

SCENAR for stimulating the immune system

These recommendations are not specifically targeted **against** corona virus or **against** any other virus.

These recommendations are specifically target **for** strengthening the immune system using SCENAR.

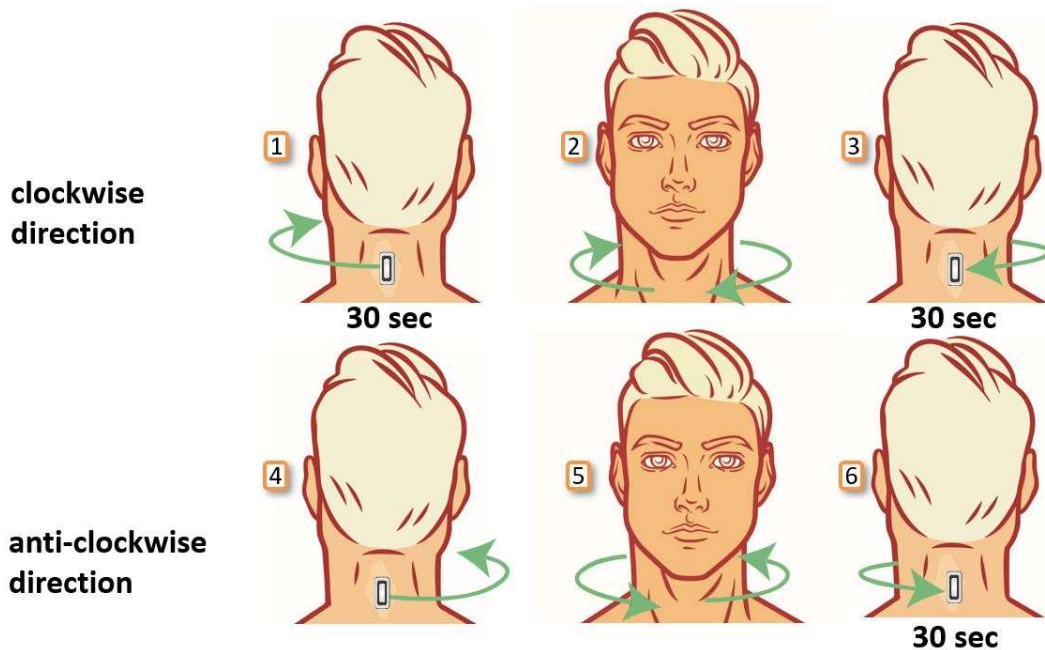
Self-isolation is best to avoid the spread of any virus. Staying away from other people 5 meters or more makes the spread of any virus very unlikely – although an unprotected sneeze or cough has been measured to make droplets travel up to 8 meters.

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

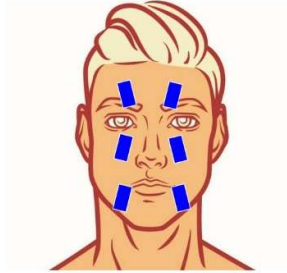
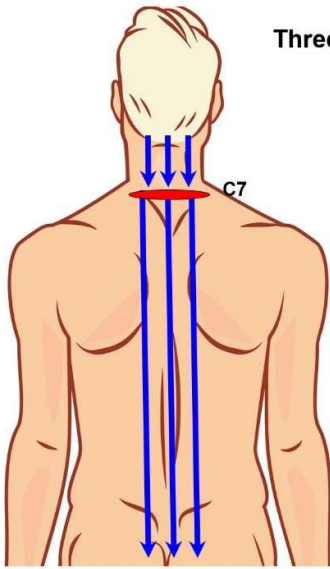


Use Swing modes or AM with different frequencies. Do 5-7 cycles around the neck 1-2 times a day.

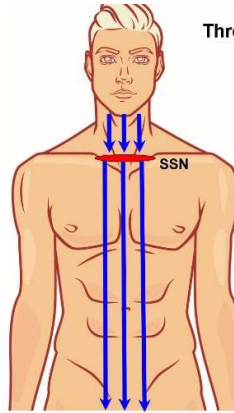
3 Pathways and 6 points

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).

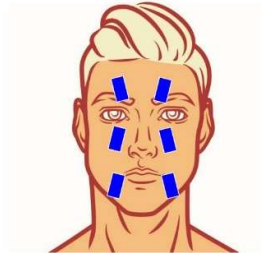
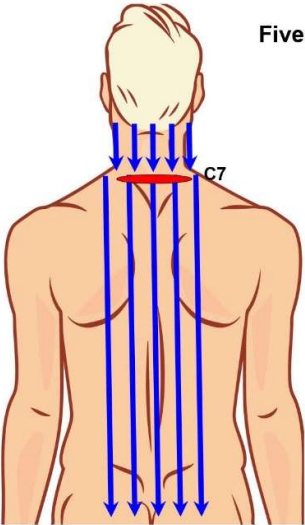
Three Pathways & Six Points



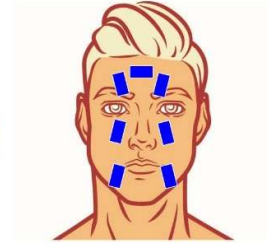
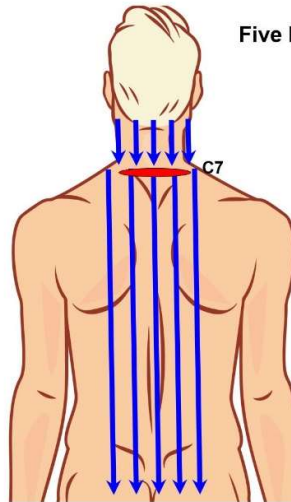
Three Pathways & Six Points
Self-Treatment



Five Pathways & Six Points



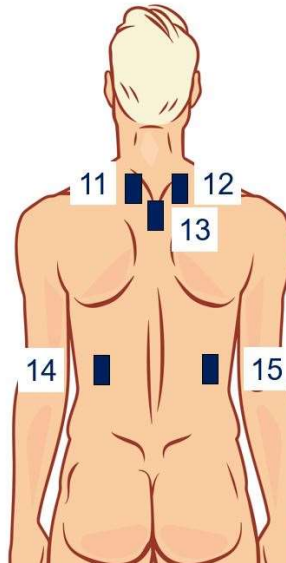
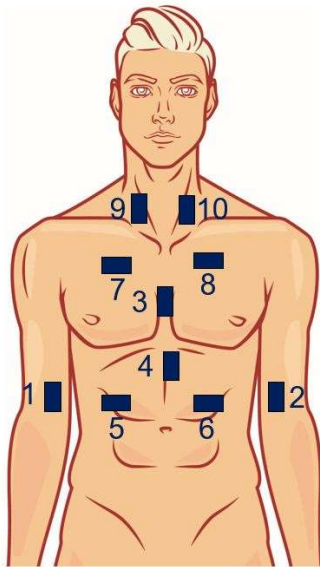
Five Pathways & Seven Points



General Adaptation Protocol

can be used if symptoms have already started to show:

General Adaptation Method



Fm, FmVar, or Sw1

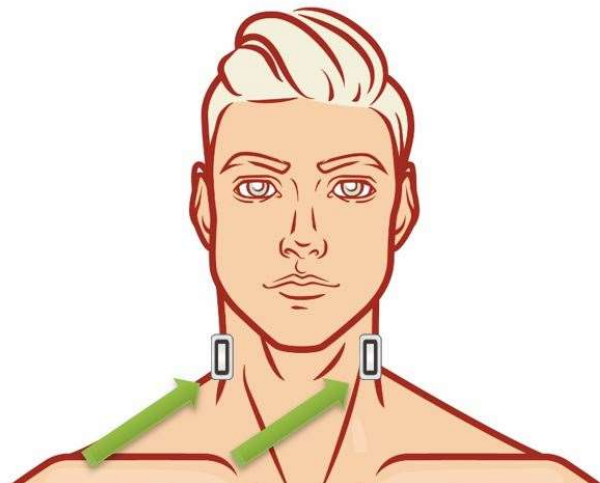
Each position 2 minutes,
or using dual electrodes
1 minute each pair
then change polarity.

Comfortable Energy

Little Wings

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

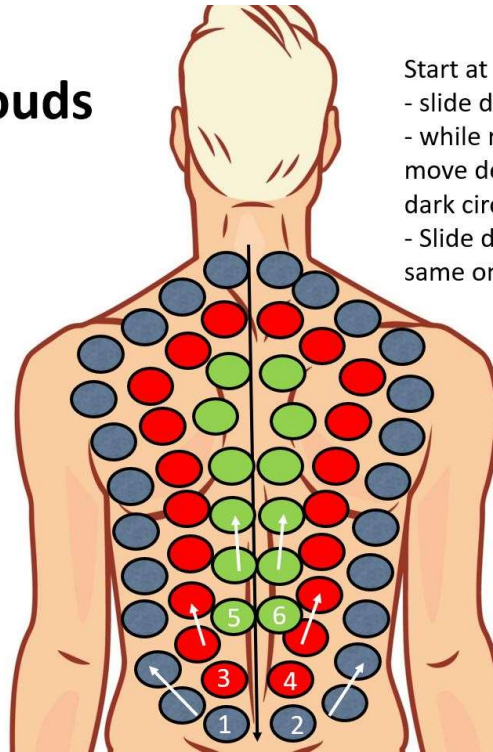
Little Wings



120 Hz
AM 3:1
Sc3
E – till shoulder
movements are
visible (~10-20)

Lambs/clouds or Christmas Tree

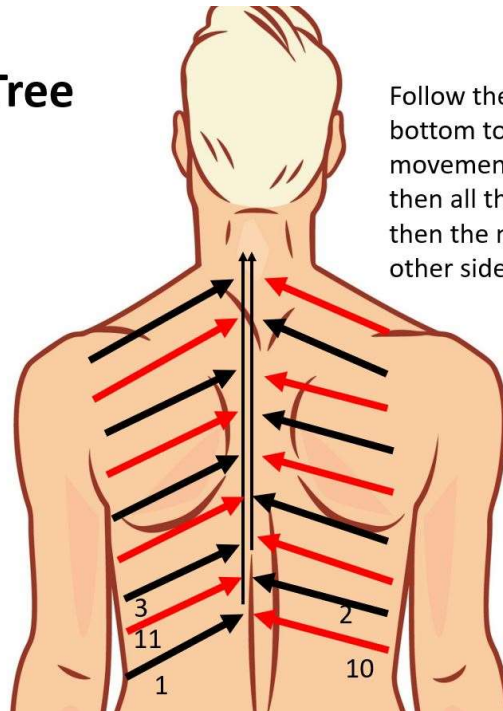
Lambs/Clouds



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