

A small, hand-held device is having a major impact on monitoring and treating both equine and human conditions. Vet Roger Meacock MRCVS explains how scenar therapy helps the body to heal itself

# THE POCKET EMERGENCY SERVICE

**T**he relatively unknown holistic treatment of scenar therapy is slowly making headway in the equine world. And, while Roger Meacock is facing an uphill struggle to convince other vets in this country to try the treatment, the results speak for themselves: "[The horse's] tendon is healing with no scarring or adhesions. My vet now thinks he will be able to do dressage again, which was thought unlikely at first." This testimonial concerning the method is one of dozens from Roger's many satisfied customers.

## WHAT IS SCENAR THERAPY?

Scenar (self-controlling energy-neuro-adapting regulator) takes its name from the device developed for this method of alternative medicine. It is a highly effective, pocket-sized, multifunctional therapeutic device – otherwise known as a short-pulse electric neuroadaptive reflexological stimulator.

Scenar therapy was developed in Russia, originally for use by cosmonauts in space, so they would have a means of treating themselves without recourse to drugs. The economic climate then forced Russian doctors to look at alternative

ways of treating patients, and the device is now used in hospitals and paramedic ambulances to great effect, often reducing or even negating the need for drugs and/or surgery. In fact, healing success figures in Russia have been quoted as 80-90 per cent across all conditions.

## HOW DOES IT WORK?

The scenar device uses skin electro-stimulation. The scenar signal is very close to a natural nerve impulse, enabling the body to recognise and respond to it. It helps the brain to identify where there is a problem and stimulates the release of natural chemicals so the whole body is able to join in the process of returning itself to a fully functioning unit.

The device's electric pulses are modified according to changes in the skin condition, thereby providing very

Roger Meacock MRCVS qualified at Bristol University Veterinary School in 1992, before spending several years in general practice, specialising in farm animals. While based in the New Forest, he developed an interest in horses.

In 1995, Roger set out to prove to himself that using magnets to heal horses, dogs and cattle didn't work, but he received such positive feedback that it triggered an interest in other holistic methods.

After meeting a doctor who was looking into the use of scenar therapy on humans, in 1998, Roger was prompted to think that there was no reason why the same treatment shouldn't work for animals.

Roger was, and still is, the only vet in Britain to routinely use scenar therapy on animals. Today, he travels the UK treating competition horses

and often their owners, too. He has recently treated top National Hunt racehorse Avanti Express for a tendon problem, and he is frequently called upon to use scenar to help maintain dressage horses' backs.

Roger, who works under the practice name Natural Healing Solutions, works alongside other vets, McTimoney chiropractors, equine dentists and complementary therapists, where necessary, to assist in the complete rebalancing of a patient.





**WHEN SCENAR HELPS**

Wide-ranging benefits include:

- Pain relief
- Normalising the immune system
- Reducing inflammation
- Reducing fever
- Treating allergies
- Improving blood circulation
- Normalising the metabolic processes
- Improving lymph drainage
- Ensuring bodily processes work more efficiently
- Improving sleep patterns and emotional wellbeing

There may also be an improvement in seemingly unrelated problems, such as appetite and stable vices, as well as sub-clinical conditions.

sophisticated electronic feedback. This allows the patient to be continually monitored and the next treatment signal adjusted accordingly.

Not only does scenar address obvious problems, but its action will also correct developing sub-clinical issues anywhere within the body before they become apparent to the horse's owner.

Roger says that healing is brought about by restoring the body's inherent ability to recover – not by symptomatic suppression that fails to address the primary cause of a problem.

"Symptomatic treatment options favoured by conventional medicine can allow a condition to continue deteriorating so that either a larger dose of suppressive drug is required or stronger medication necessary," explains Roger, who is quick to add that scenar therapy doesn't bring about any change in normally functioning organisms.

"At best, the basic disorder lingers on sub-clinically and is never properly addressed, but will inevitably cause other problems elsewhere in time."

**WHAT ARE THE BENEFITS?**

Not only is scenar therapy very safe and its results long-lasting, but there are also no adverse side-effects and very few contra-indications. In fact, the effectiveness of scenar-only therapy is stated to be on average 90 per cent for all conditions, with 60 per cent of cases making a complete recovery and positive improvements seen in 30 per cent.

By triggering the body to heal itself at the DNA level, scenar treatment will not mask an underlying



problem, but forces the body to address it, reversing the pathology much more quickly and resulting in an improvement to overall health.

Roger cites the treatment of peptic ulcers in humans as an example of shortened recovery time.

The hand-held scenar device emits an impulse via a small needle, which most horses accept happily.

The condition may take three weeks to cure using medication, but scenar therapy can cut recovery to between five and seven days, without any drugs. In horses, Roger has seen the quickest reaction with tendon injuries, and says that if he starts treatment as soon as possible after the injury, ideally followed by two to three sessions a week, recovery can be achieved in half the usual time. The device can also help to provide effective pain relief.

He emphasises that scenar therapy "does not offer a patch-up service", but will combine well with treatment using a Russian therapeutic multi-layer blanket, competent and appropriate psychotherapy, homeopathy and electromagnetic therapy.

However, using it alongside acupuncture, laser action and other methods based on reflexotherapy can be problematic, due to a possible informational overload on the body.

"Although we prefer not to combine scenar therapy with medications that tend to disturb self-regulation (for example, antibiotics, anti-inflammatories, hormonal preparations and chemotherapy), scenar will decrease their negative side-effects and in some cases allow you to reduce the dose by up to a quarter of that previously required," says Roger. "Generally though, if you kick-start self-regulation, it is counter-productive to apply medications suppressing it!"

**MORE INFORMATION**

For details about scenar therapy or other forms of energy medicine, contact Roger Meacock by e-mail: roger@naturalhealingsolutions.co.uk or tel: (01449) 723 723 or (07866) 687 296. Roger's practice also has a website, visit: www.naturalhealingsolutions.co.uk

**"Scenar has a serious place for sports horses"**

Sorrel Warwick, a 56-year-old BHSAI and accredited eventing trainer, admits to being impressed by the speed at which scenar therapy helped one of her charges recover from a potentially serious leg problem.

Top National Hunt racehorse Avanti Express had pulled a superficial flexor tendon and the Thoroughbred's owner agreed to

Sorrel's suggestion that Roger be called in. He arrived, along with another vet, on the day the injury was detected.

"Over a period of about three months, Roger treated Avanti Express twice a week for the first two weeks, followed by once a week, then once a fortnight and finally once a month," explains Sorrel, who runs Wiltshire-based

Cholderton Equestrian Centre.

"I expected the injury to have left a thicker tendon, but now you really have to look hard to see any evidence of it. The horse came back to win two races.

"I had used scenar therapy with other horses and found the device helpful in speeding up recovery. I thought that it would trigger Avanti Express's body into instigating its own healing process, which is what seems to have happened."

Sorrel, who also found the treatment beneficial in easing an arthritic wrist, says that she is a great supporter of alternative therapies like scenar, although she firmly believes in combining a particular horse and problem with the right treatment.

"Scenar therapy has a serious place when it comes to sports horses," she adds. "Especially due to the need for non-invasive treatments in order to comply with Jockey Club rules."

Left: Avanti Express on top form. He returned to the racetrack following treatment with Roger.



**A TYPICAL TREATMENT**

**Horse:** Cyril, a 14-year-old, 17hh Irish Draught X Thoroughbred chestnut gelding. A former Advanced eventer, Cyril now competes in dressage at Medium level.

**Owner:** Sarah Halls, 43, from Ipswich.

**Problem:** "I am concerned about Cyril's off-hind leg," says Sarah. "I have recently changed to a new farrier because the previous one allowed Cyril's heel to get low and sore, although he hasn't been lame."



Following Roger's session, Sarah and a newly chilled-out Cyril are converts to scenar therapy!

**THE CONSULTATION**

On arrival, Roger always takes the patient's history.

"I discover whether the horse is recovering from an illness or injury, whether the problem is a knock-on effect of something in the past that wasn't addressed properly, or something new," he says.

Once Roger has identified the problem area, he uses the scenar device to treat it, while establishing other points on the horse where it may have originated.

"For example, my view of a tendon injury is that it is frequently secondary to what's been going on undetected elsewhere," he says.

Roger dampens the hair around the area he is working on, to help the electrical contact. Sessions normally last 30-40 minutes – as Cyril is a first-timer, Roger begins with a general treatment, working down the whole spine and covering the central nervous system, which regulates the entire body.

Roger explains that both humans and animals usually tolerate the first treatment well.

"Some horses can be wary the first time and are worried about a needle materialising from an angle they can't see," he says. "But others accept it straightaway. I have never had a horse refuse a treatment."

Roger explains that because the scenar device stimulates an endorphin release, rather like a twitch does, typical reactions include the horse lowering its head, licking and mouthing reflexes or twitching muscles. Cyril exhibits all of these reactions.

"This shows that his body is reacting well and releasing its own pharmacy. The muscle reactions mean that the horse can feel what is going on and his body is taking in the energy it needs," says Roger.

"I try to keep the signal light, as it is the signal itself rather than its

strength that is important. I observe a horse's reactions carefully in order to know when to stop treatment – the horse will become restless if he has had enough."

The number of treatments varies according to the condition and its severity, although Roger fully discusses these aspects with the patient/owner during the first visit.

One major advantage of scenar therapy is that treatment costs can be reclaimed under existing veterinary insurance policies.

**THE VERDICT**

Although Sarah says that she was sceptical to begin with, she couldn't believe Cyril's reaction to his first scenar treatment.

"When I first saw the device, I immediately thought that Cyril wouldn't like it. He is normally quite a tense horse and wary of strangers and new things," explains Sarah. "He goes straight to the back of his box when his usual vet arrives."

But Sarah is amazed to see Cyril not only relax, but actually begin to enjoy the treatment.

"When I saw that he was asleep and totally relaxed, I knew there had to be something positive going on," she says afterwards. "At that stage, Roger wasn't even touching him with the device! I have only ever seen Cyril this relaxed once before, and that was when I tried TTEAM."