polarity within the spot or area of medical interest for the conduction of microcurrent electrotherapy, otherwise, the aggravations of the pain and symptoms will pop up out of blue. I would urge you to associate the incorrect placement of electrodes (here I'm talking about the bipolar electrodes) with the connection of positive and negative terminals of jumper cable in an attempt to charge the car battery. If the connection is inappropriate, the "Sparks will fly", or, even, the battery may explode.

Let's consider some tools that we use in our practice. Not crossing the line of the topic of our Conference, I would like to bring to your attention to two principally different probes, that we use: bipolar and biphasic. Bipolar ones, have their positive and negative electrodes distributed on different, two probes, while, the biphasic ones have arranged both, the negative and positive electrodes on one probe. The SCENAR is equipped with the corporal biphasic electrodes. The majority of practitioners inclined to employ the ready to use Scenar, however, they forget to appreciate, or they neglect the presence of a port on the sidewall of the device, designed for switching on the external probes. Any major manufacturer of Scenars, introduces a number of different external probes. However, the majority of those probes designed as a biphasic.

Different shapes and sizes of external probes are designated for conducting treatments in some specific areas of the body where it is not convenient to position the Scenar itself with its corporal electrodes. When the external probe is attached to the Scenar, the corporal electrodes go off. But, a number of years ago I bought a Scenar which did not have such a characteristic. At the first glance, I considered that as a sort of a defect, because one could accidentally touch the Scenar electrode while working with the external one. But, very soon, I started to use both of them simultaneously, enjoying the promptly noticeable difference in results.

I would like to mention that now we will talk about the treatment with two biphasic probes, because the treatment with two bipolar probes has its particularities and rules which shall be regarded, and we will return to that later.

To be able to use two biphasic probes, one need to have a simple adapter which evenly splits the Scenar signal for two probes. I haven't seen such an adapter in the market, so, I made it myself. The application of this type of probes does not significantly differ from the protocols described in provided manuals. There is one difference though, working with two probes enables the practitioner to save time and, most importantly, to get very important advantages.

For example, when I conduct general treatment - three pathways and six points, I do not go through the segments one by one, but use the simultaneous application of probes on the left and right sides of the paravertebral routs. What one may get out of it? First of all, the simultaneous stimulation of two parallel segments of the spinal cord acts more profoundly then in sequential version of it. Spinal cord has a number of crisscrossing pathways within each of its segment and a unilateral stimulation may create an imbalance within the opposite half of the spinal cord. In the same time, continuing this notion, I'm inclined to presume, that the parallel stimulation of the spinal cord, balances the two halves of it, when we have a pathology in reference to one of its side.

The Scenar, surprisingly, feels the difference. If you apply the biphasic external probes on the parallel segments of the spinal cord, in most cases the patient, in the beginning, will feel a difference of the intensity of electricity on the skin - from absent to a certain degree. Thereafter, as a usual, that difference equilibrates upon a time, which, in my opinion, indicates a positive result, that is - the balancing of the imbalanced sites.

I have used these techniques many times, and they are not limited to the general treatment only. They may be applied in a broad spectrum of consideration of different pathologies. I happened to retrieve a very potent fact out of my experience, which is: the Scenar is able to comprehend and analyze the remote areas of the human body, the notion, that was confronted by some Scenar engineers in the beginning, and later, one of them agreed with me and, practically, added an additional port for the second probe.

Apart from all of this, any treatment in different healthcare modalities is being successful when a specific positive vibrational resonance created with the target tissue. Jacques Benveniste conducted a lifelong research in that area and called this principle "digital biology". He scientifically proved the resonant action of homeopathic remedies. An interesting story happened with Dr. Reinhold Voll, which served as a hint for inclusion of a plate from a neutral metal in the circuitry of his device, where he would position different herbs, medicines, minerals and so on, and tested their resonant influence on appropriate acupoints. . While

demonstrating his electronic testing device in professional auditorium, he called a volunteer and started his measurements of distal acupoints. During the procedure he got quite pathologic readings from the intestinal points. The volunteer confessed that he had a diarrhea. During the intermission one of his colleagues suggested to take some medicine against diarrhea and shared couple of pills with him, which he'd put in his pocket. After the break, Dr. Voll resumed his measurements, however, to his surprise, couldn't find any deviation from the normal readings. After questioning the sick gentlemen, Dr. Voll paid attention on those pills in his pocket. When he again repeated his measurements with and without pills, he came to an unmistakable confirmation that the resonant field of those pills, even being within the pocket, corrected the pathological condition.

As I mentioned above, it is possible and beneficial to employ two biphasic probes almost in any treatment protocol. In every treatment manual we can find strong suggestions to treat different, remote from the pathological manifestation of the disease, areas. For example, the treatment of the symmetrical and reciprocal zones are conducted prior to, or after the local treatment. I apply two biphasic probes on those areas in the same time. In my opinion, here we give to the Scenar a direct comparison between the bad and good areas, a ready referenced information for its block of biofeedback response. In such cases the Scenar, supposedly, treats in a more efficient way, quickly switching on the body's defense system and insisting all that algorithm to the defenseless pathological area.

A few years ago I have been invited to see a patient in Studio City. I knew nothing in advance about her, because she was referred and directly appointed with me by one of my colleagues. I saw her at her house, she was a 41 - 42 years old lady at that time. Her head was immobilized and fixed to the right, and she used to drag her left leg to the extent, that she wasn't able to get in the car without the help of her hands. That condition developed during, approximately, two or three months and she was crippled already for four years. I could not retrieve any valuable information about the possible causation of her condition and she didn't have any diagnosis to be able to spell out. Just some occasional symptomatic treatments that she wasn't aware of and, from her wards, the doctors told her, that she would stay crippled for her lifetime. In addition to the problems in her personal life, she lost a lot of business opportunities because of her appearance, especially in movie production business where she had a subcontracting company.

Physical examination did not reveal anything worth of attention, just painful to the touch neck, especially on its right side and flabby muscles in her left leg. The reflexes on her left extremities were exaggerated, also, there was obvious distortion of the pain feeling, scattered all over her left leg.

When I employed my Scenar and started to search for asymmetries, I confronted with a significant stickiness on her right Th6 level about 2 inches to the right from the paravertebral rout. Dealing with this asymmetry, I got a very bright redness on that very spot, which dissipated with completion of two doses.

By the way, I forgot to mention a very important detail, that after the Scenar diagnosis I always activate the auricular master acupoints: Shen Men, Point Zero, Thalamus Point, Master Cerebral Point, Autonomic Point, Endocrine Point, and the other points that I consider to be of interest. Especially, Shen Men and Point Zero open up the body and make it more perceptive to treatment.

Here I want to deliver to you a very important hint: which ear to treat! I'm prone to follow Dr. John Amaro's advice, a brilliant master of TCM, who suggests to conduct a nostril test to determine the side of auricular acupuncture treatment.

Quite simply, if a person applied pressure to the outside of their right nostril, blocking it completely, and breathed deeply through the left nostril, then repeated the procedure on the opposite nostril, one would discover they have a definite nostril that is more open than the other. From an ear acupuncture approach this means if the right nostril is open, the left ear is more receptive to treatment; if the left nostril is open, treat the right ear. If both nostrils are open, treat bilaterally. In addition, I love working with my lasers on auricular acupoints. They work fast and very effective.

Returning to our case, I proceeded the treatment by coupling the information from the different areas of the paravertebral zones with different areas of the affected leg. The session lasted one and a half hours, after which, the patient, on my request to elevate her leg, kicked it above of my head. Despite I appointed sequential sessions to reach a more stable curative effect, she disappeared out of my view. Thereafter, I learned from my colleague who was her friend, that she got a new boyfriend and enjoys her fashionable high heels.

Please, don't ask me for the explanation of this case, because I cannot answer to your question. I may only presume, that I happened to restore the flow of energy through the particular pathways, which were blocked for some reason for such a prolonged period of time. However, I'm inclined to think, that the congruent resonance played its definitive role.

Now, let's talk about bipolar microcurrent stimulation. When the positive and negative electrodes are positioned on different probes, that enables to conduct electrical current between two, close to each other, or remote parts of the body. Here we have to follow the rules, taking in account the map of the electrical polarization of the human body. I will remind

you again: the head and central line of the body tend to be electro-positive, the extremities - electro-negative.

When we do not apply electrodes according to the nature of polarities of the body, we are working against the body, and good results are unlikely. For example, in case of sciatica, when the correct polarity pattern is followed, and a positive electrode is placed on the lower back and the negative electrode is placed on the painful area down the leg, pain is often reduced or eliminated. However, when pain is localized only to the back without radiation down the leg, here polarity is not as much of an issue.

Pain is one of the most disturbing phenomenon that accompanies us all throughout the human history. Because of its complex nature, pain control and management comprises one of the largest concern in any medical profession. The Western and Eastern medicines have different views and theories on pain treatment. For the Western medicine, pain is a neurochemical phenomenon, while TCM views pain as a result of deficiency or stagnation of Chi and/or Blood, and the Liver is the Organ most intimately connected with pain. The Liver's function of Chi flow regulation is of prime importance in acupuncture pain management. There is a very good combination of acupoints, called the "Four Gates", consisting of bilateral stimulation of LI 4 and Liv 3, which is a harmonizing treatment that reliefs many kinds of pain and tension through the Liver. Here I'm using my biphasic probes.

Working with bipolar probes, opens up a wide opportunity in using the large library of protocols and principles of TCM. The difference is, that using the Scenar devices as a source of microcurrent, gives us a huge privilege in comparison with the other existing electrotherapy devices because of the uniqueness of the Scenar signal. Also, the professional models of Scenars designed with much wider options in settings than the standard electrotherapy devices.

I get a noticeable professional satisfaction using different principles and protocols, which are possible to implement only by means of two external probes. For example, the Root and Branch treatment comprises one of the landmarks in TCM. Of course, one may go through the Root and Branch in the sequential way, however, one may get a substantial advantage when using two external probes, whether bipolar or biphasic, which depends on the particular case. By the way, I have found a noticeable advantage in treatment, mostly of joint pains, when I treat them in motion. The constant contact with the patient should accompany this procedure. When treating the joint, whether, with bipolar or biphasic probes, the change in different 3-D positioning of the joint, apparently, opens the new, hidden data for the Scenar, which would have been hidden without changing the position.

I would like to invite your attention on so-called Macro - Micro technique, which I use a lot. It is a combination of the acupoints on the human body and their reference points on, so called, Microcosm, projected on different parts of our body, like: the ear, nose, face, sole etc. Here I have to mention a very important difference: while working with Macro technique, we should keep on the rule of 3Ps - Positive Probe Proximal, when using Macro- Micro technique, the polarity should be reversed. That means, the positive probe should be positioned on the affected area on the body, and the negative probe - on the corresponding acupoint of Microcosm, let's say, auricular acupoint.

I don't want to leave a confusion after my presentation. I am a strong proponent of Scenar therapy in its classic version, and I use it a lot. The ingenious protocols of the pioneers of Scenar therapy, such as Yuriy Gorfinkel, Alexander Revenko and the others, helped thousands of patients and continue to serve as a potent guidelines in alternative healthcare. Nevertheless, life is going on, and the beauty of evolution of the science is in the contribution of new proven discoveries, which are being added to the priceless fund of our Healing Art.