



*"The UK's Number One Centre  
for Scenar Therapy & Training"*

"SCENAR Therapy is a break through treatment that really works"

***Ray Klerck, Fitness Editor, Men's Health Magazine who was treated at the Pain Relief Centre***

"I first heard of SCENAR from my homeopathic doctor. I kept hearing from various friends of the remarkable results that he was achieving with a new device that he had acquired, and so I asked him what it was. I researched it just out of interest, unaware that a home version was available. My husband and I researched independently on the Internet for negative comments, or any suggestions of gimmickry regarding the SCENAR. We couldn't find any. However, we found so many cases of exceptional results that we decided to buy one ourselves.

I rang Debra and was expecting the typical "hard sell", but quite to the contrary her first concern was that I should not be buying something that would end up at the back of a drawer unused, especially as I would not be able to travel to any instructional workshop and would be relying on the manual. When the device arrived, I tried to read the manual in one go and panicked. Once I had calmed down, I jotted down a few questions and telephoned Debra, who put my mind at rest and, having obtained the answers, I had the confidence to "have a go" with the device. A couple of days later I went back to the manual and wondered what I had made all the fuss about. Whenever I have needed any other questions answered, or help, I have found Debra to be very generous with her advice and time; she clearly has an in depth knowledge of this form of therapy.

Since then, I have been using the device very regularly, particularly for pain arising from my upper back, shoulders and neck and resulting in morning headaches that were 10 on a scale of 1 to 10. I would dread going to bed, despite feeling ill with tiredness, because I knew I would develop the pain. Now, after a relatively short time, some days I escape the pain, and most other days the pain is less severe. At the same time, I was dealing with a very nasty wrist fracture, and have regained more movement than the NHS physio had expected.

Typically, it is desperate patients who seek out these "alternative" treatments, and those treatments have to contend with the failures of mainstream medicine. I wasn't expecting miracles as I had tried so many things that had failed. However, I am fascinated by what does appear to be the miraculous effectiveness of what looks like such an innocuous little machine. I cannot recommend the SCENAR highly enough. I am just amazed that the NHS does not use SCENAR. I only wish that I had known about it sooner, not just for myself but for friends and family. I think that every home should have one, and I suspect that in years to come they will."

***Mary Lambert, Shropshire***

"The vision in my eyes had deteriorated over a three month period with blurriness in my right eye and a very prominent blind spot. My GP was concerned that my pupil was not dilating normally and sent me to an optician who did a field vision test, which showed that I had developed tunnel vision and I was then referred to the hospital.

I have had my own SCENAR home device for some time but I didn't know if it could be used to help my eyesight. In December 2011, I contacted Debra who kindly listened and recommended that I buy the goggles electrode to use with my device. Debra gave me full instructions on how to use the goggles and the first time I used them I felt a "popping" sensation behind my right eye. I continued to use the goggles daily as instructed and I began to notice an improvement in my vision and the tunnel vision gradually began to disappear. The blind spot was still there but I felt so much better and I was so amazed at the results that I continued with the treatment.

Finally I was given a hospital appointment in May 2012 and when I had the field vision test, it showed that I had a full range of vision and I was told that I didn't need any further treatment as I had improved in all areas!

I am very grateful to Debra for her guidance and support"

### **Jacqui, Hants**

"One week before the 2012 Marathon I injured my back and was in so much pain that I thought I would have to withdraw from the race. I had 4 SCENAR sessions and to my surprise, I was completely free of pain in time for the Marathon, which I happily completed without any further injuries. I am convinced that without the SCENAR treatment I would have had to have pulled out of the race."

### **Gavin. Chigwell**

"I was so desperate to get help with lower back pain and chronic migraines and I reluctantly agreed to try SCENAR. I was very sceptical, but I had tried everything else over many years and felt I had nothing to lose. I had 7 sessions and although I still get migraines, they are less frequent and my back pain is much better. I get the occasional "twinge" but it is much better than before. Before I had SCENAR, I was told by my doctor that I needed Botox for my migraines and a nerve block injection for my back. I now see Debra for a "top up" session when needed and my only regret is that I didn't try SCENAR sooner"

### **Linzi. Ilford**

"I had been suffering with tennis elbow for 18 months and after just 2 weeks of treatment I was completely pain free. I am amazed at the effectiveness of SCENAR Therapy"

### **Tom. Plaistow**

"Recovery to calf muscle achieved in 4 days using SCENAR Therapy; Physiotherapist advised it would take a minimum of 2 weeks with conventional treatment"

### **Brian. Chigwell**

"I have going to see Debra for several years now dating back to her time at the Hainault Forest Golf Club.

I first attended for reflexology but when I suffered a running related injury Debra used Scenar and I recovered quickly. Ever since I have been treated by Debra for several different injuries but always successfully. She has also treated my family for sports injuries and other ailments and I frequently recommend her to my friends and colleagues without any hesitation"

### **Grant. Ilford**

"In December I was diagnosed with Transverse Myelitis which is a nerve disorder similar to MS. The resulting symptoms were that I was experiencing numbness and discomfort in my body, particularly in my hands. I tried conventional medicines as prescribed by my neurologist, as well as other

alternative remedies (i.e. reflexology, massage and reiki) but nothing worked. Someone recommended Scenar to me - and as nothing else had had any effect, I thought it might be worth a try. Debra was friendly and approachable - she didn't make false promises but told me all about the treatment and that it may accelerate my body's healing process. Over the next couple of weeks I had treatments from Debra - and literally like a miracle, the numbness went away - and my hands felt normal again. She even lent me a device to treat myself at home - and since then I have actually bought my own one - as Scenar can help with lots of problems such as insomnia and digestive disorders too. What is even more amazing - is that a neck injury that I sustained as a teenager, and that has bothered me all these years - has now completely disappeared. I haven't felt a thing since having Scenar. I was sceptical about this treatment as I knew nothing about it initially, but it has really been amazing for me and I really recommend people to try it."

### ***Rachel. Barkingside***

"I purchased a SCENAR home device in December 2011 and Debra showed me how to use the device to treat the arthritis in my hands, feet and knee joints. I was recently told by my specialist that I needed to have a knee replacement but now I have the SCENAR device I am able to keep myself mobile and free of pain. I am so surprised that this amazing treatment isn't available to everyone on the NHS! Before I had the device I was in constant pain and now I think that every one should know about SCENAR!"

### ***Valerie, Highams Park***

"Hi Debra, I just want to say a very big thank you for being a wonderful SCENAR Therapist and for playing such an important part in my recovery. Not only do you work in a very professional manner but you have the added gift of working from instinct. I also love the passion you bring to your work and your continuous pursuit of development as a SCENAR therapist. Thank you for your care and attention to me over the past year. I am now enjoying a whole new life thanks to SCENAR therapy"

### ***Julianne. Galway. Ireland***

"I was very a sceptical, non believer but I was in agony one day at work when Debra was working at our residential home for adults with learning disabilities. She gave me SCENAR on my back. I had been unable to move with pain and within 20 minutes I was completely pain free. If I get pain again, I will definitely go for SCENAR treatment immediately"

### ***Richard. Chadwell Heath***

"After years of other treatments which failed to help my shoulder injury, SCENAR is the only therapy that has made any difference and cured the pain. Better still, my golf swing has also improved significantly as a direct result of the treatment "

### ***Debbie. Loughton***

"After several visits to the doctor with severe shoulder pain, I was given numerous anti-inflammation pills, strong pain killers and an appointment for the hospital. I went to see Debra, literally crying with the pain and after the second session, for the first time in three months, I had some relief. After the third session, the pain had completely disappeared, never to return again, that was over two years ago. Three weeks ago, I broke two toes, massive swelling to the foot and unable to wear a pair of shoes. The pain was excruciating and I had three nights of literally no sleep. I went to my 'miracle worker' and after one session, I had a good night's sleep. The swelling went down by 50% and after the second session, I can get a shoe on. Thank you Debra, for everything."

### ***Elaine. Chigwell***

“The nerve pains in my legs had become progressively worse over several years and despite hospital treatment on my lower back, continued in their severity. My doctor suggested long acting aspirin and this did provide relief but the use of aspirin long term did not appeal. Sleep deprivation became a problem as the symptoms were worse at night and depression set in. My daughter had discovered SCENAR treatment for her working dogs and recommended it to me. With a feeling of scepticism but thinking I had nothing to lose, I decided to give it a try and contacted Debra. It is a month now since my last treatment and the word miraculous comes to mind! I still get the odd twinges of pain but the success rating is phenomenal. Thank you Debra you have given me my life back!”

***Sally. Cambridge***

“My husband came with me for my first treatment and was very sceptical. He saw me before and straight after and could not believe the improvement. It is great to know that as soon as pain occurs, rather than taking lots of painkillers, we will go straight away for SCENAR Therapy and we have been recommending it to our friends and family”

***Anika. Finsbury Park***

“Hi Debra, I Just wanted to let you know that I feel absolutely fantastic!! My breathing has improved so much over the course of the day and I have had so much energy! I’m feeling really focused and positive and I haven’t got any constant pain anywhere. I can actually touch the floor with my fingers when I bend over, it’s amazing!! I really can’t thank you enough you are an earth angel and I wish you billions of blessings!!”

***Eve, Barkingside***