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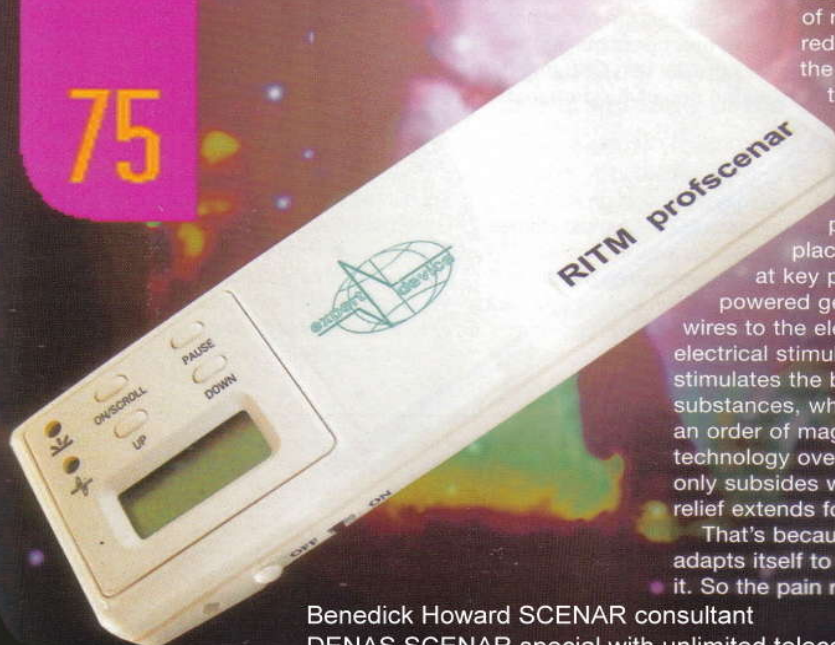
STAR TREK

TREK HEALING DEVICE

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If I told you about a device that takes away pain, speeds the healing of all kinds of wounds, tears and fractures, that is effective in circulatory, respiratory, neurological, genito-urinary, gastrointestinal, endocrine, gynaecological, immunological, dental and psychological disorders, and helps the body naturally re-adjust and re-calibrate its inherent self-healing ability, would you think I'm describing some fantastic, futuristic apparatus?

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While it's part of the reason this instrument has been dubbed the 'Star Trek' device, I can assure you that it exists and is being used in medical facilities around the world. It's the SCENAR device, an acronym for the Self-Controlled Energo Neuro Adaptive Regulator device. It was developed in the 1970s by Russian scientists for the Soviet space programme and was used by the then Soviet military as a battlefield treatment device.

Space-age science

Why the space programme? Well, the needs of astronauts in space are radically different from those of average people on earth. Try running an IV (intravenous) line with no gravity! How will drugs react under conditions of weightlessness? Then there's the sheer number of mediations that would need to be taken to address all the different possible medical problems. Something new had to be thought up. Enter Dr Alexander Karasev, who led a team of physicians and scientists at Sochi University in the 1970s to address the problem. Rather than approach the dilemma from the biochemical viewpoint, which is the basis of pharmaceutical drugs, he and his team opted for a bioelectrical model, which stimulates the body to heal itself. The approach was not without precedent. Medical literature is full of research that shows electrical stimulation can reduce and eliminate tumours, reduce pain, speed the healing of broken bones, etc. But they tended to be isolated studies without a comprehensive approach to treatment. So they started out with a basic electro-stimulation device called a TENS unit – Transcutaneous Electrical Nerve Stimulation is a method of pain relief. In TENS therapy, electrodes are placed on the skin, directly over the painful area or at key points along a nerve pathway. A small, battery-powered generator emits a slight electrical charge through wires to the electrodes. The sensation produced by the electrical stimulation overrides the pain messages and stimulates the body to produce its own natural morphine-like substances, which minimise pain. But the Scenar device is of an order of magnitude greater, a veritable quantum leap in technology over the TENS. In conventional TENS, the pain only subsides while the unit is activated. With the Scenar, pain relief extends for weeks beyond the actual treatment.

That's because with the use of TENS devices, the body adapts itself to the electrical signal and eventually just ignores it. So the pain returns.

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One of the major distinguishing factors in Scenar therapy is that the Scenar device sends out a signal and waits for it to return from the body, like radar. The device reads the returning signal and adjusts its next signal. Due to this biofeedback mechanism each new impulse differs from the previous one, overcoming the body's adaptiveness to a continuous electrical signal like TENS.

Scenar therapy influences local blood flow, regulating micro-circulation. This is important in treatment as blood brings the building blocks for repair and removes dead tissue/waste products.

Internal pharmacy

One of the biggest factors in the effectiveness of Scenar therapy is its ability to induce the release of neuropeptides. While it induces the body to release natural opium-like painkillers called endorphins (similar to the TENS), it is the release of neuropeptides that enables the Scenar to quickly heal burns, wounds, and fractures.

Neuropeptides are a peptide (which can be considered a fragment of a protein as it's made up of amino acids, the building blocks of proteins) found primarily in a type of nerve fibre tissue called Type C.

Neuropeptides regulate so much of our life, from basic cellular functions to emotions and instincts like maternal behaviour and bonding.

Neuropeptides regulate all life processes on the cellular level, thus linking together all body systems. They are the body's 'internal pharmacy', the key in the lock that causes a cascading, chain reaction effect, creating a holistic body response.

Amongst other regulatory functions, they are profoundly involved in inflammation and regulate immune cells like lymphocytes, macrophages and mast cells. This ability to induce release of regulatory neuropeptides is the fundamental reason why one device can be used to treat so many different medical problems including asthma, hypertension, poor circulation, the effects of stroke, even infertility. Essentially, to control the neuropeptides is to control the body!

These are not just claims. Each medical problem treatable by Scenar therapy has been clinically and scientifically investigated and proven to be factual. The best part of the bioelectromagnetic approach to medicine is that it is non-addictive, causes no drowsiness and has no side effects (with the exception of possible skin irritation caused by the electrodes).

The device

The Scenar device looks like a TV remote control, weighing about 300g (10 oz) and is powered by a simple 9 volt battery. At the head of the device, on one side, is a metal plate which is placed in contact with the skin and through which the current is directed.

With the plate maintaining skin contact, the device is slowly drawn over the body

surface, where there is pain, or can be drawn along specific, designated therapeutic regions, such as the spine, paraspinal regions and abdomen, so that numerous areas connected to masses of nerve endings are stimulated. A tingling sensation is a common reaction. As feedback from the nervous system is received by the device through the skin, a new signal is calibrated and sent. A sound is actuated as it receives this neural feedback.

As the device is drawn over the skin, its surface is observed. Special treatment is given to these areas of numbness or 'stickiness' measured by a change in sound. These areas known as asymmetries may not necessarily be located in symptomatic (i.e. painful) areas. It's that simple. A normal treatment session lasts 20-30 minutes, but the effects are deep and far-reaching.

“ a major advance in bioelectric medicine that's like having a whole hospital in the palm of your hand ”

Chronic problems can often be corrected in up to six weeks of SCENAR treatment, usually with long-lasting effect. Acute problems are often resolved in just a couple of sessions.

Statistics from multiple studies conclude that SCENAR treatment is effective in 80 per cent of all cases, a full recovery occurs in two out of three of patients, and significant healing and improvement in the final one of three. These statistics are based on 50,000 clinical cases from 3,000 doctors using the SCENAR device in all parts of Russia, later substantiated by physicians worldwide.

There are virtually no contra-indications for the use of the Scenar, the exception being people with heart pacemakers. After 30 years of clinical use Scenar therapy exhibits no negative side-effects.

Special applications

While the Scenar is effective in treating various ills, it also has application in sports medicine. During the 2000 Olympic Games in Australia, the Scenar was known as Russia's 'secret weapon' aiding Russian athletes in recovering from serious injury and sports teams in Ukraine have their own SCENAR therapy specialists travelling with

the teams on a full-time basis. Athletes from runners to weight lifters, tennis players to golfers, soccer players to rugby players, swimmers to gymnasts can benefit from Scenar therapy, in treating injuries and optimising performance. Pain, cramping, soft tissue injuries, contusions, fractures, tendon pulls and ligament tears are common conditions that can be treated by Scenar therapy and treatment after performance has also proven to be effective in recovering from aching muscles and physical exhaustion.

Another special application for Scenar therapy is in treating animals. Dr Roger Meacock, a British veterinarian, has been successfully using Scenar therapy on a animals, including pigs, cattle, sheep, dogs and cats, and especially horses with musculo-skeletal injuries. John

Hankinson, a blacksmith turned Scenar therapist, also uses the Scenar device in treating horses, especially race horses. Animals don't have a 'placebo effect'.


What's astonishing is that this one device is so broad in its effectiveness, treating heart and vascular problems in one patient, arthritic knees in another, burns in a third, correcting sleeplessness, behavioural problems, learning ability, memory, appetite, sexual function, or physical health in others.

A hospital in the hand

The Scenar device has been approved by the Federal Drug Administration (FDA) in the United States as a biofeedback and electrical stimulation device, which means therapy sessions can be billed to insurance companies.

In the UK, the Scenar device has also been approved as a treatment for pain.

While there are several models available they all fall into the three basic categories of a Home Model, Advanced Model and Practitioner model, and range in cost from US\$350 to US\$3,000.

The Scenar Device – a major advance in bioelectric medicine that's like having a whole hospital in the palm of your hand! 

more information

- Lev G. Fedyniak, MD began his medical career in alternative medicine, studying acupuncture, herbs and other healing traditions in China, Hong Kong, Canada, Ukraine and other parts of the world. Recognising that the allopathic tradition was a necessary component in treating illness, he also trained in allopathic medicine with the Doctor of Medicine MD degree to qualify as a medical doctor.
- Dr Lev makes his home in Ukraine and continues to study new approaches to treating illness and optimising health from traditions all over the world. He has previously published articles on light therapy and vinotherapy (bathing in wine) for *Kindred Spirit* magazine. He can be reached at DrLev@IntegrativeMedicineOnline.com
- For more information about Scenar see www.ScenarDevices.com