SCENAR for stimulating the immune system

These recommendations are not specifically targeted against corona virus or any other virus. These recommendations are specifically target for strengthening the immune system using SCENAR.

Self-isolation is best to avoid the spread of any virus. Staying away from other people 5 meters or more makes the spread of any virus very unlikely — although an unprotected sneeze or cough has been measured to make droplets travel up to 8 meters.

Good organic food with lots of fruit with Vitamin C is certainly a healthy step towards a well ‘oiled’ immune system.

Using SCENAR you can do:

**Pirogov’s or Neck Ring:**

![Neck Ring Diagram](image)

Use Swing modes or AM with different frequencies. Do 5-7 cycles around the neck 1-2 times a day.

**3 Pathways and 6 points**

is always a good protocol to use. If you do not have a partner who can perform this protocol on you do the protocol on the front. It is a bit tricky to do, but possible. Do the 3+6 in either Dose=0 or Dose=1 (brushing or digital) depending on your device and/or training. Some recommend doing 5 paths and 6 points, or even 5 paths and 7 point. The two additional paths are again a width of the electrode further to the side from the paravertebral routes. The seventh point is on the face in the centre of the forehead (‘third eye’ position).
General Adaptation Protocol
can be used if symptoms have already started to show:

**General Adaptation Method**

Little Wings
helps to relax and activate the parasympathetic part of the autonomous nervous system.

**Little Wings**

120 Hz
AM 3:1
Sc3
E – till shoulder movements are visible (~10-20)
**Lambs/clouds or Christmas Tree**

**Lambs/Clouds**
- Start at C7
  - slide down slowly to coccyx
  - while rotating in small circles
  - move device as shown along the dark circles up to C7
  - Slide down to coccyx and do the same on the other side

Then do the red circles and finally the green circles till the whole back is covered.

**Christmas Tree**
- Follow the black arrows from bottom to top first, with slow movements toward the spine, then all the way up to C7.
- Then the next black arrow on the other side.

Follow the same pattern for the red arrows.