

Interview about Scenar with Galina Subbotina, chief trainer of the Scenar Academy in Russia. Ms. Subbotina is a pediatrician, classical homeopath, reflexology therapist, physiotherapist, wife and companion of Professor Alexander Revenko , who is one of the inventors of Scenar. Galina Subbotina came into Scenar therapy in 1994.



For readability, **G:** is Galina Subbotina. **N:** is Nancy de Vos, Scenar therapist from the Netherlands and today - 24th december 2011 - the interviewer

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N: What is your daily job?

G: At the moment my job is to be a trainer and to advise therapists about how to give specific treatment to a patient. I make new seminars and work with our distributors and manufacturers and trainers around the World. At the moment for us the most important job is to prepare as many new trainers as possible.

In the beginning we gave the first levels of Scenar training ourselves in many different countries. Today it's impossible for us to give all beginner level training seminars ourselves, so we teach Scenar doctors and therapists to become a trainer and train people on how to use Scenar. We also ask our trainers to come to us and share their knowledge. We check and exam them in order to receive our certificate. Our certified trainers now make a load of beginning level trainings in many different countries. You can say that at the moment our most important job is to unify our knowledge.

We also prepare many new special topic seminars, inspired by feedback from our distributors

and our representatives. That way we have created many different interesting seminars, for instance depression, child pain, locomotor problems, neurology, gastroenterology and so on.

We also have a big dream. And that is to write books.

N: To write books?

G: Yes! Sasha (Prof. Revenko) already wrote two books in Russian and this is just the beginning. These books are about the philosophy, the history, how Scenar works and also about the protocols created by Gorfinkel and Revenko. People are always asking us to bring out a book about Scenar, about the procedures and how to do special techniques, about physics and about different protocols to treat many different local complaints. We get questions like: "When are you bringing out a book about cosmetology? What does reciprocal treatment mean?" and so on...many people are interested in this. This is our dream, yes. When we finish our daily job, we start to write books.

N: So when I ask you what do you like the most about your job, you say...

G: My favorite work is to prepare my seminars, to give seminars and to treat my patients.

N: How many patients do you treat nowadays?

G: When I started to practice Scenar therapy in 1994, I treated 20 patients per day. It was just crazy! I couldn't stop - I was so excited about the results. Now, when I'm in Russia, I only have one or two patients per day. I give 3 or 4 short special topic seminars abroad per month. Each seminar lasts two days, so we are away about half of the month each month. Patients are now mostly family, friends, and long term existing patients. We have very few new patients because of the lack of time.

The paradox is that it is also impossible to stop treating - old patients bring you new patients.

About Scenar

N: In your workfield you don't come across many lay people. The students are all familiar with the method and want to know more. Let's imagine you met somebody who has never ever heard of Scenar before. What would you say when asked: what is Scenar?

G: That is exactly what happens! Even people who were brought by their friends or family who have experienced the therapy know something about what results it gives. Sometimes people come to our office in Moscow and ask "what is Scenar, what does it mean.". What people always want to know is how does Scenar work. Well, I always start to explain about holistic principles, the universal healing rules that explain how the body can heal itself and that only the body itself can heal something through self healing mechanisms.

I also explain about adaptation and that the Scenar is a special device that trains you to remember your selfhealing mechanisms. Hypocrates, the first doctor, said: we have only two possibilities when a patient is ill - you can heal yourself, or you will die. We had no chronic diseases at that time.

Nowdays, even though we have created so many chronic diseases, you can still heal yourself - with the same rules only by using your self healing mechanisms.

I explain that Scenar is your trainer. The Scenar not just send impulses, the device tries to re-train, repeat, help your body to remember how to use your self healing mechanisms. It's about how you can treat yourself, how you can heal yourself. This is my way of explaining how Scenar works.

N: So, your metaphor for Scenar is..?

G: For me, Scenar is a trainer. Therapists told me that the Scenar is like their "third arm", which helps them to help the patient to restore their self healing mechanisms. My metaphor for Scenar is trainer or teacher.

N: Why is this trainer so effective?

G: If the main key to how the body can heal itself is to remember the self healing mechanisms that are already present, it means that the patient does everything himself. If you did something yourself, you`ll never forget it. Because it's your result as it was your task.

That is why Scenar is so effective, Scenar just teaches, helps you to remember how to heal yourself, so the patient does the healing process himself. If you did it yourself you are much less likely to forget it again and therefore the results are every sustainable and effective.

N: Is this why the Scenar is called this way? The word is an acronym for Self Controlled Energo Neuro Adaptive Regulator.

G: The main mechanism of Scenar is to control and regulate responses - mainly via the nevous system - from the body and to create a change in adaptation or self healing reactions. It's a regulator because it regulates many different dysfunctions, for example hypo or hyper. In one word, in this acronym, you can see and understand everything about it's working mechanism.

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Technical talk

N: Let's talk about some technical treatment subjects.

My first question is about the small asymmetry, an important part of any Scenar treatment. How did the scientists discover this tiny spot with big results?

G: It was very interesting! In the beginning of Scenar developepment, Yuri Gorfinkel and Sasha Revenko where the first to bring everything together. At first they thought: the bigger the skin area treated, the more effective the treatment will be. So they thought that if you treat or slide the device all over patient`s skin it will create more impulses and therefore more responses.

They used Scenar for hours in the beginning, treating ALL the skin, the whole body. The patient was naked and they just treated from top to bottom on the front and on the back. Later they discovered that if you start to work on some point - now known as stickiness (at that time they had no name or definition for it yet) - that makes your slide "get stuck", the patient starts to recover more quickly.

Also they recognised redness in some skin areas after the whole body treatment. When they treated these areas by staying on them for a while or moving the device over it, again the patient recovered more quickly. They started examining and finding more of these special points - after the whole skin treatment - and then the treatments started developing more towards working with these special points.

The definition "small asymmetry" comes from meaning a small area that is different form the other skin around it.

N: What exactly happens in the skin when the device sticks to the skin, or the skin turns red on a specific point?

G: We have a few explanations: general director of OKB Ritm, Jakob Grinberg, is very interested into explaining how Scenar works. He is close to orthodox medicine and always explains that stickiness belongs to a special changing of polarities. Because by moving the Scenar device over the skin we change the polarity of

the surface and inside the body. We treat creating a special electricity or special channel between plus and minus. This current attracts the Scenar and makes the device "stick" to the skin like a magnet.

Another explanation has to do with the structure of water that can be different on some points in the body and even the sound in the skin - because it also depends on vibrations and the skins broadcasts create small asymmetries. In my opinion, the skin is a part of the whole body. It's a holographic, or fractal part of the whole and a part of the Autonomic nervous system.

That is why all reactions and all responses of the whole body on the vegetative nervous system are being transferred and reflected on the skin surface. That is how the body creates some effective points of response. To me it's just a holographic point or fractal point of the whole body. A vegetative response that shows itself in a specific skin area.

N: Treating the symmetrical side to a complaint is often very effective. Can you explain the mechanism of symmetrical treatment?

G: I did a report during a conference on reciprocal zones. It was about how the body creates many different reciprocal - symmetrical zones. In our evolution the body has developed many different corresponding systems. It is like the body tried to multiply many different points for self healing.

Everybody knows there are many corresponding systems like on the ears, nose, the feet (reflexology) and so on.

These reciprocal zones were created by nature to build multiple defenses, to protect in multiple layers. All in order to protect the most important levels of the whole system. If one system does not work, the

body will use a different system. This is why very often the symmetrical side to a complaint can be more effectively treated because the symmetrical part of the system is more open, healthier, as the complaint area is blocked and acts like a closed gate.

If you continue to work on the ill side of the body, it will just remain in the pathological cycle and all the information of the Scenar will go to the pathological cycle through our pathological locus in the brain.

We have very good experience with symmetrical treatment on patients with burns in the hospital. The most important reason why we achieved such good results in treating -and they were very difficult and complex burnt patients - is that orthodox doctors tried to treat the affected area only by operating and putting some oils or creams on the affected skin. For patients this is a very painful and horrendous experience - beyond your imagination.

When I studied in the Medical University it was awful visiting the burn unit where patients were waiting for some relief from the pain and it was at the time when we had no anesthetics in Russia. It's true - can you believe it?

In Scenar therapy with burns we never touch painful points or area - we treat only healthy skin and this is very understandable because healthy skin has a lot of receptors which can respond to Scenar impulses.

Later we recognised through studies that in order to help the body to create as much neuropeptides, regulator peptides and mediators as possible it doesn't matter where you put the Scenar on the skin as long as you stay within the corresponding or connected areas to the complaint zone.

Yuri Gorfinkel, who was my teacher, had a dream of finding

one "magic" point where you can put the Scenar. He believed that there is one small asymmetry point for every complaint and therefore, there really should be one point that we can use in any case. This point belongs to the reciprocal, symmetrical and corresponding point. Like in acupuncture for example, where very experienced acupuncture doctors use only one needle for treatment.

It was Yuri Gorfinkels queste to find the one key point for Scenar treatment. His search certainly led in the direction of the symmetrical, reciprocal, holographical point.

Everything is connected in our body. Our nature has built us as a very clever structure with repeated functions and abilities to respond in many, many different ways - to heal yourself, to adapt; adaptation is the main mechanism to respond to many different outside factors.

N: You don't always treat on the local site of the complaint?

G: With chronich complaints I never start to treat the local zone because this area is often blocked, intoxicated or has no energy flow, no energy movement. If a patient has had the same pain point for many years, the point is also blocked by what is called a "pathological cycle" in the brain and you are just knocking on a closed door. Go around it, it is much more effective.

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Inspiration

N: In the first levels of training we learned general treatment methods and later some more specific ones - like treating pain, neurological course, sports and so on. I went to the Planning & Designing Scenar course seminar last year and I wondered how you go about making all these different seminars. How do you keep finding new subjects for making training seminars?

G: It really just depends on our students. When we started to give training, professor Revenko made beginner level trainings for ten days! Next, I cut this to five days for each training level. Then we decreased it to four days as we started to make a load of seminars. The students at that time where Russian doctors and they kept saying: "No, it is too much, we have only weekends to learn something". So we started to adapt our programs to two days seminars.

When the people finished the classical programs of first, second, third and fourth level training, they asked us "How do I treat for example this stomach ulcer, how do I treat depression, how do I treat this or this particular problem", and so on.. We started to give short seminars on Highlights, these are annual conferences in German speaking countries. Every year we have new topics that interest therapists. For example neurology problems or pain problems. We make new seminars on demand.

I make additions to seminars`contents based on my background in reflexology, acupuncture and homeopathy. Especially homeopathy helps a lot - also in my practice.

"Constructing a seminar always makes me go back to my medicine study books. I am combining and searching when a seminar is building in my mind".

Homeopathy is not just a science to find a remedy. It exists now for maybe three hundred years. They discovered the healing rules and the healing reactions in the body. If you know homeopathic principles you can use this in any practice. It has helped me a lot too, for example to explain some healing reactions of my patients. My background in acupuncture helped me to understand the treatment of energy and the meridians, of course.

N: Where do you get your inspiration?

G: Oh it`s varies - Planning & Design of Scenar seminar for example came from my acupuncture background with knowledge about universal healing rules, like Reikewegs theory of intoxication and restoring energy. Then I also knew that mental treatment methodes are important, because everything co-depends on our thoughts. Constructing a seminar always makes me go back to my medicine study books. I am combining and searching when a seminar is building in my mind.

N: How do you come about a treatment protocol for let's say, a mental problem. Where do you find your stuff to work with?

G: A lot of information, either in books or other sources, just seemes to be there when I need it. I already had it and now re-find it or I get something from somebody that helps. I believe that when you are practicing your calling, the universe helps you to get what you need to achieve your goals.

Many mental treatment methodes I found in old Ayurveda books I have and in other Eastern treatment methodes books. One student gave me the present when I was preparing the Planning & Design Scenar course - it was a very old acupuncture book about lymfe drainage methodes and energy methodes.

I found it so facsinating that it just came to me at this particular time - I don't know how it works. I'm not that clever, you just have to be open to receive it I think.



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adaptation is the main mechanism to respond to many different outside factors".

N: Do you also look at diseases that we nowadays see more of? Like depression or cancer, of which we see much more now than we did ten or twenty years ago.

G: I start to look at the topic, the disease. Again from a holistic point of view. Each disease, each name we give to a disease is just a name for a process of adaptation.

The way a disease is created is the same every time. Different physical symptoms are just the physical part of the different diseases. That is why we have to concentrate on algorithm and general directions to go by to help the body. When students finish the P & D course and know the general methods of treatment, they often ask for some more specific local treatment in specific cases.

They can learn about specifics in, for example the Big Ten seminar that is about ten most common chronic diseases. It contains special local treatments for spine pain, joint pain, stomach ulcer, contipation and so on. In this seminar we teach a few useful local treatments for each problem. It is useful for when you have many patients or if you have patients that have been coming to you for a long time and you need to use something different. In this way we have created many local treatments.

But actually, local techniques belong to Professor Revenko. The local methods keep on pouring out of him! In my opinion, it is impossible to create so many different methods. I said to him: "You are a channel and you receive information from something or somewhere else".

He is always thinking of new methods, I think also while sleeping, because sometimes he's seen some method during his dream and the next day he just followed his arm while using the Scenar! I think many methods, when you are so tuned in into your profession, are not created by your mind, but by..well, I don't know how really! Perhaps It was given to us!

N: What seminar topics can we see coming up?

G: Up to now, we have just followed student questions and that works really well. You asked me to think about Scenar support for cancer patients. For me it was such an interesting question because in Russia we already use Scenar to support cancer patients.

All over Russia a load of cancer patients choose Scenar themselves for support. We use many different methods and, if successful, they use Scenar nearly as a permanent treatment because if you have been "there" you have to protect yourself and keep your adaptation and self healing mechanisms on the top level. That is why I believe it should be a permanent, supportive treatment method for those patients.

It is very interesting to think about all these things. Normally I don't think - I just use Scenar. But if somebody asks me, I start to build some scheme, some algorithm and theories. Again from the background in orthodox Western medicine, homeopathy, acupuncture and what else related to the subject comes to me. Very interesting work I find.

Cancer treatment

N: How do patients with cancer in Russia and Ukraine come to the decision to go for Scenar therapy?

G: Via different ways. The common solution for the cancer patients is always the same around the world - use orthodox medicine: operation, chemo therapy and radiation therapy. Everybody knows about the many side effects and how people are often left with a bad quality of life. Patients start to try to find something to improve their quality of life. They found Scenar through the internet, via friends and family and started trying Scenar. Also there were a few Scenar therapists who were oncologists in their previous practice. They started to combine Scenar after operations, after chemo therapy or radiation therapy.

Nowadays, we have some patients who decide to not go for an operation or chemo therapy after an operation. These patients want to take more responsibility for their own health. They say "the cancer was given to me to change something in my life. It is like an exam for me. I have to think about my life and accept and change something and I have to use some natural treatment. Something that is not "anti" or suppressive treatment, but something to improve my self healing mechanisms and to improve my life quality".



We now have three different ways in which Scenar therapy is used in support for cancer patients: the first is orthodox medicine and Scenar therapy, the second way is for improving the quality of life after the regular treatment and the third group is the group of patients who decided themselves to be treated with Scenar only.

N: So what can Scenar add in cancer treatment?

G: First of all, Scenar can improve someones life. That is the most important result of Scenar therapy when used in that way. The next important thing is that Scenar can reduce the amount of pain relief medicine someone needs, like morphine or opium or any other different tablets or injections that decrease life quality. When you start using Scenar you can lower the dose of pain killers or even withdraw it.

Patients that have used Scenar therapy for their support in cancer treatment started to walk, to work, to cook again and step by step regain their regular life - the most important thing.

Research

In Rostov we have a special scientific institute for biophysics of cancer. The scientists discovered Scenars influence in adaptation processes. They proved that Scenar helps builds anti stress protection hormones. This means that Scenar treatment changes our adaptive reactions and can support our selfhealing mechanisms.

If someone has cancer Scenar can help to restore the adaptation reactions in the body and the scientists also proved that pain medicine can be decreased with the help of Scenar therapy. The research was done on rats with lymphosarcoma - the most difficult to treat and most painful type of cancer.

They divided rats into three groups: the first group was treated with orthodox medicine only (operation, chemo and radiation therapy); the second group was treated with orthodox medicine and Scenar, the third group was treated with Scenar only. Afterwards they compared the groups by mesuring size of the tumor, metastases or absence of them. The results were the best in the group of rats that were treated with Scenar only. I think the doctors in this biophysics of cancer centre have a very interesting job. In Russia we have many oncologists working with Scenar.

N: In the Netherlands, the doctor mostly proscribes medicine or treatment. Do Russian doctors treat actually themselves, with the Scenar?

G: If you have cancer you use everything. If you have something like a stomach ache, you can take some pills, but if you have cancer, if you are on the last line of your life, you have to use everything! It is so clear. In this situation, in our country, many doctors use Scenar. Because we have doctors who had cancer themselves and they asked us about this thing called Scenar they heard about. At first they use it to improve quality of life and later for decreasing pain relief medicine. Seeing the results they were convinced about healing possibilities.

N: In your country, how many doctors or hospitals are using Scenar now?

G: Many are using it. In the beginning we kept an eye on the numbers, asked a special clinical research department to count how many universities and hospitals use Scenar. In the last update we understood that all specialists in Russia now use Scenar and all emergency departments in hospitals use the Scenar. It's used in sanatoriums, rehabilitation centers, cosmetology clinics, childrens hospitals. Many different disciplines.

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Healthcare trends

N: Now for some other subjects. I recently read some articles about new interesting trends for the coming years. Trendwatchers say that technology will become more and more a part of our daily lives. We use it every day and in almost every way. Interactive tv, phones, computers that are rapidly developing into tools to make our life better or easier. They give us a sense of control and empowerment. The trendwatchers say that these developments will continue to boost a shift towards a more autonomous life. Everything we do in our businesses and in our lives will become more and more mobile, more transparent and more intelligent. Keywords are self controlled, self caring and self regulating. People will become more and more enabled to shape their own lives and their own health care. How do you see these developments?

G: Revenko said that his dream is for each family to have (home device) Scenar. It can make everybody's life more self regulated and better caring. We ourselves can't travel without Scenar anymore. Everything can happen during a trip and I have many examples from our life:

Once we were traveling by car with our granddaughter and she became sick and started vomiting. What will you do if you don't have Scenar? We just stopped the car and treated her and in five minutes she said "ok, we can drive now".

One of our patients went on a holiday to Turkey. On the first day her child had a high temperature, vomiting and diarrhea. She thought to herself what am I going to do? We have no insurance to go to the Turkish hospital, to return home is not an option because you can't bring your child with high temperature and vomiting and diarrhea to an aeroplane". She started to use her Scenar and in the evening the child was healthy. It was just adaptation reaction: to a new climate, new place, new water and new food. Scenar can improve health and adaptation reactions in one day! She had had a good holiday.

Another example: a child went to the sanatorium for treatment. The rules of the resort implied that some tests have to be done before treatment starts. The doctors tested her blood and found high levels of some corticosteroids or bilirubine, I don't know exactly which one was too high, but it was too high for the girl to be treated according to protocols. But the mother already spent a lot of money on hotel and treatment plans. She said "Ok, please could you repeat the test in two days". The doctors told her what that would be her last chance. She treated her daughter every two hours for two days. After that, they did the test again and the levels were normal. I can go on and on with examples like this.

Our first symptoms are just adaptation. If you help the body to normalize adaptation reactions you can finish your complaint. It is so much easier to use something that can help you to restore your homeostasis.

That is why your life will be more self regulated and more self cared for and easier. It really is the easiest way to do it with Scenar. Homeopathy is also very effective, but is a lot more difficult to learn the homeopathic principles. In my country I also give special seminars for parents on how to combine Scenar and homeopathy in acute situations – it is not difficult to learn a couple of homeopathic remedies.

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Prevention

N: This fits right into my next question. In Holland, healthcare companies are starting to recognise the benefits of prevention. How does Scenar fit into this development?

G: To prevent any disease you have to restore your self healing mechanisms and restore homeostasis. That is the first aim of prevention treatment. It's easier to accomplish it with Scenar. We have special methods to prevent stress reactions, fatigue syndrome, depression. In fact, to prevent over-reaction to many outside influences. As I said earlier, the scientists proved that Scenar restores adaptation reactions and builds anti stress protection. This is what prevention is. The most important is to build a state of adaptation reactions which can defend from the outside influences that are always around us.

N: So, what you are saying is that if your adaptation system is working as it should, then you won't get sick?

G: Yes, exactly. It is important to explain to people that any initial complaint is just a sign of disbalance. It's not a disease yet. The first signs can be just drainage reactions or adaptation reactions and we have to accept your complaint and you have to "love" your pain to be able to finish your pain.

N: How do you love your pain?

G: Just deal with it, accept and understand that your pain is a sign that you did something wrong. You adapted in a different way and your body is giving you a sign that you have to help the body to restore homeostasis. It is not a complaint, but a sign of wrong adaptation reactions.

N: So the quicker you can help your body to reajust to an imbalance, the better it is?

G: Yes, exactly.

Sports medicine

N: For my last subject I would like to talk about Scenar in sports. Our colleagues in Australia showed very good results in a presentation at the conference in Turkey, which was held in the summer of 2011. The presentation was about how Scenar has helped professional athletes to repair from acute injuries, recover and perform at their most optimal level. So we hear a lot about Australia, but what other Scenar experience is there in the world of sports?

G: We have big experience in Germany, Russia and Ukraine on how to use Scenar in sports medicine. There are three different ways in which we can use Scenar in sports.

The first way is preventive treatment to help the athlete to increase their adaptation potentials. In this way you can restore, help to protect from future injuries. Our therapists treat athletes before training or before competition. They use very short protocols from P&D course. I know one therapist from Germany who uses short cleansing, some meridians and a spastic point or some tight muscles if there are any at that moment. So the first way is prevention treatment.

The second way to use Scenar in sports is during competition or tournaments. There are doctors and therapists who work for sports teams so the athletes can be treated during the game or between games in competition.

For instance, the therapist can treat them immediately in acute situation such as trauma, acute injury etc. because in acute situation all adaptation reactions have a very high potential. In acute situation we have the best results because everything in the body is already very active and therefore the reactions, responses are very active.

The third way is what doctors who work with athletes tell us. The main problem in professional sports is that the athletes have no time to restore homeostasis and adaptation potentials. After a game or in between games you have to use some special general or energy treatment just to

support the adaptation mechanisms and energy levels of the athlete and Scenar works very well in order to archive it.

N: So what you are saying is that directly after an injury occurs, Scenar treatment is important?

G: Yes, exactly. When a main player is injured, you can't replace him during the game, or miss him in the next. You have to do everything to restore him. In Russia we have another reason to treat with the Scenar immediately: if you are abroad and something happens to the athlete, you have to spend a lot of money to go to the hospital to help the athlete.

Small teams have no such money. If it's an Olympic team, then yes, you have all the resources, but small teams don't have that. After a trauma our therapists treat the athlete until he returns to Russia, to make the operation. They save money and help the athlete recover better, right from the start and he can continue to be in the team.

they ran more easily the next day.

There also was a supermarathon runner in Germany who ran around the World and two Scenar therapists tagged with him. They treated him during the breaks. He felt very well, had no complaints, no tiredness, good energy and after he finished the marathon, he was healthy and he was in homeostasis, balance and harmony. The treatments were very short, some general, some energy and maybe some local complaint point and healing blanket. In these cases, especially in long endurance, the blanket helps a lot.

N: I heard that Scenar sometimes is used to improve performance levels. Is it an entirely different approach?

G: No, it's the same as preventive treatment and it has a result of improving energy levels and adaptation reactions in the body.

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N: About the third way of usefulness of Scenar in sports; In what ways can Scenar help in general recovery after training or after a game?

G: The most simple thing is to use the healing blanket. In Ukraine we used Scenar and the blanket during a running marathon over several days (supermarathon). The athletes were running the whole day and at night they were sleeping in the healing blanket. Comparing their experience before and after the blanket, they said it felt like they hadn't run a marathon the day before. They were relaxed because they restored energy and restored their homeostasis during the night. They also indicated that

N: In June 2012 the European football championships are held partly in Ukraine. Are there any Scenar therapists to be found at that tournament?

G: I really don't know exactly. I'll tell you how it was in Russia in the beginning. Many years ago, Revenko and Gorfinkel were invited to the Olympic community in Russia to present Scenar. But when a couple of teams started to use Scenar, they never talked to anybody else about it. It was like a secret. Nobody wanted anybody else to know about something which can improve recovery and the level of performance.

It's professional sports and there is a competition between clubs,

athletes and medical teams. We were asked to bring Scenar, so we did. And then they closed the door. When some team has it, they want to keep it to themselves.

I do know that the National volleyball team in Russia have a few Scenars and the doctors treat the main players. Also, each main player has a Scenar Home device at home so they can treat themselves before the game to prepare muscles and after the game to release lactic acids in muscles. That is one more way of how you can use Scenar in sports.

What's next?

N: We are now at the end of the interview. One question remains: do you still have things you would like to accomplish?

G: The Netherlands was the first country outside of Russia where

Scenar was introduced. Jan de Jong, the director of Cosmed brought Scenar there. So many years have passed and not that many Scenar therapists have joined since then. We know from our friends that this country has one of the best healthcare systems with the most free choices for people.

There you can use many different methods and people have more freedom of choice than for example in Germany, Mexico, Canada, Italy or France-countries with very strict rules. We want to improve Scenar development further in the Netherlands. Because it was the first country outside Russia in our aim, dream "We gave Scenar to the World".

We hope that this country will grow into it's first position in the Scenar World again, because of

your healthcare system and your people. This is our dream.

N: We will start to work on that. Would you like to share anything else?

G: Our dream for the World is that the Scenar is like a bearer, a beacon of pure energy and love. It is my believe - and it was Yuri Gorfinkel's - my teacher - too, that Scenar can restore our generation, our children. I believe that we can improve our next generation and we can bring pure energy and love to the World. That is our ultimate aim with Scenar.



N: Thank you very much for the interview.

G: You're welcome, thank you for the questions.