

## “INFORMATION CLEANSING” Technique

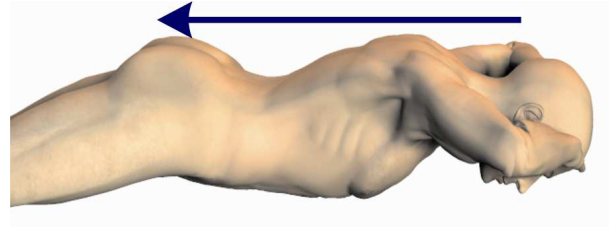
*This publication is based on the research of the Russian scientists and founders of Scenar therapy such as Y. Gorfinkel, Prof. A. Revenko, Y. Grinberg and others*

### Definition

- Use this technique when you examine the signs of dynamics or drainage
- Organism is recovering from the illness (by Hering rule the illness goes from inside to outside) and we use a similar technique

### Indications:

- 1. Dynamics during treatment
- 2. In cosmetology combine Cleansing with Cross, Pyramid and Spiral
- 3. Complaints include tiredness, insomnia, apathy, depression, fear, low productivity
- Chronic Fatigue Syndrome
- Menopause syndrome
- For athletes during training and competition ( combine with spirals)
- Practically healthy persons – when they feel: tiredness, sleeping problems, irritation, anxiety, unrest
- Low patient’s energy
- When the patient has no dynamics



### **REALIZATION RULES**

- ZONE: spine area, from hair to coccyx
- PATIENT’S POSITION – lay down on the abdomen
- You can also combine with PRANAYAMA (right breathing feeds the body and spirit)
  - - with left thumb close right nostril and count 4
  - - close both nostrils and count 6
  - - open right nostril and slowly exhale all air counting 8
  - - repeat the same but start with left nostril
  - - repeat 10 times

### **ELECTRODE POSITION –**

horizontal, with stopping on the first and the last positions for 30 seconds

- Move the electrode slowly, don’t detach from the skin
- Repeat these actions minimum 3 times, maximum - 8
- Starting from 4-th processing/applying change the settings every time
- Criterion of completion – hyperemia in every part of the spine

Cleansing - in belly position, head is on hand, just or in the seat, Diag = 0:

- 1-3: F 60      Am=: comfortably
  - 1-4: F 150 \*      Am=: comfortably
  - 1-5: F60,      Am=: min, Int. 3 (2-8) \*, Z 10
  - 1-6: SW1      Am=: comfortably first, then swing
  - 1-7: FM Var      Am=: how 6
  - 1- 8: FM Var      Am=: how 6
- \* best of all individual setting

No treatment of asymmetries of case

