

ENAR Therapy

ORIGINS

ENAR technology was initially developed in Russia as part of their space program. The ENAR therapy was designed in the 1970's to help Russian astronauts cope with the aches and pains and health problems associated with the prolonged confinement of space travel. The inventors received a Lenin prize for it and it has become a mainstream medical modality in Russia used in hospitals, emergency medicine and in sports.

The ENAR (Electro-Neuro-Adaptive-Regulator), a hand-held therapeutic device that is moved over the body to find and treat 'asymmetries' (disorders) through the skin. The ENAR uses reflex biofeedback, a dynamic computer-modulated interactive electro-stimulation, between itself and the soft tissue. By responding to physiological changes in the soft tissue the ENAR is able to effect the nervous system's natural adaptive functioning, the universal basis to all healing. As such, because it works on a universal principle, it is said that the ENAR can be used for the treatment of a very wide variety of painful syndromes.

Today Australian health practitioners and members of the public are using ENAR and finding that it can have a profound effect on both chronic and acute painful problems as well as imbedded and difficult conditions and injuries that may not respond to other forms of treatment.

METHODS

STEP 1 - : GO FIRST TO THE PRIMARY POINT-OF-PAIN

Over the strongest "Ouch!" point, apply the device firmly and raise output to a comfortable level. Brush the ENAR in all four directions over these Points.

STEP 2 - : FIND THOSE SECONDARY 'STICKY POINTS'

around the painful or problem areas. The stickiness you feel as you drag the ENAR Space Healer across the skin is one of four tell-tale signs of an asymmetry or dysfunction in that area. Often as you treat these areas the 'stickiness' recedes, together with the sensitivity, pain and related dysfunction.

STEP 3 - : TREAT THE THREE PATHWAYS ON THE SPINE

We have three major nerve Pathways or channels that run the length of our spine; often referred to as ganglia, meridians, tracks, nadis or channels. These three are the first General Treatment Zone. (Other General Zones include the face, collar, abdomen, hands, and feet.) With ENAR's adaptive regulation facility it is very useful to sweep these general treatment zones, to locate more 'asymmetrical' dysfunctional 'sticky' points and to treat these with ENAR to restart, rejuvenate and regulate their normal healthy functioning.

BENEFITS

Designed to hasten the healing process by sending interactive energy stimulating impulses through the skin to the nerves, the ENAR stimulates the body's nerve energy pathways to open, and so cause the body to quickly heal and recover from both acute and

chronic conditions. Its most apparent success has been with any type of injury, particularly with back and neck. It is thought to be beneficial in a many other conditions as well.

Macquarie University in Sydney has just completed (2004) a randomised control trial on chronic neck pain and dysfunction, that shows the ENAR not only gives swift relief from chronic pain and improved functionality but also, disability reduction and coincidentally, improved mental and emotional health. Importantly, these improvements were shown to be sustained at the six months review, which is well AFTER the end of the 6 week treatment period. (This definitely confirms the ENAR as a true healing therapy.)

This research suggests the ENAR hand-held therapy device has been confirmed as a significant new tool for hands-on body-workers of all types and for use as a personal and family therapeutic device. It is natural, non-invasive, non-toxic and very safe.

To find out more about ENAR therapy, get a free DVD or info pack, to try, rent or buy, phone 1300 305 107 or see www.enlightenedtherapies.com