



## SCENAR and The Natural Healing Process

The human body has a way of healing that is built in and natural. All forms of holistic health care follow innate principles.

The goal of the natural healing process is to assist the body in healing itself.

The most important principle of natural healing is “self-regulation” which means that the body is always actively organizing its functions so as to maintain a dynamic balance. If the body encounters a challenge that it is unable to completely resolve, it will temporarily reorganize itself in some new way that will permit the body to keep functioning, even though it still has an unsolved problem.

This kind of reorganization is called an “**adaptive reaction**”.

An “adaptive reaction” is an interrupted cycle of self-regulation and is acceptable to the body in the short term because it allows one to keep functioning until the problem gets solved. Problems may remain unresolved however because the body has either lost sight of them, (information) or been unable to address them (energy-priority-resources). If a problem is not resolved, the incomplete “adaptive reaction” will interfere with healthy self-regulation and can end up evolving into other new challenges to well being. One must search out these unresolved problems and assist the body in completing its goal of healthy self-regulation and re-integration.

This is “**natural healing**”.

If the cycle of adaptation is not completed, the body may try again and again to complete it. The body has an inherent drive to complete the cycle as a key component to its self-regulation and re-integration. Evidence of the attempts to complete the cycle often manifest as “symptoms”, and ironically, therapies that suppress symptoms and forcefully act upon the body’s functions can interrupt or block the completion of the adaptive reaction.

### **Symptoms & Function**

Symptoms serve as guides in natural healing and one must be cautious if symptoms are suppressed. Of course, no one enjoys these uncomfortable and distressful experiences and if certain symptoms become excessive they should be temporarily controlled. However the goal of natural healing is not to stop symptoms. The goal is to assist self-regulation and reintegration so as to restore proper long-term function. When function is restored, the symptoms leave by themselves.

Remember, in natural healing, the focus is not on stopping the symptoms but rather on restoring the functions. SCENAR uses symptoms as guides in the application of therapeutic processes that help the body complete the adaptive reactions, relieve pain and restore healthy functions.

To engage in natural healing, one must reconsider one’s understanding of how the body functions, and decide on a course of action that follows nature. It is possible that new views and attitudes may be required.

## **Ideas to Consider in the SCENAR Facilitated Healing Process**

- Each SCENAR session is unique because the body guides the session according to its own wisdom, its current conditions and priorities.
- The focus is on health and not on disease
- Recovery is quicker and easier in a clean, active, nourished body
- Healing often starts in the mind with recognition and positive intentions
- Recovery is slower and may be less effective if there is no real desire to heal and change for the better
- An improved state of mind is a sign that recovery is proceeding positively and that the body will follow
- Natural body healing typically proceeds from:
  - recent conditions to older conditions
  - more vital organs to less vital organs
  - inside to outside
  - top to bottom
- Something started should be completed
- Incomplete adaptive reactions develop in layers
  - each layer itself is organized differently
  - typically, natural healing starts with the upper most layer
- Which is expressing itself by key symptom
- Any shift or change is the main positive sign
- Sometimes a sign of successful treatment occurs with a short aggravation of the key symptoms
- A short aggravation is good and often means that the proper function has been stimulated and healing has begun
- After one layer of healing has occurred, symptoms of an older, deeper layer of an incomplete adaptive reaction may express themselves (“unfinished business”)
- These old symptoms are also good and are signs that the body is ready to heal an even deeper problem
- Pharmaceutical medications may make it difficult to follow symptoms and complete adaptive reactions
- As functions are restored, current symptoms may be aggravated or old symptoms may reappear
- Treatment is always more effective during a period of symptom expression
- Rare intense reactions are a profound sign of healing
- Absence of symptoms may not be a sign of health but instead a body blocked by incomplete actions
- The goal is to achieve the most while doing the least
- A session may require from 30 to 60 minutes
- The more recent the problem, the faster the recovery
- Acute conditions need frequent, close sessions
- Chronic conditions need 1 to 3 sessions per week
- About 10 sessions make up 1 course of treatment
- If chronic, more than 1 course may be necessary
- A pause of 3 months between courses is typical
- A few sessions may be done sooner than 3 months if a pronounced exacerbation occurs while waiting
- Function may be restored before all symptoms leave
- If chronic, the maximum benefit of treatments may manifest 1 to 3 months after last session
- A new course may begin sooner than 3 months if a new acute condition occurs while waiting.

