

By Irina Kossovskaja, MD, PhD, DNM

How to Choose Your SCENAR Device

Your Guide to Success with SCENAR

Which SCENAR is Best for
ME?



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How to Choose Your SCENAR Device

From the Author

Congratulations on your decision to get yourself a SCENAR or COSMODIC® device!

This is going to be one of your wisest investments. There is nothing more important for you and your family's happiness and prosperity than **HEALTH** – and SCENAR and/or COSMODIC® undoubtedly are amongst a few most effective and cost-efficient tools to obtain health.

Now you need to choose **which model of a SCENAR/COSMODIC® device to go for**. It's so many of them out there these days...

I have been around SCENAR for a long time witnessing its evolution first-hand from nearly its inception, or the 'troika' days (*'Troika' is a Russian name for the grandmother of all SCENARs – the SCENAR-035 model – I.K.*). I always remained an 'independent expert' in the field staying as unbiased as I could, and over the years I facilitated a countless number of happy unions between people and SCENARs.

As a result, I developed a certain 'sixth sense' with regards to the device choice. It is when you *intuitively know* which device will be good for a particular person or a particular health situation. That also means that I can see certain **common trends** and select certain criteria for forming 'happy unions'.

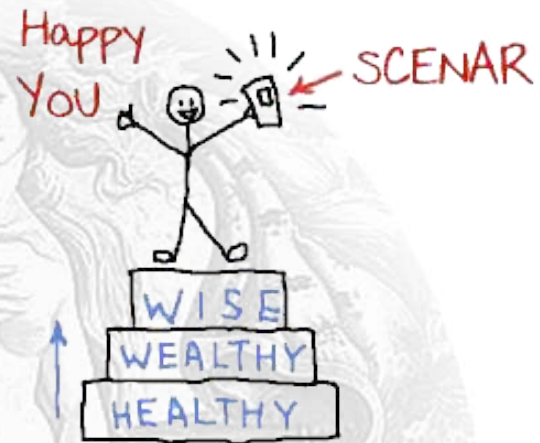
I intend to use this knowledge now to formulate some **general guidelines** for those who have made a wise decision to acquire a SCENAR or COSMODIC® device - which, in my vision, ultimately should be every person on the planet.

It is my sincere hope that my recommendations will help you find your perfect SCENAR match, and you and your SCENAR or COSMODIC® device will live happily ever after ☺

Dr. Irina

P.S. The text below is partially taken from my e-book "**The SCENAR Fair: Second Edition**". That's why you may see references to the other parts of the book here and there throughout the text.

I put the most important reference material as the **APPENDIX** to this report (primarily the explanation of different 'zones' and SCENAR 'generations'). You can find a free download of the entire ebook at www.ScenarReviews.com (if the site is not there yet, check in a week or two; it will be there eventually ☺).



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TABLE OF CONTENT

From the Author	2
INTRODUCTION	4
PART 1. SCENAR FOR TEMPORARY PAIN RELIEF	8
PART 2. SCENAR FOR ACUTE DISORDERS	10
PART 3. SCENAR FOR CHRONIC DISORDERS	13
A. Choosing a SCENAR for SELF-CARE	15
COSMODIC® for Self-Care	16
SCENAR for Self-Care	20
The Healing FUSION for Self-Care	22
The Health BOSS System for Self-Care	24
B. Choosing a SCENAR for PROFESSIONAL use	26
Systemic Interactions	26
Practicing the SCENAR TECHNOLOGY	32
Practicing the ‘APPLIED SCENAR’	35
CONCLUSION	37
APPENDIX	38
The Birth of SCENAR Generations	
Evolution of SCENAR Technology	44
About the Author	47

INTRODUCTION

Certainly, the choice of a SCENAR/COSMODIC® device is very individual; there are no standard solutions.

When asked for advice, we always try to match a particular device to the ecology of our client's life and health and even to his/her personality. Sometimes, it almost feels like matchmaking – and for a good reason.

We are actually matching two complex systems, which, if compatible, together create a qualitatively new union, where
the whole becomes much more than the sum of its parts.

In this situation $1+1=11$, not 2 – and thus healing miracles become possible.

$$1+1=11$$

First of all, let's be clear on what you are actually acquiring by purchasing a SCENAR device.

You are not just buying a sophisticated piece of electronics, a new gizmo, a tool, or even a magic wand that is going to make you healthy. What you are getting is

A TRUE FRIEND.

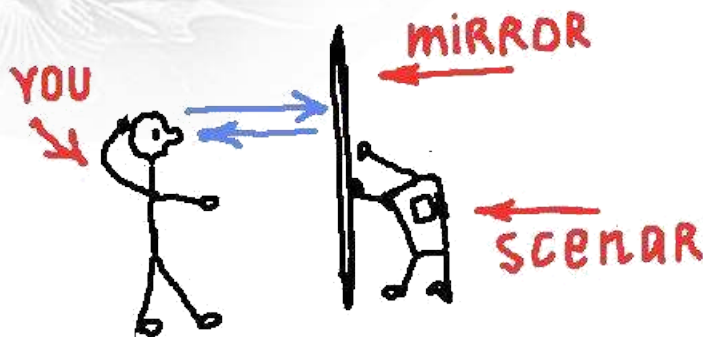
Actually, this is not just a pretty phrase. We are talking about **the essence** of things.

What is 'a true friend'? I presume, this question, for most of us, is associated with the image of a dog – the embodiment of unconditional love. No matter how good, bad, or ugly you are, a true friend accepts you unconditionally; you can count on him under any circumstance.

Your true friend shares your happiness – and it doubles.
 He shares your troubles – and they become half the size.

But more importantly, your true friend always wants the best for you, which often means **reflecting back to you your flaws and imperfections**, so that you, in your new found awareness, can correct them and become happier.

What you sometimes see in your friend's eyes may not be a pretty picture – and yet, where would you be without this honest mirror?



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And that's precisely what you are getting with a SCENAR device – your body's truthful *mirror* (as we all know the feedback feature in SCENAR makes it possible). SCENAR becomes your universal companion, an unconditionally devoted and intelligent **Personal Health Assistant (PHA)** you can count on in any circumstances, which also like that famous apple a day can keep the doctor away.

In other words, *SCENAR is the body's best friend* (sounds almost like a song lyric...☺).



Any SCENAR owner can share with you that shortly after you get your first SCENAR in your hands **it becomes an extension of you.**

This little electronic wonder amplifies your innate ability to heal and facilitate healing in others. It makes you a healthier, happier, and overall better being on more than just the physical level.

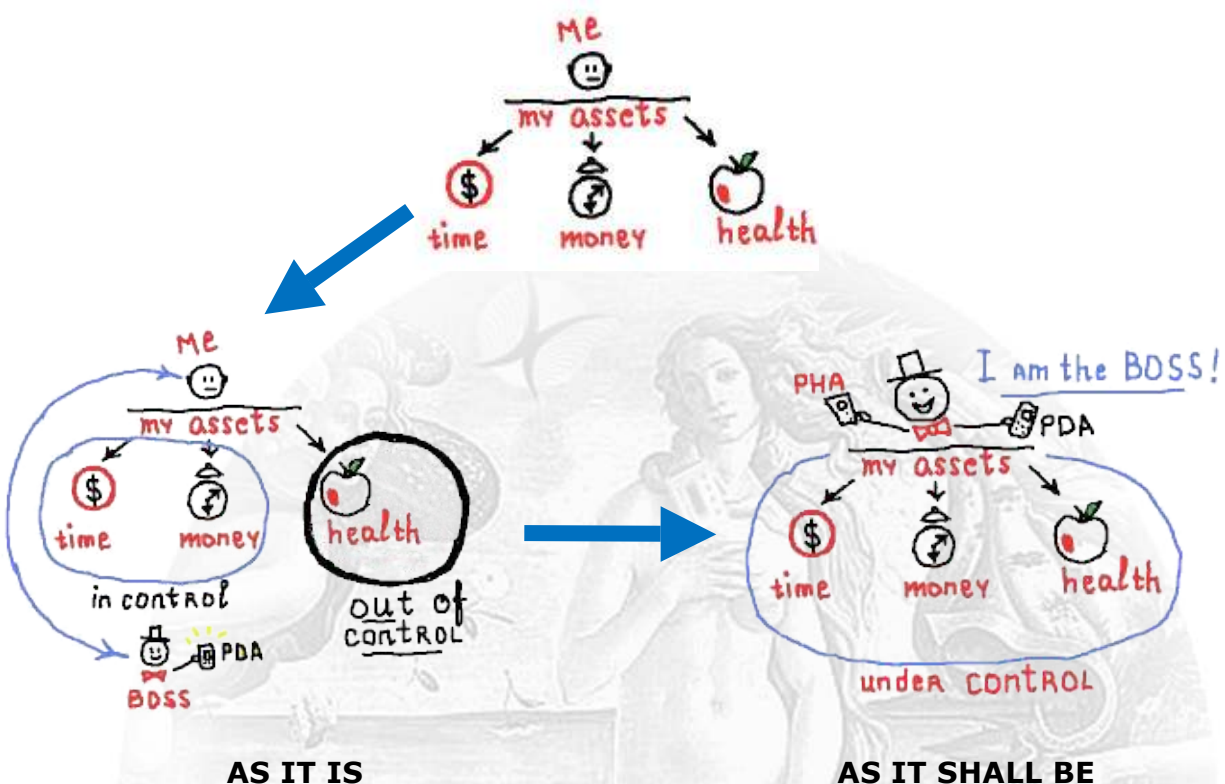
If this is not a true friend, than what is? (Actually, it is pretty common that if you accidentally forget your SCENAR when going out, you feel uncomfortable and 'incomplete'. Somehow SCENAR makes you feel safe and... what is the word I am looking for?.. Yes, *empowered*.)

All this I know first-hand. It happened to me about 14 years ago, and since then I've seen it happen to so many others. And you know what I want the most? That EVERY LIVING SOUL on Earth experiences this wonderful transformation from a slave to their diseases and a 'patient' object of someone else's expertise into the master of one's own physical, mental, emotional, and spiritual health and, consecutively, destiny.

The transformation to
Your Own Health BOSS.

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From my point of view, SCENAR is one of the very few technologies known to mankind that is instrumental in this transformation.

That is, if you found the right match between a person and a device.

SCENARs, as living systems, have personalities and certain '**signature vibrations**'. The latter differ among various models – and even in single devices of the same make and model. Actually, the more sophisticated the SCENAR device, the more 'distinctive' its personality – and the more difficult it is to match (just like with any living system).

The easiest to deal with are CHENS (TENS) devices – the simple low frequency electro-stimulators sometimes called 'SCENARs' for marketing purposes, or '*the hammers*'.

They are the most universal and work in virtually any situation for what they are intended, i.e.

TEMPORARY PAIN RELIEF.

Matchmaking is not needed here. If your goal is to mute the body, blocking its cry for help for a while so that you (or your client) can continue functioning and living in an illusion that everything is all right, then the CHENS 'SCENAR' is your pal. It will do the job – and, from my point of view, it is much better to use this type of pain relief than to swallow a pill.



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Just be honest with yourself and clearly realize that this is *all* that the first zone 'SCENARs' can and will do for you. Do not expect CHENS to facilitate a healing miracle; you are going to be disappointed. The first zone device will not help you reverse fibromyalgia, or arthritis, or grow a new spinal disc. It will not get to the cause of your headache – but it can relieve the headache for a few hours, letting you finish an important task. (Go to **Appendix** for the explanation of 'the first zone SCENARs'.)

Therefore, the first question of the algorithm to determine which SCENAR to buy would be:

What do I want to use the SCENAR device for?

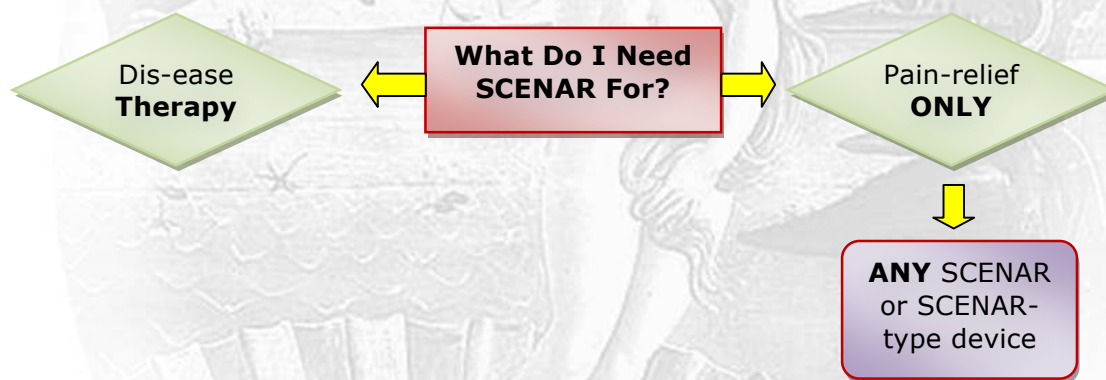


PART 1. SCENAR FOR TEMPORARY PAIN RELIEF

If it's just for symptomatic pain relief, you can go for **ANY** SCENAR or SCENAR-type device on the market. They all relieve pain beautifully – quickly, efficiently and, most importantly, safely (without any complications or side-effects). In this case, you may use secondary selection criteria, such as color, shape, size, overall look, reliability, simplicity in operation, origin, location of the manufacturer, price, my recommendations ☺, etc etc.

Unless you are a gadget-freak and want something to match your other super high-tech toys (in which case I'd suggest the elegant, mysterious-looking, beeping, and vibrating COSMODIC® 715) or something that says 'I possess only the best' (the new EX735Ag would definitely be a good fit, especially with gold electrodes), my suggestion would be to buy any SCENAR intended for **HOME USE**.

It will be reasonably priced, small and convenient – and it will do the job.



- Most of 'home SCENARs' are **small**, and you can carry them wherever you go.
- Most of them are also really **simple in operation** (not the AUTOSCENAR made in Holland though, or its Russian 'twin' CHENS – boy, did I have a hard time trying to figure them out!).
- Home models are also quite **reliable**, because their construction is fairly simple with really fragile components kept to a minimum.

We had a situation when a gentleman lost his DOVE in a reclining chair and found it only through a terrifying sound of cracking plastic when the chair reclined... The device broke into pieces. He put the pieces together, convinced that this is the end of his little bird, tied them with a rubber band and... the DOVE cheerfully peeped. It still worked fine all the way until he got the replacement.

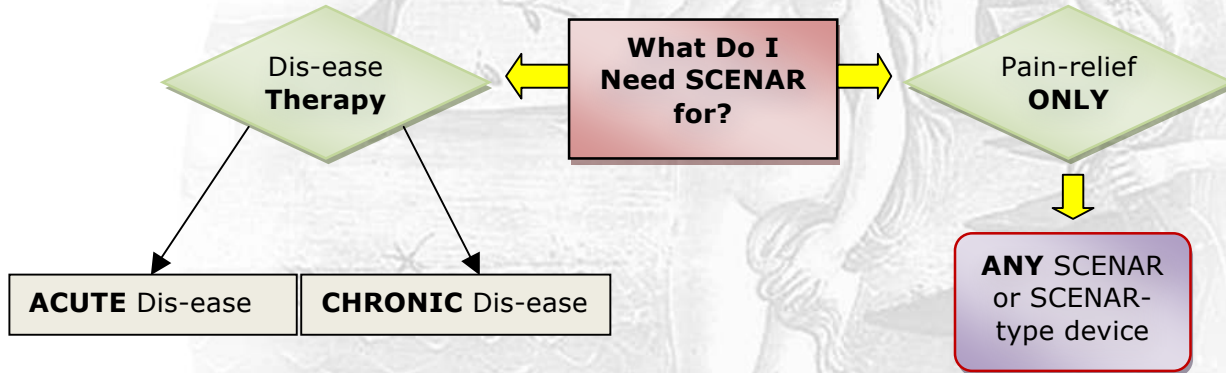


My personal favorite in this group is undoubtedly **The DOVE**.

I think it is the purest SCENAR out there, so far, and the best representation of what a home SCENAR device should be. Besides, it has a cute personality. I tried to express it in a little drawing (see on the left). Wouldn't you like to have this kind of energy around?

But let's go back to our algorithm. Let's imagine that you need a SCENAR device not just for temporary pain relief, but for a more serious job – **dealing with various disorders** and helping the body complete the program of a slow adaptive reaction (dis-ease) so that it can be eliminated from the system. The question that follows:

Is the process **ACUTE or **CHRONIC**?**



PART 2. SCENAR FOR TREATMENT OF ACUTE DISORDERS

There may be many situations when otherwise healthy people experience injury or trauma, an acute inflammatory process, or surgery (all these processes are usually *acute* and fairly *local*. i.e. limited to a certain part of the body). This is especially common in young individuals and athletes. Their healthy bodies duly go through the healing cycle to complete it in due time... Why do they need a SCENAR? I can give you at least three strong reasons.

Reason #1. Social.

The healing process as it is programmed by Mother Nature is *too slow* for our speed of life. We cannot take the time necessary for healing from our social engagements and obligations.

Result: we do not give our body a fair chance to heal by repeatedly injuring 'the weak link' until the damage becomes permanent. Economically speaking, such temporary incapacitation can severely damage your wallet, especially if your income derives from activities involving the damaged part of the body.

Reason #2. Biological.

As our bodies become progressively incoherent and weak (with age, or from generation to generation), our ability to heal declines. It means that very often the body *does not complete* the healing process. It does just enough to ensure function of the system – and then relocates energy resources elsewhere, where they are more needed at the moment.

Result: the damaged part remains a bit dysfunctional for a very long time (if not forever) becoming 'a weak link' in the body. As we go along, more and more of these 'old wounds' start whispering inside, slowly turning our strong beautiful bodies into aching messes. These days this is common even for teenagers.

Reason #3. Genetic.

Our body is genetically programmed to follow the principle of economy of energy. That means, out of several possible scenarios, it will choose the one that requires the least amount of energy to get a satisfactory outcome. Being applied to healing, it means that the body would rather *form a scar* than regenerate tissue. Regeneration requires a lot of effort and a lot of energy, which we are lacking.

Result: Scars affect the energy flow in the body, slowing down the information transfer and further contributing to transforming of our body into an aching mess.

Can SCENAR help? Absolutely. The **SCENAR** technology can eliminate reason #1 and #2, **COSMODIC®** can help with #3 (as well as with #1 and #2).

Please note that here we are talking about a **real SCENAR**, i.e. a device of the second zone (* see APPENDIX for explanation of the 'zones'). As an experienced 'organizer', it will help your body allocate its energy resources in the desired direction and support the healing process until full completion.



Furthermore, SCENAR will speed up the process, so that it can be over with in a **third of a time**, so you can return to your usual activities in full capacity, ready to rack your body again feeling invincible.

Do not expect the first zone CHENS, even if they are called 'SCENARS' in promotional literature, to do the above-described for you. They are not capable of cooperating with the body. Pay more money, spend more time doing in-depth research, but get *the real thing*. This is an investment with a very high ROI.



COSMODIC® is also extremely effective in dealing with acute processes. It, too, helps the body to go through the healing program rapidly, smoothly, and completely.

At the same time, COSMODIC® has the additional advantage of promoting **regeneration**, which means that healing often happens *without scarring* (SCENAR lacks this ability). Actually, COSMODIC® manages to convince the body to change its standard 'modus operandi' and go *beyond* what it would normally do.

It is quite remarkable to observe 'the COSMODIC® healing'. I once cut my index finger with a sharp knife so deeply that even its tendons were exposed. Normally, this type of injury would require several sutures, but I wanted to test the COSMODIC® and its power to promote regeneration, including the most difficult one – skin regeneration.

So I improvised a splint for the finger, to minimize function and let healing happen uninterrupted, and then observed the process day by day, in awe of our body's wisdom.

I used only the 715, just once or twice a day. It took about **a week** for my finger to heal enough to restore function - and another couple weeks (the 715 every other day) to show that there is not going to be any scar.

COSMODIC® eventually eliminated all traces of injury – and isn't that what we all want? That our injured body, mind, or spirit can heal without leaving painful memories affecting our being for the rest of our life?

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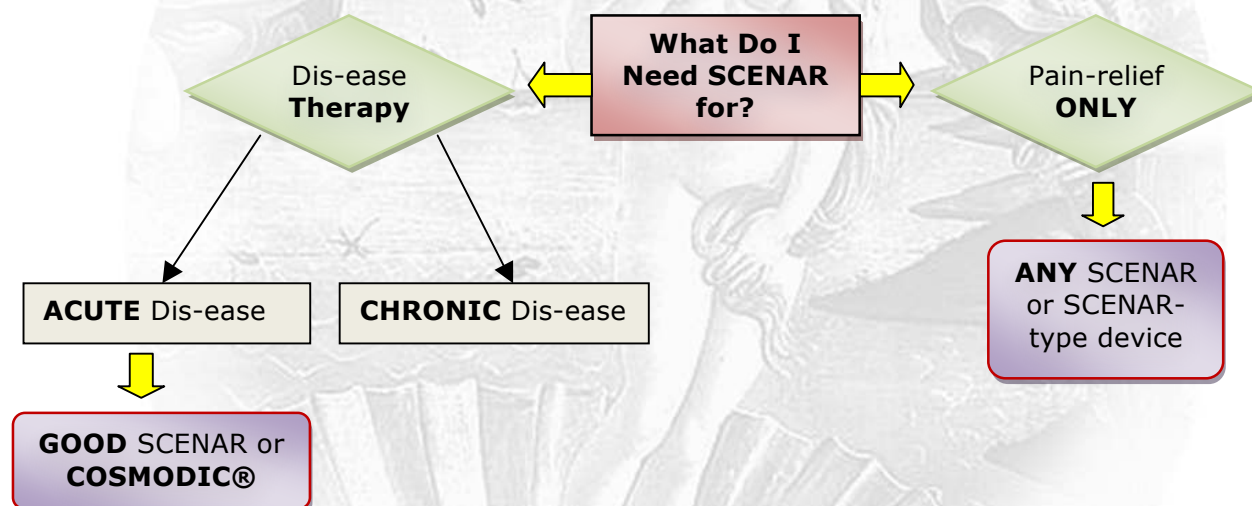
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Let's summarize the above.

If you need a SCENAR device to assist in healing of an **ACUTE** process, it would be best to get a **COSMODIC®** device (ANY one). The only downfall is the price: COSMODIC® is an expensive technology. Even our anxiously anticipated C-DOVE, which is one of the cheapest COSMODIC®s, still costs slightly over 2K.

The second choice would be a **true SCENAR** device. Again, any model, as long as it is a second zone machine (* see APPENDIX for explanation of the 'zones').

I would suggest going for a simple **home version**. All the bells and whistles of professionals SCENARs are not necessary when you are dealing with something the body is already focused on and trying to fix. There is no confusion to clear; you are just assisting the body in doing its job right – and for that a home SCENAR is just as good as a professional one.



PART 3. SCENAR FOR TREATMENT OF CHRONIC DISORDERS

Now let's review the third, the most difficult scenario: you need a SCENAR device to deal with *chronic systemic disorders*.

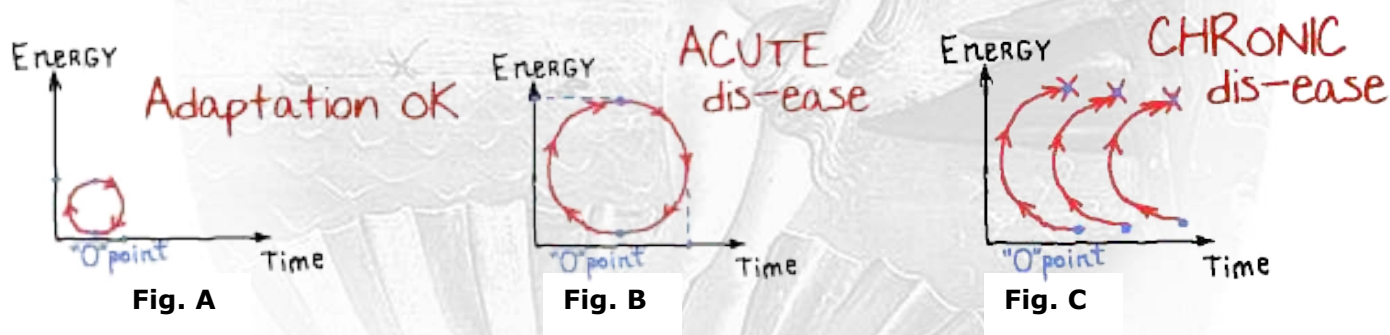
First of all, let's agree on something:

Any chronic disease is SYSTEMIC.

If our system is coherent and adaptation works well, we easily ADAPT to any changes and challenges in our environment spending **minimum time and energy** on completing the cycle of adaptive reaction that starts and ends at "0" point (**Fig. A**).

If our system is not so coherent and healing programs work slow, the adaptive reaction will take **MORE time** and **MORE energy** (a larger cycle), but will still be completed at the "0" point in the process of recovery from an **ACUTE** disease (**Fig. B**).

The dis-ease becomes **CHRONIC** only when communication and healing programs in the body is corrupted so badly that adaptive (healing) reactions cannot be completed at all. The system *turns the healing program over and over again* as soon as it accumulates a little more energy, trying to move it through a certain 'dead point' - usually to no avail (**Fig. C**).



Recognizing the 'uselessness' of its efforts and following the principle of economy of energy, the system *isolates* the dysfunctional area, hiding it behind powerful energetic barriers. This way the rest of the body is less affected, and it takes substantially less energy to do than trying to resolve the problem.

In other words, the body forms what I call the '**ENERGY CYST**'.

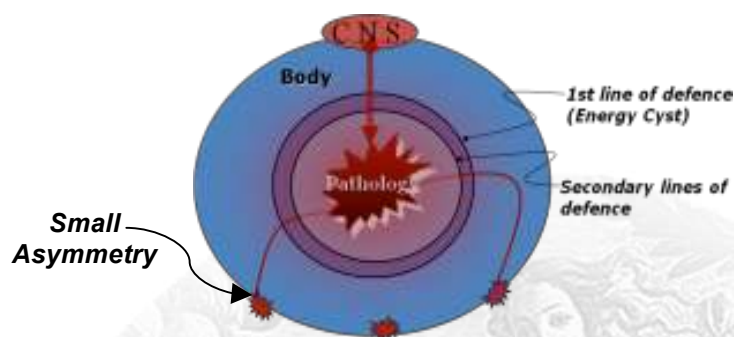
The energy cyst (a peripheral part of what is called 'the Pathologic System') is the body's wisdom in action – and also its curse.

It is a compromise the body needs to make in order to preserve energy and continue function as a whole, and yet this structure is almost impossible for the body to get rid of without outside help.

The problem is that while hidden behind energetic barriers, the pathologic process becomes *invisible* to the body. Out of sight, out of mind – and so the body stops any further healing efforts in this area.

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Needless to say, the described process does not help the overall bio-dynamics in the body. The energetic cyst further affects the energy flow (which is already suffering from multiple blockages), creating one more blockage and further slowing down communication.

The vicious circle continues, slowly but surely **decreasing the systemic coherency and increasing chaos.**

That's why we said that

ANY CHRONIC DISEASE IS SYSTEMIC.

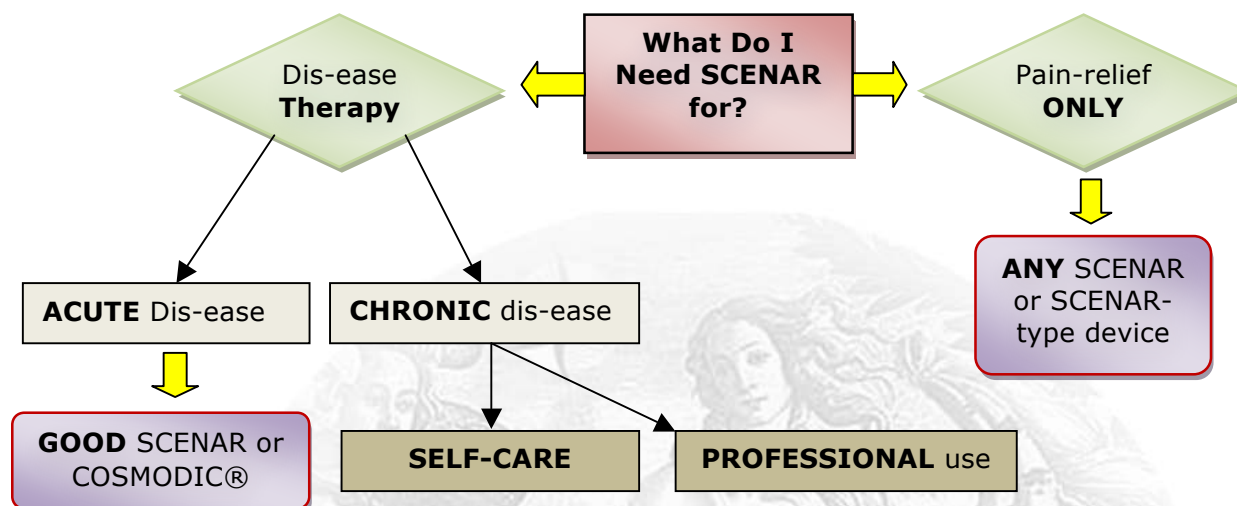
The entire system experiences a **severe imbalance** that leads to the formation of energetic cysts; the systemic 'management center' makes a decision to isolate the pathology; the entire system re-distributes energy to accommodate the formation of the cyst; and so on, and so forth.

Besides, every energetic cyst has a representation in the central nervous system (C.N.S.), which supports the life of the energetic cyst, keeping in place its protective barriers. **Direct involvement of the central nervous system** in a chronic process also makes this process systemic. Therefore,

**Treatment of any chronic process
HAS to involve THE ENTIRE SYSTEM.**

This is important to remember when choosing a SCENAR device for treatment of chronic systemic disorders. At this point, our flowchart displays another question:

**Do you need SCENAR for SELF-TREATMENT -
or to use in your PROFESSIONAL PRACTICE?**



C. Choosing a SCENAR for **SELF-CARE**

If your goal is **self-treatment**, you need:

- SCENAR device that is has a **strong systemic effect**;
- SCENAR device that is really **effective** but **easy to use**;
- SCENAR device that **does not require much training**;
- SCENAR device that is **convenient** and **fool-proof**;
- but also **safe**, in a sense that you will not hit a healing crisis using it.

The above suggests that you need a **COSMODIC®** device.

COSMODIC® for Self-Care

No other SCENAR will help your confused system so tactfully, so delicately, so comprehensively. Just picture your body as an orchestra that plays a Symphony of Life. Each instrument in this orchestra has different 'signature vibrations' and plays different notes - just as every cell or organ in your body does. However, all instruments blend in harmony to create the symphony. This synchronicity is called '**coherence**'.

As long as the system is COHERENT, it is HEALTHY.

Any disorder means that your system became **incoherent**, to some degree. Chronic systemic disorders signify a severe incoherence of the system; your orchestra is in dissonance and the symphony is not happening.

Coherence is based on **communication**. The better the instruments in the orchestra understand and listen to each other, the better they can blend and synchronize. That's why every orchestra needs a **CONDUCTOR**. Conductor (just by the meaning of the word) improves communication and understanding between various instruments, working with every instrument separately - and then in combination.

That's what COSMODIC® will do for your system. It will be consecutively tuning up every part of your body, so that it can restore its coherent state and blend with other parts in harmony.



As we already know, such work requires concentration, regularity, '**Don't disturb**' sign - and time. All that can be relatively easy provided when you are acquiring the COSMODIC® device *for self-care*.

Just use the device:

- any chance you have (**the more often the better**);
- for **as long as you can**;
- on **any place you want** (preferably as close to the dysfunctional area as possible or on the areas of general regulation)
- **without moving** it;
- **do not exercise** the area;
- and **be patient**.

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COSMODIC® needs time.

Give it time – and in exchange it will smoothly move you through the healing cycle without any exacerbations of your chronic problem, or healing crises (which are very unwelcome with self-care).

So any way you look,

COSMODIC® IS WHAT YOU NEED FOR SELF-CARE,
especially when chronic systemic disorders are concerned.

FEATURES AND BENEFITS:

- COSMODIC® is undoubtedly **effective**; if any technology can help you restore the systemic coherency state on your own, COSMODIC® can, even when used on yourself;
- it is **easy to use**;
- it **does not need much training** (methodology is of relative unimportance with COSMODIC®);
- COSMODIC® devices are very **easy in operation**, small and **convenient**;
- and finally, they are **safe** and you won't have any unpleasant surprises while using them on yourself.

The only downfalls that I can see are the required **regularity** of use and a relatively **long healing time**.

To me though, the mentioned downfalls are not really downfalls.

First of all, any good healing technology, in order to be effective, needs regularity in application. No matter how I would like to, I do not believe in 'magic wands' and 'Kremlin pills'. In my opinion, the confused, compromised, and weak system cannot just spring up and become strong and coherent. The transformation is possible, but it is a **step-by-step process**; it is a deep re-organization of all systemic elements on all levels, which needs to be done in stages, so that the system has time to stabilize on every stage and not slip back to square one as soon as you cease to support it from outside.



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Therefore, the second COSMODIC® 'downfall' – the long healing time, is also not really a downfall but a necessity in proper healing.

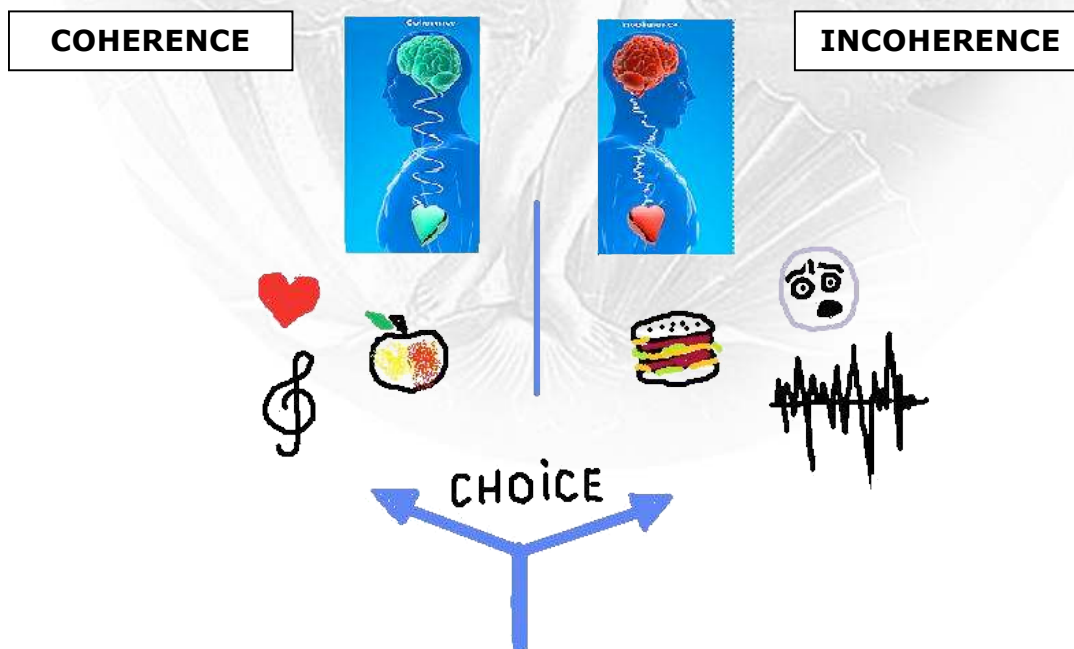
Thank God, there IS a healing time. For most bearers of chronic systemic disorders hope for actual 'healing' has been lost, for some of them from the very moment when they were diagnosed with diabetes, fibromyalgia, neuropathy, osteoarthritis and other chronic conditions that, as we are programmed, once acquired, will accompany you for the rest of your life.

Am I saying that just by self-care with COSMODIC® you WILL completely get rid of these dreadful conditions?

No, unfortunately, I am not. What I am saying is that you **CAN** get rid of them, and COSMODIC® is very instrumental in this process (if used correctly).

Restoration of coherence of the system, however, is not one-dimensional. Most chronic systemic disorders have many layers and deep roots extending to emotional, mental, or spiritual problems. Unless you address these roots and layers, all COSMODIC® can do is make you feel better and help your system *become aware* of the existing problems bringing them to the surface.

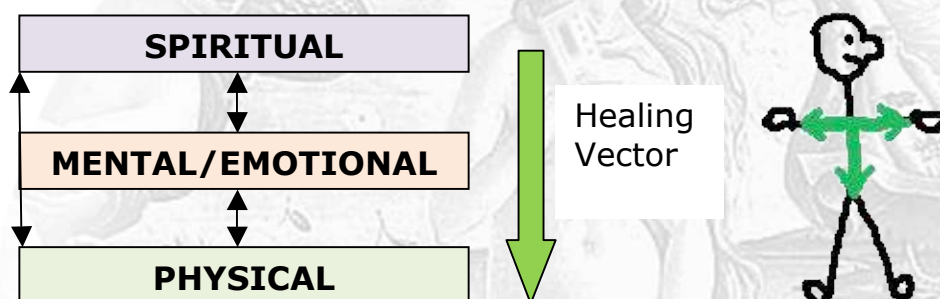
**In order to actually HEAL,
you need to address the roots and layers of your dis-ease
consciously 'CHECKING FOR COHERENCE' every single aspect of your life,
including things that you eat, drink, breathe, step on,
touch, smell, hear, see, think, or feel.**



If the 'check' is negative and the 'thing' is incoherent, try to change it - and if the change is impossible, **DO NOT LET IT INTO THE SYSTEM.**

After a little while you will see how your world is changing and things that your system is giving and projecting to the world become more coherent as well...

That is the sign of real healing, which happens, as a rule, first on the **spiritual** level, then on the **emotional and mental**, and only then on the **physical**.



Please, do not misinterpret the last sentence. Certainly, the first manifestations of healing with SCENAR/COSMODIC® usually appear on the physical level, and that helps to evoke positive changes on deeper levels.

Unless, however, healing on those deeper levels actually occurs, physical relief will be **only temporary** (as was already mentioned). Mental/emotional/spiritual incoherency will find a way to reflect itself in dysfunctions of the physical body and its endless pains and aches, and **COSMODIC® alone may not be enough** in resolving the chronic issue (we will discuss this a little more later on).

But what about SCENAR? Can a true **SCENAR** be used to self-treat chronic conditions?

SCENAR for Self-Care

It can definitely be used. The real question is, will it facilitate healing sufficiently?

In our experience, only one SCENAR model, The DOVE, is fairly sufficient for self-treatment of chronic systemic disorders. The other SCENARs will help in improving the condition, but rarely provide for full recovery. Please, note: at this point, we are talking only about *self-care*.

The thing is,

**the first generation SCENARs work best
IF USED BY SOMEONE ELSE ON YOU.**

They are great connectors between two systems – and if you have this other system around willing to temporarily compromise its own coherency in order to re-establish yours, the second zone SCENARs are indeed very powerful in dealing with chronic problems (we will talk about it more discussing the professional use of SCENAR). However,

**IF YOU ARE ON YOUR OWN,
YOU ARE BETTER OFF GETTING THE DOVE OR COSMODIC®.**

Besides, for SCENARs of the first generation, **methodology** is paramount.

Therefore, in order to use them effectively, quite a bit of **TRAINING** is required (preferably hands-on). Protocols and techniques are often complicated to learn, and many of most effective protocols include dynamic work on the back, which presents a problem if there is no one around to assist.

So, if you are on your own, you better get The DOVE or COSMODIC®.

More yet, the second zone SCENARs, by their very nature, are challenging and provocative. These qualities may be very valuable at certain stages of the healing process, and yet the body's response to a challenge in case of a chronic systemic disorder often takes the form of a **HEALING CRISIS** – which is certainly not something you want to have, unless you are under the care of an experienced SCENAR therapist.

*So, if you are on your own, you better get The DOVE or COSMODIC®
(have I already said that recently? Must be a glitch in the Matrix... ☺).*

You probably noticed that, when comparing pros and cons, I am putting **The DOVE** in the same group as COSMODIC®.

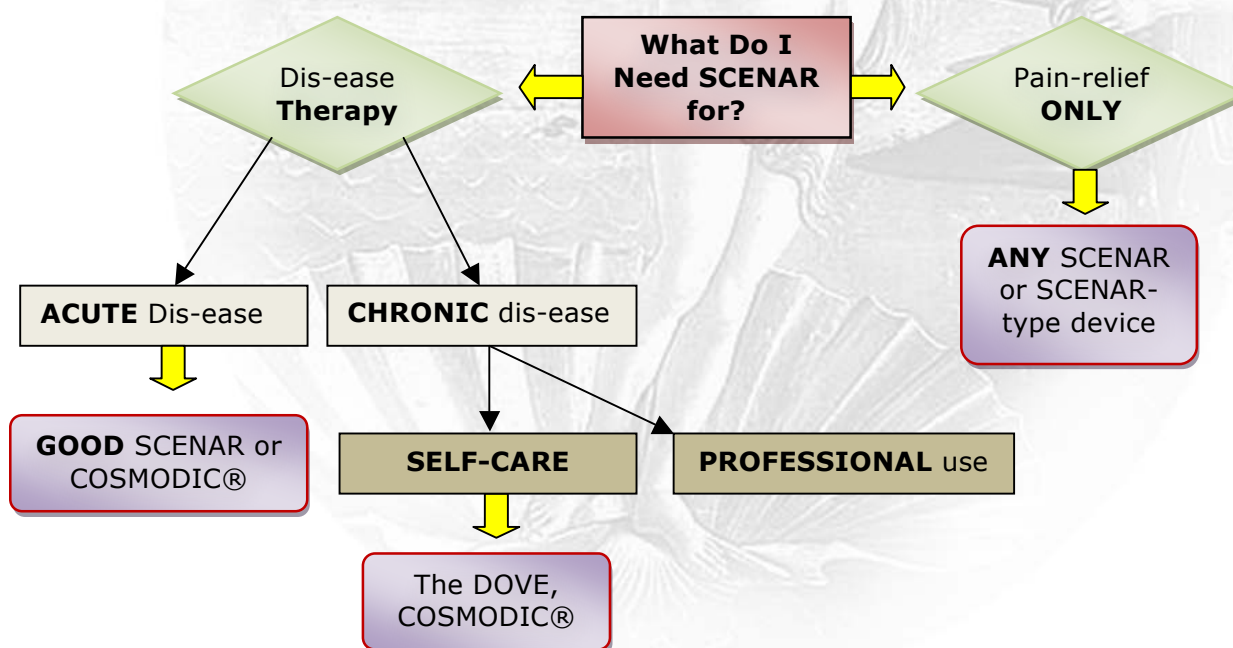
Even though The DOVE is a SCENAR in essence as a single feedback channel device, it is closer to COSMODIC® in its effects on the body and in the way it is practically used. In fact, it is a sort of a "cross-bread" between two technologies.



- It is **softer** and does not provoke healing crises as much as the first generation SCENARs;
- It is very effective for **self-care**;
- It **does not** demand much **training**;
- It **does not** need complicated **protocols**;
- It detects a "**small asymmetry**" as SCENAR – and **Doses** as COSMODIC®;
- This is the only SCENAR/COSMODIC® device on the market that can be effectively used in a manner typical for both SCENAR generations:
 - in **constant motion** following classical SCENAR techniques and protocols,
 - but also being kept **steadily on one spot**, as COSMODIC®.

I still suspect that Alexander Karasev included some COSMODIC® elements into his little creation, somehow bridging the two SCENAR generations. He doesn't admit it, but there is something in the way that he denies it... My father, an eye surgeon by trade, as myself, would often say, *'One of the main skills of a surgeon is to offer a patient surgery in a way that he firmly refuses it – and to talk him out of surgery in a way that he strongly insists on it.'*

I suspect that this skill is not limited to just surgeons.



The Healing FUSION for Self-Care

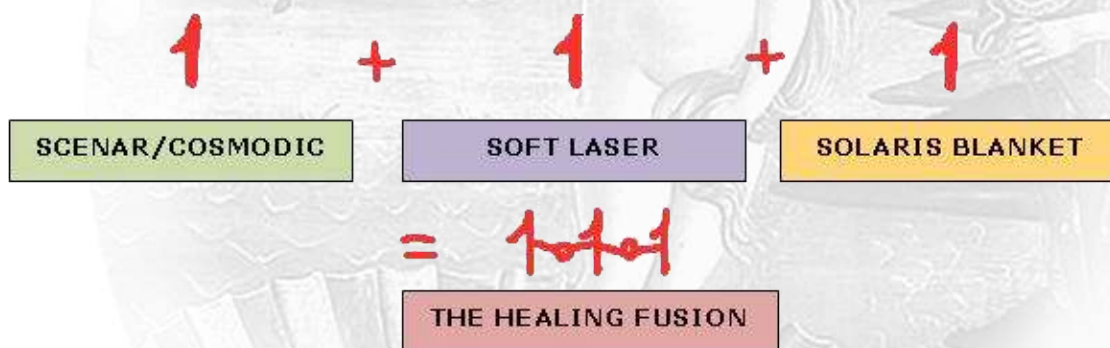
So now that you know that self-therapy of chronic systemic disorders more often than not will require more than just SCENAR or COSMODIC® alone, the question is:

**What can you do to enhance and supplement the
SCENAR/COSMODIC® effects
TO INCREASE YOUR CHANCES FOR FULL RECOVERY?**

It is outside of the scope of this report to talk about what we call the '**Health BOSS System**', or the program designed to facilitate the optimum healing transformation and make you **Your Own Health Boss**, but I still want to briefly introduce it.

There are many other programs with the same agenda out there; ours is different in a way that it incorporates **three healing technologies**, which we in theory and in practice are found to be extremely complementary and mutually enhancing: SCENAR/COSMODIC®, Soft LASER, SOLARIS Blanket.

This is the 1+1+1=111 vs. just 3 combination. We call it '**The Healing FUSION**'.



Each system comes to a state of incoherency expressed through chronic disorder in **its own unique way**. It happens despite the titanic efforts of the natural healing system to keep the inherent systemic coherency state, which harmonizes the living system with the Universe.

Therefore, there is no universal healing recipe - as well as
there in no ONE universal healing technology.

What works as a charm for one person, may take months for another. But for this other person another technology will work as a charm...

In our experience, The Healing FUSION provides for **the most universal 'coverage'** facilitating the rapid healing in the widest variety of health conditions.

Can the same results be eventually achieved with **only one** particular technology, say, COSMODIC®?

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I believe that it is possible, but in some situations it may take a really long time, while in others, as already mentioned, it will work as a charm. The problem is that there is no way of knowing beforehand how the particular system will respond.

Besides, on different stages of the healing process the system may need a different technology. Someone who started as a 'laser person', after two-three weeks may become a 'SCENAR person', and then a 'COSMODIC® person' (everyone is always a 'Blanket person', though ☺).

So, if you have a strong intention of self-healing from a chronic condition (and a conviction that it is possible for you), technology-wise having The Healing FUSION in your possession would be the best.

If, however, you have to choose only **one** technology (hopefully, just to begin with), the general recommendation would be:

**If your OVERALL ENERGY LEVEL is LOW, get the Soft LASER first;
if it is GOOD enough, go for the SCENAR/COSMODIC®.**

If you would like to know WHY we recommend the above, as well as learn more about The Healing FUSION tools, go to www.healthboss.org.

You will find there quite a bit of information on each separate Healing FUSION technology and their various combinations – along with our more detailed recommendations on **how to choose the right technology** in your circumstances.

Alternatively, you can always contact our office (the contact information is on the bottom of the page), and our knowledgeable customer service agents will help you choose your FUSION device or a combination of devices, as well as possibly suggest a Healing FUSION practitioner in your area who you can talk to. There is already a fair amount of us around.

Discussing your particular situation and getting an advice from an experienced FUSION practitioner would be the wisest thing you can do. We may not have a perfectly accurate answer for you, but our intuition (deriving from knowledge and experience) is a good guide.

P.S. No, I do NOT try to talk you out of getting a SCENAR or COSMODIC® device, far from it ☺ I just want you to know your options. That's where you begin your transformation to becoming a **Home Healer** and **Your Own Health BOSS**.

Let's talk about it a little more.

The Health BOSS System for Self-Care

Let's assume your mind is set on either SCENAR or COSMODIC® device (after all, that's probably why you are reading this report in the first place ☺). Great.

I hope I did not disappoint those who count on these truly wonderful technologies for helping them out of the dread of chronic disorders, when I said that having just one technology in your possession may not be enough **with self-care**.

Or let me paraphrase.

So if you have a chronic dis-ease and, say, a COSMODIC® device in your hands to use on yourself, can it still be your ticket to the land of Optimum Health, even if it is going to take longer than with all the FUSION components?

The answer is '**Yes, but...**'

Oh, this little '*but*' – it can spoil the most pleasant of dreams and expectations. In our case, it is not really '*spoiling*', it is just facing reality.

Every technology is limited in its capabilities.

**There are no magic wands that are going to make you healthy.
NO ONE AND NOTHING CAN GRANT YOU HEALTH.**

Pursuit of health is a personal journey, different for everyone, that includes re-thinking, re-feeling and re-structuring your life, your outlook, and maybe even your system of beliefs and moral codes – and a strong willpower to follow the new path.

You need an **Invincible Mindset**, and

**YOU HAVE TO BECOME
YOUR OWN HEALTH BOSS.**



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This is far beyond capabilities of any technology, and even of a FUSION of them. Is this something you feel you can do? Then our technologies will be your best allies, and the little '**but**' will disappear from the above answer to the burning question.

In the almost 35 years of me being a healer (the last 10 of which being a holistic healer), I've met many incredible people who made their journey to health. I've also heard enough success stories to **know**:

**No matter how hopeless the situation may seem,
it is **always possible** for a person **ON HIS/HER OWN**
to reverse it and regain health.**

I want to give you just one example to prove my point.

I want everyone who reads this report to meet DJ Geisler – an amazing and beautiful woman from California, who healed from four cancers (the last one – a fourth stage bone cancer), survived 37 surgeries - and who is now cancer-free since 2003 and full of life, still running her day care and helping other 'cancering' people find their way back to health.

[Click here for DJ's short video.](#)

She described her personal journey in a book '**Let's Put an End to Cancer**'. Please, take a moment to get to know her – after this acquaintance you may start seeing your own problems differently. You may also start seeing your future differently.

Unfortunately, DJ didn't know anything about SCENAR or COSMODIC® until 2004; her major helper was the Soft Laser. I am sure that her healing process would have been much faster with SCENAR/COSMODIC® (which she now very successfully uses to deal with consequences of her surgeries, with kids in her daycare center, and with her many friends and clients).

I am also sure that DJ's healing path could have been quicker and easier, if she wouldn't have had to walk it alone.

By that I do not mean her support system of friends and family; DJ has a great one. I mean a health coach, a wise guide and assistant along the healing path; **another system**, whose stable coherency supports less stable and less balanced systems around.

That's why health practitioners will be always needed; even when everyone becomes their own Health Boss. Just like we always need a friend.

B. Choosing a SCENAR for **PROFESSIONAL** use

Systemic Interactions

The truth of the matter is, even though I believe that it is possible for a person to make the journey to health alone, I also believe that it should never be the case. I believe in **Systemic Interactions**.

Whether we accept it or not, we are born into a world of systems; that's how our Universe is constructed.

Systems of various sizes and levels of complexity give birth to one another, live, die and interact continuously. Smaller systems form parts of bigger ones, and then even bigger ones, to ultimately become the Universe, which is a living system in its own right.

Universe is **holographic**, repeating itself in every single part of the whole (for example, the atom very much resembles the Solar system).



That's why each and every system has a similar basic *structure*, goes through the similar cyclical *processes*, and lives according to the similar *rules* and principles.

These rules apply to us regardless of our awareness of their very existence, because we are also living systems - size-wise somewhere in the middle of the continuum, I guess; between atoms - cells - organ systems on one end - and family - society - Mother Earth - Solar System - Universe on the other end.



And we carry the entire Universe inside as a **microcosm** reflecting **macrocosm** (the holographic principle also states that every part of the whole contains information about the entire whole).

I hope you will forgive me for this 'sidetrack'. I've always believed that in order to understand something, one should always consider the bigger picture – and I cannot imagine a bigger picture than the Universe.

**The Universe is intrinsically COHERENT –
and in order to function properly
requires coherence in every part of itself.**

COHERENCE = HEALTH

Coherence (harmony, synchronicity), however, is a very fragile and dynamic state. Our environment tends to constantly throw us out of balance in one way or the other.

In order to ensure normal functioning of the bigger system, all living systems are designed to support its own healthy state by being

- **self-controlling,**
- **self-regulative,**
- and **self-reproductive.**

In other words,

Capacity to heal is our God-given RIGHT, as well as RESPONSIBILITY.

(I haven't lost you yet, have I? Bear with me just a little bit longer.)

But what if a system cannot correct its own incoherence? What if it is so weak or confused that it cannot heal properly?

The bigger systems usually have several mechanisms in place to help its sub-systems correct themselves, even if for just purely egotistical reasons: it is very uncomfortable to have a malfunctioning subsystem, no matter how small it is. Remember how annoying and distracting that small splinter in your finger can be and how can it affect your life and performance? Almost like a mosquito in a room when you are trying to fall asleep...

Applied to human beings this means that when we face a serious problem, such as a chronic systemic disorder or some dysfunction that we obviously could not adequately correct in time,

**Mother Nature provides us with abundance
of opportunities to restore coherence.**

We can immerse ourselves into the coherence of the Earth by connecting to it (walking barefoot, swimming in the ocean, hugging trees etc.). We can absorb the vital Sun energy – and the energy of organic food and living water. We can enjoy the beauty of the world we live in through all our five senses... and strengthen our spiritual connection to the Universe.

Yet one of the most powerful and efficient ways to regain the state of balance and one of the Universe's greatest gifts to its favorite children we rarely consciously utilize.

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**This is the gift of CONNECTION
to other living systems just like us,
but more coherent at the moment.**

They say the biggest luxury in this world is the wealth of human communication. Is this ever true...

Just imagine yourself venting to a friend after a stressful day; hugging your loved ones during moments of grief or happiness; holding your sick child... These are '**systemic interactions**' in action. We instinctively seek connections with others to balance ourselves. Other systems become our mirrors and often a source of **unconditional love**, which is the most coherent state there is. (Pets and imaginary friends count ☺.)

I call it **Systemic Interactive Medicine**.
It is one of the most powerful medicines around.

This is the reason I **do not** favor dealing with *chronic systemic disorders* on your own. For effective healing, you need systemic interactions, and at least one of those should be an interaction with a **knowledgeable practitioner**, who addresses this natural process consciously, can regulate it, and guide you on a healing path.

That's what happens during **Systemic Interactions**.

Step 1.

When two living systems come in contact with each other, their energy and informational fields blend.

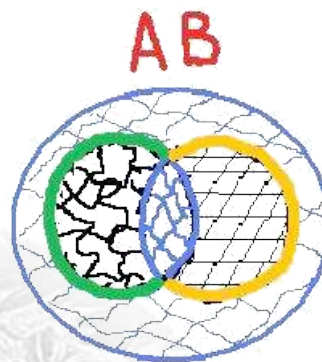
This does not happen right away though. First, the stronger system (system B- the more coherent one) in order for a blend to happen *mirrors* the one in need (system A - the one with 'scrambled frequencies'). Familiar information makes the hurting system feel comfortable and at ease and provides for a better connection.



Step 2.

When the blend happens, both systems start acting as one creating a common field. Both systems together form a new functional union, qualitatively different from each of its parts. It is not the separate interacting systems A and B any more – it is a new system AB, which has inseparable A and B parts in it.

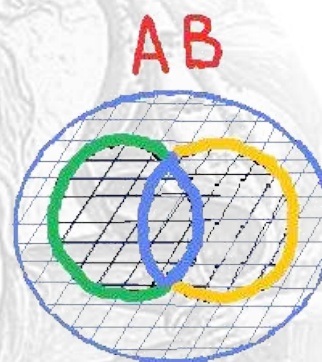
The stronger part becomes a sort of a 'tuning fork' for the weaker one, re-aligning and re-balancing its vibrations.



Step 3.

Even though the new union initially is not quite coherent due to the disturbing influence of the hurting system, it thrives to regain the higher level of coherence.

Coherence is the natural healthy state of any system, regardless of the size. Hence, the orchestra of the new system AB will be working hard to synchronize and harmonize its vibrations and start playing the music.



Step 4.

After the above is achieved, systems A and B can disconnect

– but now each one is more coherent than before the interaction. Even the originally stronger system B (if you are a healer, you probably noticed that when you are feeling a little blue, the best remedy for you is to treat someone, right?).



If you are a health practitioner or a caregiver, you can trace this dynamics of systemic interactions with every client. No matter if you believe in energy medicine or not (and if you are reading this report, you probably do), the phenomenon of energy and informational transfer between a practitioner and a client happens EVERY TIME.

In most cases though there is no actual “energy transfer” – only information and a temporary disturbance of your frequencies and vibrations with an imprint of the incoherent vibrations of your client.

If your system is strong and coherent, it quickly tunes itself back in and restores the balance. If, however, at the moment you are not strong, the client's incoherencies can throw you further out of balance for a fairly long time...

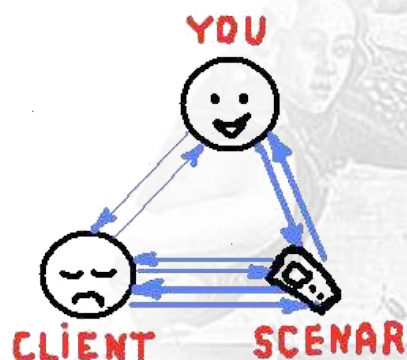
Are you seeing now where the old credo "Physician, health thyself" came from?

And why sometimes you are temporary experiencing your client's symptoms?

And why you should not treat someone you feel "incompatible" with?

And why you feel so joyful when your clients get well?

SCENAR adds a whole new dimension to Systemic Interactions.



Of course, due to its feedback feature, the SCENAR/COSMODIC®, upon contact with the body, acts as a living **system 'in its own right'** and helps to balance the recipient's system as per the laws of systemic interactions. But over and above that, SCENAR (not so much COSMODIC®) opens a **freeway of communication** between the client and the therapist, providing for the 'healing trinity', or the **Healing Triangle**.

The first generation SCENAR is the ideal CONNECTOR.

It optimizes the energy and information exchange between the client and the therapist, helping to blend their energy fields. It is capable of turning anyone into a miracle worker by becoming an **extension of the therapist's hand** and amplifying his/her powers as an energy healer. Many other healing practices rely on energo-informational exchange between two systems, but SCENAR provides for it far more efficiently.

COSMODIC® is a bit of a different 'animal'. It is a much more complex and self-sustained system than the first generation SCENARs and, as such, does not like any interference while in action.

Every COSMODIC® device contains a 'mirror' effect, which closes the energo-informational freeway. In my opinion, this is a very valuable feature, which gives the therapist freedom of choice. If you, as a therapist, feel imbalanced (and we all do once in a while), if you are tired, if it is your tenth client in one day, you don't have to engage your own weakening energy field in the treatment process, the device will do a good enough job. Yet, if you feel strong, you can always find other ways of connecting to the client's energy field and supplement the COSMODIC® effects with your own healing powers.

I wrote this entire long 'preamble' in order to justify my recommendations for choosing a SCENAR device for use in professional practice. (Incidentally, I do not consider 'the professional practice' being limited only to the situations a practitioner gets paid for; to me, it is using one's skills on a regular basis to help others, regardless of the form of remuneration, if any.). Our flowchart here branches again, posing the following question:

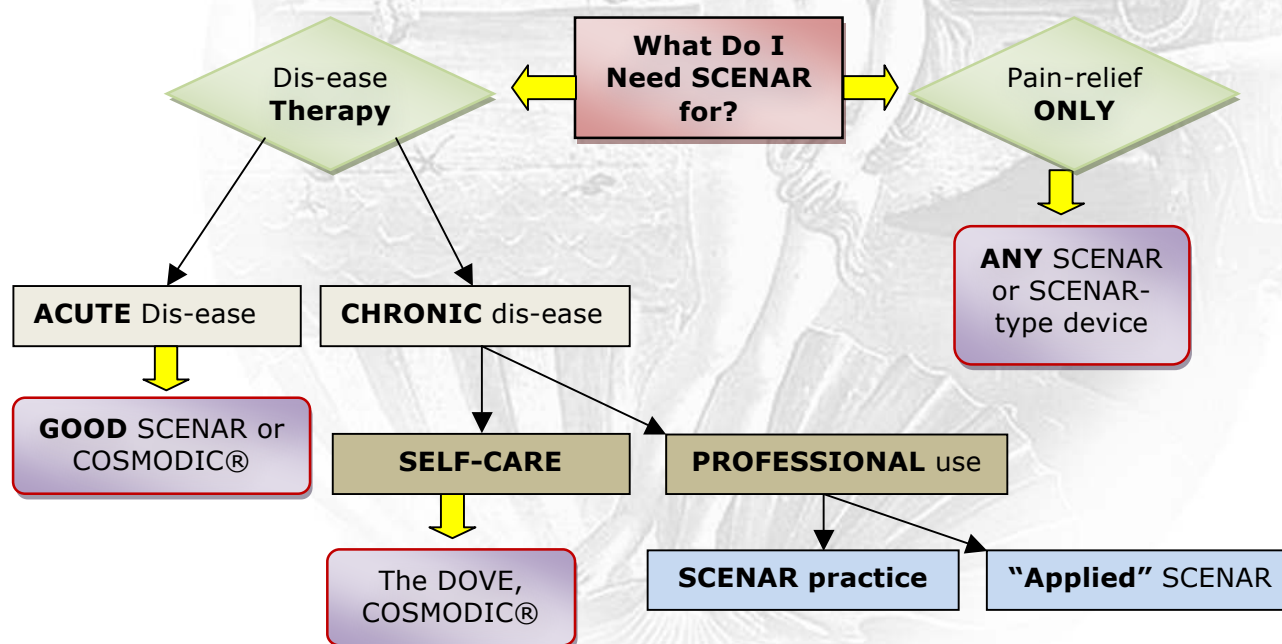
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Are you planning on using the **SCENAR Technology** as such – or the '**Applied SCENAR**'?

SCENAR Technology is a **stand-alone practice**, resting on a foundation of unique theoretical and methodological basis, with its own philosophy, concepts, vocabulary, techniques, laws and rules. It is actually a whole **new science**, which you need to learn in order to practice. The SCENAR device represents a **technological tool** that this new science uses, no more and no less.

The '**Applied SCENAR**' is using a SCENAR device as a tool in other established practices, according to the laws, rules, and techniques of those practices. For example, massaging with SCENAR, SCENAR acupressure, SCENAR su-jok etc. In this case practitioners do not necessarily follow SCENAR methodology and protocols, but do their own protocols using the SCENAR device.



Practicing the **SCENAR TECHNOLOGY**

This is for those who will be using the SCENAR technology in its 'pure form'.

STAGE 1. My recommendation for a future SCENAR therapist:

Get the first generation SCENAR first.

Find yourself a **good professional version** of the device, the one with all 'bells and whistles' and the digital display with plenty of information - a nice RITMSCENAR, for example, or an Acuscen Pro.



These devices, in order to be really effective in use, require understanding of the SCENAR philosophy and methodology. Therefore, they force a practitioner to learn – while COSMODIC® opens a door for mental laziness.



In the process of trying to make sense of all these figures on the screen, you will learn an awful lot about electricity, adaptive reactions, and SCENAR in general. Add to it the beautiful SCENAR philosophy of health and disease, the concept of small asymmetry, various techniques of working with the body in Subjective and Objective mode, and many other pearls of knowledge and wisdom, that I personally find invaluable for anyone planning to use SCENAR to help others. And even more than that.

The principles of SCENAR therapy may be easily applied in many other healing disciplines, as they reflect the Universal Laws of Healing.

As an owner of the second zone SCENAR, you will have to LEARN IT ALL in order for your device to show what it is capable of.

- You will have to practice often-complex **techniques**, learn and memorize **protocols**;
- You will need to be attentive to the **body's language**;
- You will learn to interact with a client **mentally and emotionally**, turning even a simple questioning into a stand-alone therapeutic session helping the client to identify his main problem and focus his systemic resources on dealing with it;
- and much more.

COSMODIC® makes all of the above not so vitally important for achieving good results. Its methodology is simplified to the extreme. Basically, it is *'place the device somewhere in the area that bothers you, keep it there as long as you can – and do it as often as you can'*. This certainly does not give the practitioner a lot of motivation to study and practice, nor does it support any creativity in the treatment approach.

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So, my repeated advice to a novice SCENAR therapist is: as your first SCENAR, get the first generation one, a professional version. It will be a wonderful introduction to the SCENAR world and good practice in Systemic Interactive Medicine, as you train yourself to dynamically work with the human system simultaneously on all levels and handle the powerful two-way transfer of energy and information between two systems without losing the state of coherency.

In fact, my practical observation is that majority of health practitioners in the beginning of their transformation into SCENAR therapists intuitively go for the first generation SCENAR, even if they have the freedom of choice amongst any make and model.

After a while, though, holistic practitioners gravitate towards COSMODIC®; mainstream ones (especially MDs) stay faithful to their solid, reliable, figure-displaying, impressive (like them) SCENARs. Somehow mainstream MDs and first generation SCENARs match... I guess the capricious and overly independent, mysterious COSMODIC® is too 'new-age' for my logical science-prone colleagues ☺.

STAGE 2. After you get familiar with the first generation SCENAR, you will fully appreciate COSMODIC®.

Get COSMODIC® as your second device.

Enjoy the wealth of possibilities provided by the SCENAR-COSMODIC® combination.

For a practitioner, I strongly recommend to have devices representing both SCENAR and COSMODIC® technologies.

SCENAR and COSMODIC® approach the body differently, and the body may need one or the other, depending on the circumstances.

For example, COSMODIC® is wonderful in promoting healing of **chronic disorders**, but during initial stages of the healing process, when the body needs to deal with barriers of energy cysts, it is better to use SCENAR (unless you are expecting a serious healing crisis). SCENAR will do the job faster and more efficiently than COSMODIC®, which is too delicate for 'breaking walls'. Later in the process, however, COSMODIC® will do more for recovery and regeneration than SCENAR will.

In another example, take the '**Little Wings**' – a wonderful and a very popular SCENAR technique. I can hardly imagine doing it with COSMODIC®; it feels almost like attempting to use a purebred racehorse for moving logs.

There is a time and place for everything (my son Denis would add, '*and it's called 'college'*' ☺). SCENAR and COSMODIC® are both important and both needed.

That's why Dr. Alexander Karasev has re-designed the VX735Ag and came up with the **EX735Ag** – a **SCENAR-COSMODIC® Hybrid** that now combines both technologies as practically two devices in one case (or two processors in the same body) – and no, the EX735 does not have any "multiple personalities" traits ☺.



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This masterpiece of electronic engineering precisely identifies which technology the body needs 'here and now' – and automatically turns them on or off, whenever needed. The EX735 often displays an interesting character first suggesting the right choice, then following the operator's command for a while (even if the operator decided not to follow the suggestion) – and finally doing what needs to be done regardless of the operator.

**As practice shows and the EX735 confirms,
the body chooses **SCENAR** in **20-30%** of the situations
and asks for **COSMODIC®** in **70-80%**.**

That proves the above point that for maximum benefits of his/her clients a SCENAR therapist needs to have both technologies represented in their toolkit.

STAGE 3. Our SCENAR therapists also recommend always keeping a few DOVEs on-hand in your SCENAR practice.

They can be:

- **rented** out (with the option to buy),
- **used by your clients** in the waiting room,
- or **used by yourself** to supplement the SCENAR or COSMODIC® session with an extra-device(s).

Some of our practitioners have as many as 5 DOVEs on the same client at the same time, often as preparation for the main SCENAR session, and swear by the results (I cannot quite imagine a client simultaneously keeping 5 devices on the body, but lack of imagination should not stay in the way of progress, right?)

Practicing the 'APPLIED SCENAR'

My final recommendation is to those planning on using SCENAR **as an addition** to their own established practice – mainstream or alternative (the 'applied SCENAR').

SCENAR is such a universal tool that it can enrich and transform pretty much any health practice or profession. There are a countless number of people who, against all odds, after SCENAR/COSMODIC® therapy did not need surgery any more, or grew 'new' spinal discs, or healed without scars after stomach ulcers and severe heart attacks...

We often, jokingly, say that we have such high success rate with SCENAR/COSMODIC® because we only take spontaneous healers as clients. Actually, this is true.

**Every one of us is a spontaneous healer; it is our nature.
SCENAR just helps us to remember it.**

So, if you want your practice to be full of spontaneous healers, get a SCENAR.

Practitioners of 'applied SCENAR' typically want a SCENAR device that:

- would make an **immediate and substantial difference** in their client's condition;
- something **simple, easy, and convenient** to use that would not require much attention;
- something that **would not demand a lot of training**;
- something **reliable and compliant**.

They want The DOVE.

Since the first day The DOVE was released into general practice, it proved itself to be the 'best buy' for any 'applied SCENAR' practitioner. Chiropractors, massage therapists, dentists, general surgeons, acupuncturists, naturopaths, even psychotherapists happily use The DOVE in the widest variety of situations. Combining a lot of the benefits of SCENAR and COSMODIC®, it definitely fulfills the requirements of a device for an 'applied SCENAR' practitioner.

If not The DOVE, however, then the choice will depend a lot on the **main practice** of the SCENAR therapist, as well as on their individual preference.

Chiropractors, surgeons, and massage therapists, for example, prefer first generation SCENARs; acupuncturists, naturopaths, and psychotherapists like COSMODIC® etc.

It does not really matter what make and model of the SCENAR device you will use as an addition to your practice (providing it is a true SCENAR/COSMODIC®), because what you are actually adding is **another system** that will be working side-by-side with you on re-establishing the client's coherency.

Different SCENARs do it slightly differently, but it does not change the essential nature of the SCENAR/COSMODIC® as your team-mate.

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Once you manage to find **your SCENAR-match,
you will be a winning team.**

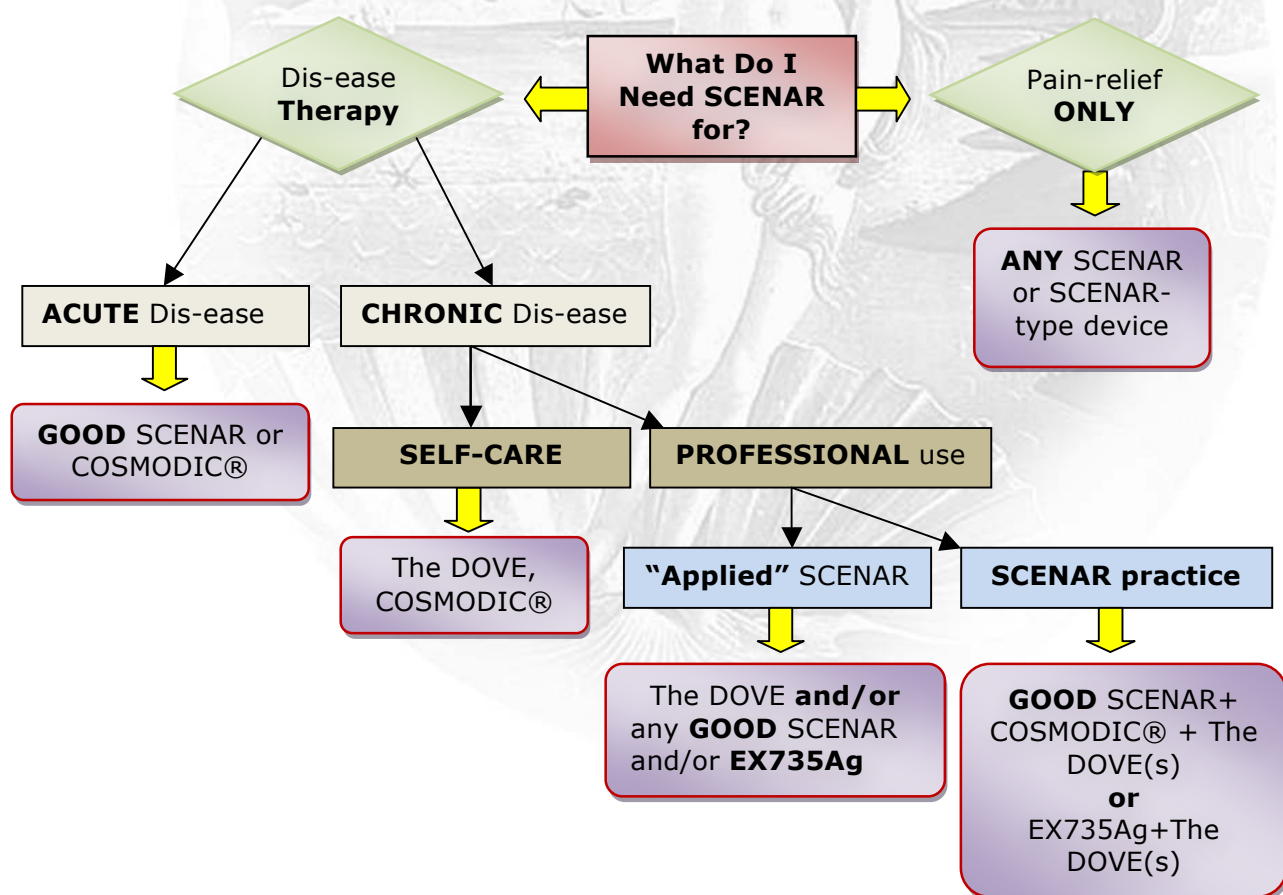
And if in doubt, get the **SCENAR-COSMODIC® Hybrid EX735Ag** – this wonder-device is good for absolutely ANYONE and ANYTHING.

When a SCENAR device is concerned, the EX735Ag is as good as it gets.

**If you are in a search for the finest SCENAR that exists,
the one that **Has It All** and can put your therapy on **Autopilot**,
then your search ends with the **EX735Ag**.**

If, however, this Lamborghini of SCENARs is slightly beyond your means at the moment, apply the recommended algorithm.

Here it is in full:



CONCLUSION.

Here we go, now you have it - the algorithm to finding your SCENAR match and, ultimately, to your success with the SCENAR.

Please remember, however, that this algorithm is based solely on my personal experience and those of my SCENAR colleagues, so it is fairly subjective. Feel free to adjust and modify it if you feel something else works better for you and your clients.

It does not really matter how people find their match – as long as the new union is strong and healthy (read – coherent).

(SIDE NOTE. Actually, there is a fairly accurate and simple way of finding your SCENAR-match. Believe it or not, it is **Muscle testing**. Of course, it requires on-hand access to several SCENAR/COSMODIC® devices, but if you have that option, please do not forget about this simple age-old practice that proves to be useful in the widest variety of circumstances: from assessing the body's condition to choosing a future life partner.)

Also, please don't feel limited by my recommendations. They only paint the overall picture and cannot cover all colors and details of reality. There will always be exceptions and unique situations requiring special considerations.

That's what we're here for, the HealthBoss Coaches. It is our job to make sure that you find your SCENAR match, that a new system is born, that will make our world a better place, one microcosm at a time.

I started this chapter with saying that by acquiring a SCENAR device, you are not simply adding a new tool to your health toolbox; you are getting yourself **A FRIEND**. Please treat it as such – respect it, do not neglect it, and never take it for granted. Just imagine how many people in this world are doomed to suffer only because they do not even know that SCENAR exists – or they are too blinded by their ignorance to see the chance to heal themselves and those they care for.

Let your SCENAR help make this world a better place.

APPENDIX

The birth of **SCENAR** generations

There are two main and distinctly different groups of SCENAR devices on the market today:

- **SCENAR** = the **first generation** SCENARs – and
- **COSMODIC®** = the **second generation** SCENARs.

What is the difference – and how the second generation came to existence?

Let me begin with a brief journey into history.

Alexander Karasev, the SCENAR inventor, first came up with the **COSMODIC®** idea in 1992 and partially implemented it in his SCENAR **VX735v5Ag** model, which just a few years ago was the most expensive and the most sophisticated SCENAR on the market (before the EX735Ag was created). This model presented a **blend of SCENAR and COSMODIC®** technologies.

It took some time for Alexander, however, to completely 'go COSMODIC®'.

In 2005 the 715 model came to existence as the first fully COSMODIC® device. Since then, he also built the C-DOVE and re-designed the 705 and the 735Ag. This last electronic wonder is called the EX735Ag and combines SCENAR and COSMODIC® as two separate devices in one body.

Both SCENAR and COSMODIC® technologies are based on **electrical stimulation with the feedback feature** - the distinguishing characteristic of a SCENAR device.

**SCENARs incorporating only SCENAR technology
are 'the first generation' SCENARs.**

**SCENAR devices with elements of COSMODIC®
are 'the second generation' SCENARs.**

There are certain differences and particularities in the ways different generation SCENARs interact with the body and in the ways they need to be used (we will touch on that a little later).

When I asked Alexander Karasev how he came up with the COSMODIC® idea in the first place, he surprised me with the answer. My 'new age'-prone brain expected something like 'that was channeled information' or 'it came to me in the altered state of consciousness'... Nothing of that sort. It was the natural progression and development of an idea that Alexander formulated way back in the 80th.

Here is 'the elevator pitch' for this idea, or a very brief and simplified to the extreme description of the concept – just to give you an overview before we dive into the depth of the matter.

There are **three ways** of dealing with pain in the human body (I am using 'pain' here as a generic term meaning any bodily dysfunction).

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- You can **overpower** the pain, putting the stronger signal on top of the pain signal. This is the way the TENS unit works.
- You can also '**add to the pain**', blending the device signal with the pathology signals and making the pain signal more 'visible' or perceivable. That way the body gives a stronger re-action on your action, activating its adaptive mechanisms and producing a stronger healing response. This is the way homeopathy works – and the first generation SCENAR, which we often call 'the electronic homeopathy'. There is also a third way.
- You can **directly strengthen the adaptive response**, not challenging the body by increasing the pathologic signal, but simply helping it by adding to its healing efforts. That's COSMODIC®.

Now let's start all over again, but this time more in-depth, somewhat 'more scientific'.

Alexander separated several **levels (or zones) of body's sensitivity** to outside influences. The body responds to the influence only if it falls into one of those zones; if the influence is outside the zone parameters, the body remains indifferent to it.

*The higher the zone, the 'narrower' it is,
and the more difficult it is to fit into it.*

ZONE 1.

Working in **THE FIRST ZONE** is simple and foolproof.

You just shout at the body, **overpowering the pain** it is experiencing with a hammer-like signal. It does not do much for healing, but it certainly kills the pain, fast and without fail.

TENS units work on this principle (or **CHENS**, as it is pronounced in Russian).

BTW, CHENS was the first electro-stimulator that Alexander Karasev built - and he never stopped since. According to him, there was a good reason behind Dr. Frankenstein using electricity to revive the dead matter, a reason worth exploring. ☺

Electro-stimulation devices built to work in the first zone do not require much engineering or sophisticated fine-tuned electronics. In order to hammer the nervous fibers, the dynamic characteristics of the device signal (or the signal changes corresponding to the body's dynamic response) are not very important. Even a slight change in the signal shape beats the body's tolerance effect, providing for increase in neuropeptide release.

That allows for incoherency in the characteristics of the 'output cascade' (don't ask me to explain what this electronic term means; I have only a vague idea that it has something to do with the quality of a feedback feature) - if electronics are not precisely matched and tuned, even if coefficients are lost, the device will still work how it was intended to, for symptomatic pain relief.

This is important from a business perspective, because this way, relatively effective devices can be produced quite cheaply. And boy, are they ever being produced... Unfortunately, lots of these devices are being incorrectly called SCENARs.

ZONE 2.

Working in **THE SECOND ZONE** is trickier.

The organism itself works on the second level of sensitivity, and if we want our signal to be recognized in the ocean of other signals the body is swimming in, it has to be *somehow different* and as dynamic as the body itself, changing in perfect concordance with the body's response.

This is the zone SCENAR was invented for. Here, you don't shout at the body, you don't use too much energy. It is enough to **speak on the same level with the body**, engaging it in the dialog and provoking towards taking care of the problem.

What would our life be without challenges? SCENAR presents such a challenge, increasing information about a problem (in other words, *'adding to the pain'*). Responding to the challenge, the body heals. All SCENAR needs to do is to support the constructive dialog with the body while it goes through the healing cycle.

It is, however, easier said than done. The above task requires:

- sophisticated **mathematics**, precisely describing dynamic changes of the impulses in interaction with the skin,
- and finely tuned **electronics** providing for the functioning of a feedback loop, which would constantly monitor the body response and synchronize it with the signal changes.

And here we go again with the *characteristics of the 'output cascade'*, which in this case have to be **coherent**. Inevitable in production 'dispersion' of the characteristics of the output cascade (**30%** on average) leads to a situation when a good amount of produced devices falls 'out of the zone', becoming less (if at all) clinically effective.

The better the devices are tuned the less the percentage. Tuning, though, is a long and exhausting process, requiring many man-hours. That becomes nearly impossible in mass production.

To summarize, it is difficult and expensive to produce a good device for working in the second zone; **good SCENARs are rare**.

Quoting Dr. Karasev, *"In order to preserve the particularities of a neuro-like signal, all components and parts in a SCENAR device need to be harmonized and coordinated; they have to have the same **exponent**."*

*If you want to build a real SCENAR, you need to know all **coefficients** that are implemented in the electronics; you need to make sure that every detail is compatible with the others. Plus you need to know how to register and measure the body's responses and how to let these feedbacks lead the device functioning.*

*SCENAR is a **coherent system** (informationally resembling a living system) – that is why it is so difficult to copycat. **In fact, so far all such attempts failed.**"*

For the second zone, it is also very important to be **'in the right place at the right time'**. Therefore, *methodology* becomes paramount to efficiency. If you miss the spot, or chose the inappropriate time, the body will not 'hear' you and will not respond. This is why we occasionally need complicated techniques and protocols, which ought to be

precisely followed; and thus the need for extensive training. In other words, the therapeutic effect of the device in the second zone becomes rather conditional and depends a lot on the operator. Tricky.

ZONE 3.

These complicating methodological factors can be eliminated, if you are in **THE THIRD ZONE**.

For this zone, it does not really matter where or when you apply the device – it will be equally effective. **Methodology becomes unimportant.**

This is nice, of course, but there is one problem – it is EXTREMELY difficult and very expensive to build a device for working in the third zone.

Mathematical analysis becomes way more complicated than for the second zone (try to handle **46 feedback loops** at the same time!), and the device cannot even be tuned. Human minds cannot outsmart it enough to handle its fine tuning – the device has to be built in the way that **it tunes itself**; only this can ensure that it is actually 'in the zone'.

This is a step towards artificial intelligence, in my opinion. We are talking COSMODIC®, of course.

Alexander Karasev was contemplating the idea of COSMODIC® since 1992 – and only in 2005 has released the first device built entirely on COSMODIC® technology, the EX 715Ag. In his opinion, every idea has to go through its natural evolution, and it is not good to skip one or two turns of the evolutionary spiral; it is almost like cheating Mother Nature. Let the idea ripen, and when the time is right, a new quality will come to existence without struggling or beating your head against a brick wall.

COSMODIC® came to existence as a natural evolution of SCENAR, when technological advancements allowed it.

Both SCENAR and COSMODIC® use **dynamic electrical impulses**. These impulses even look similar on the oscillograph screen. The COSMODIC® impulse is not as high-amplitude as the SCENAR one though; it is smoother and softer - working in the third zone requires whispering, not talking loudly.

This is, however, not the only difference; it's not even the main one. The major difference is **'the spectral saturation'** of the COSMODIC® signal.

Spectral characteristics of an electrical impulse cannot be displayed on a screen; they do not have a graphic representation. You can let your imagination run free picturing the COSMODIC® signal, in which the low frequency SCENAR impulse is used merely as a carrier for other dynamically changing high frequency oscillations, representing **information**.

It is just like a radio station: its main wave, which has a fixed frequency, carries information in the form of various other frequencies put on top and perceived as sound.

It is **INFORMATION that determines the effectiveness of SCENARs of the third zone (or the **second generation SCENARs**), not the stimulation of nervous fibers, as such.**

(Don't get confused with terminology: technically speaking, adaptive electrical stimulators working in the third zone of sensitivity are not SCENARs, they are COSMODIC®. However, as the word 'SCENAR' already became *generic* symbolizing an entire new field of medical science, we also call COSMODIC® devices 'the second generation SCENARs' – it is perfectly logical, isn't it? ☺)

Just as you would have a hard time trying to graphically display signals of your favorite radio station without losing the richness of reality, the real **COSMODIC® signal** cannot be shown on a two-dimensional screen.

Pure joy was pouring out of Alexander when he informed me that their lab has just purchased a top of the line piece of equipment (a spectral analyzer, I presume), which allows him to finally SEE the signal of the device that he created. Until that point, the COSMODIC® signal was pretty much imaginary – and now Alexander can thoroughly enjoy the endless rows of figures the analyzer spits out. Those figures would probably not make much sense to most of us, but for Alexander Karasev they mean the world – a world beyond scientific paradigms, full of possibilities and excitement, where no one has gone before...

Of course, COSMODIC® impulses constantly *dynamically change* in accordance with the changes in the body (that is the main distinguishing feature of adaptive electrical stimulation, overall).

At the same time, an assessment (or, as we habitually say, 'diagnostics') of the body condition and the **feedback feature in COSMODIC®** **cardinally differs** from all first generation SCENARs and SCENAR-like devices.

In Alexander's own words and using electronic engineering terms, "COSMODIC® processes information from **46 feedback loops** and calculates and re-calculates the coefficient of distortion, the coefficient of feedback turn-on, as well as dispersion, or the deviation of spectral characteristics."

In other words, in processing information COSMODIC® *acts like a living system* (more so than SCENAR). Furthermore, it acts like a **coherent living system** (that supports its own coherency by constantly tuning itself up) willing and able to share its coherency with another living system 'in need'.

As you can imagine, building COSMODIC® is difficult, labor-intensive and expensive. It is still well worth it, of course, if you are concerned with efficiency of the device and want to facilitate as many healing miracles for your clients as possible. But COSMODIC® is not a good money-maker. If you want a no-fail business and fast cash, go with the devices of the first zone (not even the second).

At this point you are probably asking yourself: why would anyone want to go into troubles of creating such a sophisticated (read: fragile) system and the signal that is so complex that cannot even be visualized?

They say, if you want things effectively done, go right to the top and talk to the management. The COSMODIC® signal is created for us to be able to work **directly**

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with the CNS (central nervous system), or 'the body's management', versus working through peripheral nerves, as SCENAR does. As we are 'working through' the management, there is a much greater chance that the body will cooperate and follow the corrective COSMODIC® influence.

The above becomes possible because of the particularities of the COSMODIC® signal, or rather a series of signals.

Unlike SCENAR (which stimulates the body with single impulses or pre-set batches of them), COSMODIC® forms '**adaptive regulatory bundles**' of impulses, which cannot be pre-set. The body itself determines the formation of these bundles when responding to the influence; hence, they constantly change, or 'float'.

The main quality of these bundles is the ability to carry information, **mimicking normal regulative activity** of the body.

In the body, the nervous system constantly sends bundles of impulses, which contain *stimulating*, as well as *sedating* information. It is called 'the dual regulation of functions', and is mandatory for normal functioning of all of our organs and systems.

COSMODIC® does just that – sends **both stimulating and sedating signals**, depending on the situation and on the nervous system response.

In Alexander's view, **COSMODIC® works somewhat like a tuning fork.**

It exposes the body to a harmonious tuning system, and if the device has a 'floating' signal spectrum, it can tune itself into frequencies of any organ or tissue in the body, re-establishing healthy vibrations and a coherent state of functional structures.

As in any systemic interaction, the more coherent system (COSMODIC®) first tunes itself into the state of a less coherent system (the bodily structure) and mirrors it blending vibrations of both systems and creating a new, stronger functional unit (**microresonances** in COSMODIC® make it possible).

This new unit then regains the state of coherency, as COSMODIC® rebalances itself carrying the body along. The healthy healing and coherent vibrations in this process will be amplified (microresonances again) – and when it is achieved, COSMODIC® tells you, 'enough'.

COSMODIC® does not 'add to the pain', challenging the body – it 'adds to healing' supplementing, harmonizing, and amplifying the body's adaptive reactions.

This delicate process requires peace, quiet, and concentration. With COSMODIC®, it is not recommended to move the device along the skin during the treatment session. Just leave it on the selected spot; it will systematically tune itself into different parts of the body – perceptive clients can actually feel which part of the body the COSMODIC® device is currently working on. It will consecutively screen the bodily structures, revealing pathologic *causative chains* (chronologic chains of events in the body that brought it into the current pathologic state).

COSMODIC® is designed to target the root of the pathology rather than its manifestations.

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EVOLUTION OF SCENAR TECHNOLOGY

TENS unit



**TENS + BIOFEEDBACK =
SCENAR**

TENS – Transcutaneous Electro-Neuro Stimulation “Technology of Pain Relief”

AGENDA: Temporary Pain Relief based on “over-riding pain” signals

ACTIVE COMPONENT: electrical impulses affecting nerve fibres (mostly rectangular shape)

PROS: pain relief is achieved in a safe and natural to the body way.

CONS:

- pain relief is NOT lasting: as soon as you stop “hammering” the nerves over-riding the pain signals, pain comes back;
- the body quickly develops TOLERANCE to the influence, which diminishes the effect and requires change in settings.

SCENAR 035 – “troika”



1990

SCENAR – Self-Controlled Energo-Neuro-Adaptive Regulation “Technology of Treatment”

FIRST GENERATION SCENARS

AGENDA: Lasting Pain Relief and Accelerated Healing based on “add-to-the-pain” signals aimed at attracting the body’s attention to the problem (the body reads the artificially amplified SCENAR impulse as its own “strong pain” signal and gives a strong healing response).

ACTIVE COMPONENT: dynamic “pathologic” neuro-like electrical impulses mimicking natural nerve spikes (the 1st unique feature of SCENAR).

PROS:

- lasting pain relief through stimulation of the body’s own pain-relieving and healing mechanisms (Regulatory Peptide release);
- pain relief is achieved in a safe and natural to the body way;
- accelerated healing through regulation of bodily functions and returning the body to the energetically balanced state;
- breaking up the rigid “energy cysts” of chronic pathologies;
- no tolerance to the influence due to the DYNAMIC nature of it;
- FEEDBACK-based electrical stimulation makes the SCENAR influence ADAPTIVE to the body (the 2nd unique SCENAR feature). This way the body itself determines the optimum time and place for the influence – hence, no danger of over-dosing or developing complications or negative side effects.

CONS:

- Due to its somewhat “provocative” character of action, SCENAR can create healing crises;
- Only 1 feedback loop is incorporated into the design (limited information from the body);
- Neuro-like impulse on the output of the device gets distorted by the time it reaches a nerve fibre and does not “blend”;
- First generation SCENARs require difficult treatment protocols and extensive training for good effect; they are being used mostly by healthcare professionals;
- Expensive and do NOT make good HOME SCENARs.

SCENAR 97.4



1997

RITMSCENAR



DOVE scenar



2006

The DOVE (Device Organizing Vital Energy) is the ONLY second generation SCENAR that embodies solely the SCENAR technology; the rest of second generation SCENARs are COSMODICs or SCENAR-COSMODIC Hybrids.

**TENS + Biofeedback +
DYNAMIC ADAPTATION of
REGULATORY BUNDLES =
COSMODIC ®**

SCENAR – “Technology of Treatment”**SECOND GENERATION SCENARs = The DOVE Scenar**
(a “crossbreed” between SCENAR and COSMODIC ®)

AGENDA: Lasting Pain Relief and Accelerated Healing based on “add-to-the-pain” signals aimed at attracting the body’s attention to the problem.

ACTIVE COMPONENT: dynamic “pathologic” neuro-like electrical impulses actually mimicking natural nerve spikes (the 1st unique feature of SCENAR).

PROS: The same as in the First Generation SCENARs +

- Electrical impulses are ACTUALLY neuro-like, i.e. originally distorted on the output to become neuro-like when reaching nervous structures;
- Second generation SCENARs are fully automated and do NOT require difficult treatment protocols; no need for extensive training;
- Can be used effectively by end users and practitioners alike.
- Can be used both a SCENAR – or as a COSMODIC device.
- Cheaper than the first generation SCENARs and made for home use.

CONS:

- DOVE being a SCENAR device can sometimes create healing crises;
- Only 1 feedback loop is incorporated into the design.

COSMODIC 705



2002

COSMODIC 715



2005

COSMODIC 705 & 705mini, C-DOVE



2006

COSMODIC ® – “Technology of Restoration”**SECOND GENERATION SCENARs**

AGENDA: Combine in one device benefits of both SCENAR and COSMODIC ® technologies.

ACTIVE COMPONENT: adaptive regulatory BUNDLES of neuro-like impulses that mimic and amplify healing reactions through micro-resonances. Impulses can be both stimulating and sedating and address and engage in healing both the Central Nervous System (CNS) and local restorative reactions. Creation of such bundles involves 46 feedback loops (processing massive information from the body).

PROS: The same as in the First Generation SCENARs +

- Since COSMODIC does NOT amplify the “pain” signals, it does NOT provoke healing crises;
- Healing and regeneration occur on the CELLULAR level and have a potential of restoring the original healthy blueprint of a cell; hence – “no scar” healing and regeneration.
- Second generation SCENARs are fully automated and do NOT require difficult treatment protocols and algorithms; hence, no need for extensive training;
- Can be used effectively by end users and practitioners alike.

CONS:

- Second generation SCENARs (COSMODICs and SCENAR-COSMODIC Hybrids) due to their sophistication are expensive.
- Devices are sensitive and require careful handling.

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**TENS + Biofeedback +
Dynamic adaptation of
Regulatory Bundles +
DYNAMIC SPECTRUM =
EX735Ag Modific**

EX735Ag Modific



2008

EX735Ag Slider



2011

**TENS + Biofeedback +
Dynamic adaptation of
Regulatory Bundles +
Dynamic spectrum +
SLIDING IMPULSE
SYNTHESIS = EX735Ag
Slider**

SCENAR + COSMODIC ® = 735 devices (Hybrids)

SECOND GENERATION SCENARs

The **EX735Ag Modific** combines **both SCENAR and COSMODIC** technologies and **puts therapy on autopilot** by switching between them at the right moment (or combines them in correct proportions in the Slider version).

Artificial intelligence in the palm of your hand.

ACTIVE COMPONENT: adaptive regulatory BUNDLES of neuro-like impulses that mimic and amplify healing reactions through micro-resonances.

Impulses can be both stimulating and sedating and address and engage in healing both the Central Nervous System (CNS) and local restorative reactions.

Subsequent impulses are formed based on the mathematical analysis of the previous impulses, **in advance**, which “streamlines” healing reactions and speeds up recovery (**ACTIVE** SCENAR & **ACTIVE** COSMODIC).

NEW FEATURES (there is no other device which allows you to achieve the following):

- **Automatic selection of a healing technology** or the correct ratio in combination of them (as in EX735Ag Slider), which helps you achieve the optimal treatment effect;
- automatic regulation of **energy levels** in both SCENAR and COSMODIC, which excludes “defence reaction” of the body;
- **correction of manual settings** of action modes if they are wrong;
- start of a treatment immediately using all functions of automatic control (turns on itself, tunes itself, etc)
- maintenance of **perfect fine-tuning** via user mode for automatic correction;
- keeping of **accurate records** and regulation of time of use of the device.

WHAT’S NEXT?

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Dr. Irina Kossovskaja – “the voice of SCENAR”



Irina Kossovskaja, MD, PhD, DNM is a Doctor, a Scientist, a Teacher, a Writer, a Psychologist, and a serial Entrepreneur.

A successor of a dynasty of eye surgeons, a top eye surgeon in her own rights, and Assistant Clinical Professor in the Department of Ophthalmology at Nizhni Novgorod State Medical Academy, Russia, Dr. Irina Kossovskaja is the author of a number of research studies and medical inventions and a laureate of Lenin Komsomol Prize in Science and Technology (the Third highest science award in the USSR).

Furthermore, Dr. Irina has education and experience in practical psychology, management, marketing, and PR.

In North America, Dr. Irina Kossovskaja holds a title of Doctor of Natural Medicine and runs three successful businesses.

In 1996, while still in Russia, Dr. Irina was introduced to the cutting-edge integrative medical research in bioenergy and informatics – **SCENAR technology**, developing within the Russian Space Program. She joined the original SCENAR research team, which included Dr. Alexander Revenko, Dr. Yuri Gorfinkel, Dr. Alexander Karasev and other top Russian scientists – the developers of SCENAR technology and methodology.

SCENAR became Dr. Irina's passion. She attributes her own only son's healing miracle to SCENAR, and she made it her mission to make this technology available to every family worldwide. Dr. Irina Kossovskaja became a pioneer in taking the SCENAR technology to outside of Russia. After relocating to the Bahamas in 1997, she worked extensively on adapting the Russian **SCENAR training** to Western standards in cooperation with her Russian colleagues.

She is the author of many publications on SCENAR and of the first English translations of SCENAR literature. Her landmark works '**The SCENAR Fair**' and '**The SCENAR Fair: Second Edition**' are considered to be the industry standard and serve as the ultimate guide in the SCENAR world for any practitioner or layman.

In January 1998, in the Bahamas, Dr. Irina directed the **first SCENAR training program** outside of Russia conducted by the RITM team – Dr. Alexander Revenko and Dr. Yuri Gorfinkel, the legend of the SCENAR world. In attendance were Dr. James Colherst, who went on to establish the SCENAR movement in the U.K., Mr. Jan De Jong, currently the manufacturer of SCENAR devices in Holland, and Mr. Leo De Jong, who supported the SCENAR movement in the USA. Considering this interesting history, Dr. Irina is often informally called "**The First Lady of SCENAR**".

For Dr. Yuri it was his last program – he passed away three months after the event. Dr. Irina Kossovskaja, the hostess and the interpreter at that historic program that introduced scenar to the Western world, has lately agreed to release the tapes made at that event. We believe, these are the only tapes ever made of Dr. Yuri's trainings...

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To this day Dr. Irina continues to work with the originators of SCENAR in Russia, facilitating development of this revolutionary technology. She focuses her attention on supporting and promoting **COSMODIC ®** technology as the second generation SCENAR.

Her company **Mediscen** distributes such devices as the EX735Ag, the COSMODIC 715, the C-DOVE, the DOVE scenar and offers extensive training in their use. At the moment, the Mediscen's unique **COSMODIC ® Training and Support Program** is the most comprehensive second generation SCENAR training in the world.

Dr. Irina's ongoing research ultimately resulted in the development of a new health concept, **Systemic Interactive Medicine (SI Medicine)**, which integrates SCENAR with other advanced medical technologies. The found synergistic blend of three energy healing technologies (SCENAR/COSMODIC® - Solaris Blanket - Soft Laser), or **The Healing FUSION**, treats any acute or chronic pain and the disorders that cause it, whether physical, mental, or emotional in nature, with *90% efficacy*.

Dr. Irina Kossovskaja developed a comprehensive **coaching program**, which incorporates using of The Healing Fusion and complementary modalities for self-care, as well as in professional practice. Various modules of this program have been taught across North America over the past five years.

Dr. Irina Kossovskaja is not only a DOCTOR; she is also a "serial entrepreneur". The first Dr. Irina's company, MediSCEN (Canada), was formed in 1998 followed by formation of Mediscen (Niagara) in 2000. Mediscen (Niagara) has operated a **Healing Center** in Niagara-on-the-Lake, Ontario, Canada for over 7 years. The Center served as a treatment and a training facility in the art and science of SI Medicine and a resource centre for health care practitioners and general public. Between friends and clients, it was known as '*Dr. Irina's Healing Garden*'.

As the business grew and acquired a widely international aspect, new business structures were added to support "the building". The newest Dr. Irina's company **HealthBoss** was born in 2010 with the agenda to support the development of a parallel healthcare system, which provides every person with knowledge and tools to become a Home Healer and his/her own Health Boss.

Dr. Irina generously shares her knowledge and experience with others during teleconferences, webinars, in her videos, and in her writings.

Dr. Irina Kossovskaja continues to maintain a rigid stance of impartiality with regard to the complex technologies that she is continuously evaluating. Her reputation as an independent expert in the field allows her to provide consumers with invaluable guidance in locating true value among the various **Self-Healing** and **Energy Medicine Technologies** in the marketplace. She is convinced that, if given right tools, we can get back the power to heal and regenerate – as we were designed to do.

Check out Dr. Irina's pilot project – Inbox Magazine **"HomeHealerToday"** that brings you the latest in self-healing helping you to keep the Doctor away – and sign up for her weekly Newsletter at www.HomeHealerToday.com!

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