

## Some Practical Advice to Our New Clients

### KEEP THE FAITH LEARN TO LOVE YOURSELF AND YOUR BODY

If you want to get your health back, dedicate a few weeks of your life to this purpose and consider your SCENAR therapy a serious work, requiring your complete devotion. Your efforts will be returned a thousand fold. This time may become a turning point in your life... if you *really* want to get healthy. Because if you don't, we cannot help you. Nobody can.

SCENAR Therapy is quite different from conventional therapeutic methods with regard to the way it looks at health problems. *Open your mind.*

**Read with attention all the information we have prepared for you and watch videos. It is very important that you fully understand what we have to do together and how. If something remains unclear, do not hesitate to ask for additional explanations.**

It is highly recommended to keep a **Diary** during the entire period of your recovery. Record all your observations and comments.

### GETTING READY FOR YOUR SCENAR THERAPY

Teach your consciousness to actively work towards recovery:

- **Develop positive thinking:** convince yourself, even force yourself to believe, that you *can and will* recover; be prepared to accept any and all changes in your condition in the process of therapy as sequential steps on the way to health;
- **Realize the importance** of your own role in your recovery. Do not rely too much on either our devices or on your therapist because no one can grant you health. As you well know, "if you want something done, do it yourself" ☺;
- **Develop confidence** in the capacities of your body; *learn to trust it.*
- **Learn to understand** the language of your body. Listen to what and how it is trying to tell you about its condition and needs.

You can increase the efficiency of therapy by avoiding *any extreme conditions* (such as stress, intellectual or physical exhaustion etc.) and minimizing **all strong influences** upon yourself (psychotherapy, intensive physiotherapy, alcohol, drugs etc.).

Try to use your medication **only if you need it**. Be particularly careful with hormones, antibiotics, or psychotropic medicine. Discuss their combination with SCENAR Therapy with your therapist. **Without fail** let your therapist know about any medication or other treatments that you are or will be receiving.

- In order to help the body restore its functions faster, **activate your consciousness:**
  - **force** the affected part of the body to work, constantly and gradually *increasing the work load*; consult your Therapist about the recommended work load - and follow his advice, even if it temporarily intensifies your complaints;

- **imagine** your reduced functions *as normal*, thus showing your body *the goal to reach for*; constantly push your body to work in this direction;
- **celebrate victory**, when *the working capacity is restored*, even though the anatomical structure may not be fully regenerated yet, and you still may have some minor complaints.

As a general advice: don't try to stop, to cease the progress of your disease but consciously **push it forward**. The faster your disease will pass through all stages of its cycle, the faster you will become 'disease-free'.

Note *every single step forward*, regardless of how small.

**Thank your body for it!** With every such step it is proving to you that it is willing and able to do the job. **Don't hinder, just help.**

## GETTING READY FOR A TREATMENT SESSION

Listen to yourself carefully and assess your general state: mood, sleep, appetite, working capacity. This state reflects the *general level of energy* in your body and serves as a very important indicator in the process of therapy. Record your observations.

Listen to your body and try to pick out and describe your **main complaints** *as they are today* and note their change with time. How are they changing depending on physical activity, movements, changing body position, temperature, pressure, different food, sleep, medication, or any other kind of influence? Record your observations.

After you've isolated and identified your complaints, try to find a difference, **asymmetry** between the similar parts on the right and on the left sides of your body with regard to their *appearance and functions*. Use a mirror, examine yourself, test the functions of various body parts and **try to find a difference**, especially in the intensity of complaints.

Take notice of the condition of your **spine**. Any restriction of movements, back pain, deformations etc.? Don't forget to point it to your therapist.

Examine carefully your **skin** and visible mucus membranes and note its general condition in various areas (colour, moisture, temperature, tonus, smoothness, and sensitivity). Concentrate in particular on the presence of any *additional formations* – moles, pigment spots, blemishes, rash, pimples, cracks, ulcers and sores etc. Point your therapist's attention to *any unusual changes*, wherever you find them.

**Preserve the information** your skin naturally contains. Don't take a bath or a shower for at least *two hours* before your treatment session. Don't use any ointments, lotions, or too much make-up. Give your skin a chance to be natural and informative for our interactive devices.

For your treatment session, dress in clothing containing minimum synthetics and wear only the jewellery you *permanently* wear.

## DURING A TREATMENT SESSION

Right before the session begins, listen carefully to your complaints and identify **One Main Complaint**. Describe it to your Therapist with details of its location, character, intensity etc.

Check the affected part of your body. Memorize *the level of restriction of its functional activity*. What is the reason for this restriction?

During the treatment session listen to your body all the time. It will try to talk to you. Note all the changes and all new sensations, *regardless of their place and character* (especially if this is something unusual for you). **Keep telling your Therapist about everything you sense or perceive!**

This information, being the language of your body, is very important in order to make the best choice of treatment tactics. Remember, that *you are the only source* of this information.

During a SCENAR or a Soft Laser procedure be attentive to the changes in your sensations **on the site of the procedure**, especially with regard to their intensity, character, or location. Immediately tell your Therapist about everything that you've noticed.

Constantly **listen to your Main Complaint** and check it from time to time during the treatment session. Watch its changes and keep telling your Therapist about all your observations.

At the end of the session check again the affected part of your body. **What is new** in the condition of this area? Compare *the initial* - and *the new* condition of your *complaints* and *functions*. **Note the difference** and memorize it.

**Don't forget to thank your body for the job well done!**

## **BETWEEN SESSIONS**

After each treatment the information about it will stay on the skin surface, continuing to influence your healing process. In order to save this important information, don't swim, don't take a shower or bath for **at least two hours** after each session.

If you use the Solaris Blanket at home, *do not wash cotton sheet* during the whole period of treatments (or not more often than once a week).

Watch carefully the dynamics of your **general state**. Each day evaluate your mood, sleep, appetite, and working capacity.

Note appearance of the *first positive changes*. These changes will signify that your body has increased its energy level and has begun the re-organization. Communicate this to your Therapist – he/she is waiting for this important sign.

Examine your **skin** on a regular basis and note *any changes*. Don't be afraid of the appearance of *any new elements* in any area of your skin (pimples, rash, redness etc.). The more intensive they are, the better. This is considered to be a very good sign, which shows that your disease is going *"from the inside out"*. Show it to your Therapist to make him happy!

During the whole period of therapy watch **the dynamics of your main complaints and functions** of the affected parts of your body between treatment sessions. Compare your complaints, functional abilities, and general state daily *on a regular basis*.

Particularly important are comparisons made *in the similar conditions* (at the same time, with the same movements or work load etc.). Note and assess (on the scale from 0 to 10) **all the changes** that have happened. **Learn to see the difference!**

Remember, that your main objective is not to kill your complaints, but to **get to the source of your problem** and help your body solve it.

This mission is impossible without communication with your body, which talks to us through complaints. Killing complaints will make your body *mute, but not healthy*. Therefore, no matter how much you would like to get rid of complaints right away, we still ask you for the period of therapy to **be patient to 'the voice of your body'**.

Your complaints will leave in due time, when the body solves the problem – and then they will leave for good.

The above means that during the period of therapy you will experience **all kinds of changes in your complaints**. Sometimes they even may temporarily become more intense (especially if you hit what is called “the healing crisis”) - and even new ones may appear. Mention the changes to your Therapist - but don't let doubts settle in your mind. The character or intensity of complaints **is NOT** the main indicator of the success of therapy. The change, **the dynamics of complaints** is.

In SCENARtherapy *any and all changes* in your body during therapy signify the **continuing movement towards recovery** and must be evaluated from this point of view. Learn to see the changes in your body and realize that in most cases even intensified complaints take on a different character or place (*“this is a different pain”*). Most likely, in this situation you will also find the increased functional capacities of the affected organ or a body part (*“I can now do more”*).

As a rule, in the process of recovery **restoration of functions of any organ precedes the restoration of its structure**, because function is generally more important for life.

That is why you will notice that in the process of therapy the increase *in working capacities* of the diseased part of your body almost always happens **prior to** the improvement in its appearance or its *structure*. Your general state and functions will improve faster than the data of objective tests (X-Ray, ultrasound, CAT Scan, lab etc.). **Aim at the general state!**

## **YOUR TREATMENT COURSE IS FINISHED**

It is very important to remember, that this is *not the end* of your recovery process yet. Tuned anew, your body will continue its reorganization to complete natural healing. **But now it can do it on its own.**

That is why it is better to do the *final evaluation* of the results of all your work **in three to six weeks** after the end of treatments. Your Therapist will suggest the optimal time for you. The comparative objective tests will be more objective at this time as well.

It is possible, that in certain complicated situations the treatment course will have to be repeated. Well, sometimes it takes a little longer... But you already have proven to yourself, that **YOU CAN DO IT!**

**Always keep the faith**