

200+ daily SCENAR uses

20+ Most common and most effective daily uses:

- Chronic pain relief;
- Stress and anxiety;
- Low energy level, lack of focus, low working capacity;
- Insomnia;
- "Feeling down" and clinical depression;
- Suppressed or hyperactive immune system (allergy, asthma);
- Osteoarthritis;
- Sprained and strained muscles and ligaments;
- Frozen shoulder, rotator cuff, tennis elbow;
- Sinusitis;
- Indigestion, heartburn, upset stomach, constipation/diarrhea;
- Bladder infections and prostatitis;
- PMS and painful cycles;
- Male and female infertility;
- Migraine and regular headaches;
- Trigeminal nerve pain and inflammation;
- Diabetic neuropathy;
- Eye and ear infections and inflammations;
- Macular degeneration (AMD);
- Toothache and gingivitis;
- Skin scratches, cuts, burns, and inflammations;
- Bruises, contusions, fractures, and other traumas and injuries;
- Sexual dysfunctions.

General uses:

Note: the stats below were accumulated for the first generation SCENARs; with adding COSMODIC, in our experience, the success rate increases on average **7-10%** (unconfirmed; valid clinical studies were not attempted)

Figures are based on the experience and reports of Russian SCENAR therapists published in the annual digests *SCENAR-Therapy* and *SCENAR-Assessment 1997 – 2007*.

Diseases of the Muscles, Ligaments, and Bones:

- Osteoarthritis; gout; sprained, strained, and torn ligaments; torn meniscus; rotator cuff;

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deformities and contractures of fingers and toes; bulged spinal discs; stiff joints; pain and stiffness in the neck and shoulders; frozen shoulder; scoliosis; pinched nerves; upper, lower, and middle back pain; sciatica; lumbago; muscle atrophy; bursitis; tendonitis; muscle pain; paraplegia; osteoporosis etc.

Average effectiveness in this group was shown to be **79%**.

Diseases of the Heart, Blood and Lymph:

- High blood pressure; low blood pressure; angina; atherosclerotic heart disease; cardiac arrest; heart failure; stroke consequences; vertigo; headache; atherosclerosis; thrombophlebitis; varicose veins; hemorrhoids; lymphadenitis and lymphoedema etc.

Average effectiveness in this group was shown to be **82%**.

Diseases of the Throat and Lungs:

- "Common cold"; flu; sinusitis; sore throat; laryngitis; bronchitis; abscess of nose and/or throat; pneumonia; asthma; emphysema; pleuritis; respiratory failure etc.).

Average effectiveness in this group was shown to be **84%**.

Diseases of the Digestive System:

- Dyspepsia; nausea; heartburn; indigestion; upset stomach; gastritis and stomach ulcer; colitis; Chron's disease; irritable bowel syndrome; constipation; diarrhea; anal fissures; alcoholic and toxic liver diseases; hepatitis; cirrhosis of liver; cholecystitis and gallbladder stones; pancreatitis etc.

Average effectiveness in this group was shown to be **93%**.

Diseases of Urinary System and Male Genital Organs:

- Kidney infections and inflammation; kidney failure; kidney transplant; kidney stones; bladder infections; overactive bladder; interstitial cystitis; urethritis etc.

Enlarged prostate; inflammation of prostate; testicular problems; male infertility etc.

Average effectiveness in this group was shown to be **89%**.

Disorders of Female Genital Tract; Pregnancy, Childbirth and the Puerperium:

- Fibrocystic breasts; mastitis; inflammations and infections of ovaries, tubes, uterus, vagina, and vulva; endometriosis; ovarian cysts; erosion and polyps of cervix; painful, excessive or irregular periods; vaginal dryness; PMS; hot flashes and other menopausal disorders; female infertility etc.

- Disorders of pregnancy: morning sickness, bleeding in early pregnancy; excessive vomiting and various veins; vaginal and urethral infections; swelling; kidney inefficiency; liver disorders in pregnancy etc.

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- Childbirth disorders: weak labor; bleeding; maternal distress and depression; baby stress and asphyxia; various complications of anaesthesia in labor; severe baby bruising; torn soft tissues; mastitis; cracked nipple; suppressed lactation etc.

Average effectiveness in this group was shown to be **78%**.

Diseases of the Nervous System:

- Meningitis; multiple sclerosis; ALS; Parkinson's; epilepsy; migraine and other headache syndromes; sleep disorders; inflammation of trigeminal, facial and other cranial nerves; Bell's palsy; trigeminal pain; nerve compressions; phantom limb syndrome; inflammatory and toxic neuropathy; cerebral palsy; hemiplegia, paraplegia and tetraplegia; Turette's etc.

Average effectiveness in this group was shown to be **81%**.

Diseases of the Ear:

- Inflammations of the outer and inner ear and Eustachian tube; hearing loss; tinnitus; ruptured eardrums; mastoiditis; loss of equilibrium etc.

Average effectiveness in this group was shown to be **82%**.

Eye Disorders:

-Inflammations of eyelids (blepharitis) and conjunctiva (conjunctivitis); corneal inflammations, scars and opacities; uveitis; blood in the eye; glaucoma; macular degeneration; vitreous haemorrhage; optic nerve inflammation and atrophy; "lazy eye"; postsurgical conditions and light sensitivity; eye dryness etc.

Average effectiveness in this group was shown to be **93%**.

Diseases of Mouth and Teeth:

- Dental caries and toothache; sensitive teeth; abscessed teeth; root canal teeth; cavitations; gingivitis; periodontosis; abscess of saliva gland; inflammations of mouth and tongue etc.

Average effectiveness in this group was shown to be **91%**.

Skin Diseases:

- Skin Infections: acne, pimples and boils; dermatitis; cellulitis; acute lymphadenitis; eczema, neurodermatitis; diaper rash; itchy skin; allergic and irritant contact dermatitis; psoriasis; sunburn and other radiation-related disorders; alopecia; skin scratches, cuts, and ulcers etc.

Average effectiveness in this group was shown to be **68%**.

Injuries and Traumas:

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-Abrasions; blisters; contusions, incl. bruise and haematoma; insect bites; open wounds – animal bite; cut; laceration; puncture wound; fractures; dislocations, sprains and strains of joints and ligaments; injuries to nerves and spinal cord; transient paralysis; paraplegia; quadriplegia; injuries to blood vessels; injuries to muscles and tendons; crushing injuries; injuries to internal organs etc.

-Burns and corrosions (thermal burns from electrical heating appliances, electricity, flame, friction, hot air and hot gases, hot objects, lightning, radiation; chemical burns, external and internal; scalds); Frostbites; Poisoning by drugs, medicaments and biological substances; toxic effects of substances chiefly nonmedical as to source; effects of radiation; effects of heat and light; hypothermia; effects of air and water pressure; asphyxiation; effects of certain deprivation, as effects of hunger, thirst; physical or intellectual exhaustion; maltreatment syndromes; allergic shock and anaphylactic reactions; consequences and complications of trauma, including surgical and other medical traumas.

In **this entire group** the application of SCENAR was shown to be **extremely effective**. Effectiveness of SCENAR-therapy was proved to be in direct dependence of possibility to use the device in the earliest period after trauma.

Other applications:

-*Certain infections and parasitic diseases* (cold sores and genital herpes; herpes zoster; trichomoniasis; gonococcal and chlamydial infections; acute viral hepatitis A,B,C,E; chronic viral hepatitis B,C; infectious mononucleosis; whooping-cough; superficial candidiasis (yeast infection); tape worms etc.).

- *Immune system disorders* (haemophilia; allergies and allergic rash; immunodeficiencies; autoimmune disorders (such as fibromyalgia, rheumatoid arthritis, IBS etc.)

- *Endocrine, nutritional and metabolic diseases* (diseases of thyroid gland – hypothyroidism, goitre; thyrotoxicosis; diabetes mellitus; ovarian and testicular dysfunctions; metabolic disorders.

-*Mental and behavioural disorders* (amnesia; dementia; substance abuse and addictions; hysteria; depression; phobias; anxiety; stress-related conditions, such as an acute stress reaction, post-traumatic stress disorder, adjustment disorders etc.; hypochondriacal disorder; cardiac or gastric neurosis; neurocirculatory asthenia, psychogenic forms of aerophagy, cough, diarrhoea, dyspepsia, pylorospasm, irritable bowel syndrome, dysuria etc., psychalgias; neurasthenia; eating and sleep disorders, sexual dysfunctions; autism; tic disorders, nonorganic enuresis, stammering etc.

Average effectiveness in this group was shown to be **81%**.

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