

ARE YOU FED UP WITH SPORTS INJURIES THAT RETURN TIME AND TIME AGAIN? OR ARE YOU TIRED OF HAVING TO REDUCE YOUR TRAINING BECAUSE OF A PERSISTENT PAIN? SPORT4ESSEX SENT EMMA BAILEY TO PANACEA VITAE FOR SCENAR TREATMENT TO FIND OUT IF THESE INJURIES CAN BE HEALED FASTER

PANACEA VITAE

LOCATION: HAINAULT FOREST GOLF COMPLEX
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WE TEST 4 YOU

FOR the past three years I have been suffering with back problems from a sports injury I picked up. I have been to physiotherapy and although this helped, the twinges and niggles still occur. I have had to reduce my sports training at times to accommodate for this injury and was beginning to think I would be restricted indefinitely.

Then I heard about SCENAR Therapy. SCENAR is a non-invasive treatment which speeds up the body's self repair mechanism. The SCENAR device emits an electrical signal, which is almost identical to the human nerve signal. This signal affects certain types of nerve fibres, which produce powerful pain relieving substances into the bloodstream called endorphins. SCENAR also stimulates the production of neuropeptides which rapidly advances healing. SCENAR treatment is available at Panacea Vitae Sports Injury, Health and Beauty Clinic at Hainault Forest Golf Complex and I went along to test this theory and see if it

would indeed heal my lasting back problems. Upon arriving at Panacea Vitae the first thing I noticed was the idyllic setting and had to remember I was in bustling South Essex! The clinic itself is very calming and the neutral tones immediately relax you. Debra is the qualified SCENAR therapist at the clinic and greeted me with a smile.

After giving the details of my medical history and establishing where my injury was for a localised treatment, I sat with my back to Debra and the treatment began. When the SCENAR was applied to my skin, I felt a pins and needles sensation and once I was comfortable with the strength of the signal Debra began to move the SCENAR device over the area that I

have had pain and twinges. The device is meant to glide over the skin with ease and in certain areas the device stuck and gave Debra an idea of the more severe areas to work with.

Debra explains "Using the SCENAR to treat local

symptoms (e.g when there is only one point of pain) is like a lighthouse sending out its beacon to make ships aware of its location. When the SCENAR device is used at the point of pain it then becomes the lighthouse sending out a huge bright beams of light across the waves to show ships or in this case the brain where to focus its attention. Its saying loud and clear 'here I am!' "

After my first treatment I felt no different to when I arrived apart from more relaxed. I was not in pain or uncomfortable. Over the course of the next 24 hours, The pins and needles in my legs had gone and normal feeling had returned to my feet. Debra told me it is normal to



The SCENAR device goes to work

back giving way, I was more comfortable driving and the dull ache was decreasing day by day. I am now able to carry out more strenuous exercises at the gym that I couldn't do before and all pain free.

SCENAR continues to work even after you have completed your course o treatment so don't be concerned if you are discharged before you are completely better. Most people continue to improve for approximately three months after treatment and some for up to five! Once your body has healed your injury completely through SCENAR therapy, you should not need to return for further treatments and you should not need to continue with physiotherapy.

SCENAR is a fantastic treatment for all kinds of injuries from chronic to acute. I suffered with back problems for three years and after three hours of SCENAR my pain was reduced and for the first time in a long while I didn't feel restricted or cautious. I would recommend SCENAR treatment to anybody who has an injury that they can't seem to shift through physiotherapy or any other means. It is also a great way to prepare the body for sporting holidays such as Skiing trips and will help you to avoid worrying about having fun!!


For further information on SCENAR please contact Panacea Vitae on 020 8501 6265

feel a little discomfort and even to have increased pain during and after treatment, but this is a positive sign that the treatment is working and should subside gradually.

My second treatment was a day later and when I told Debra my overnight symptoms she reassured me this was a normal reaction and continued with the treatment. After day two I had the same uncomfortable dull ache and felt slightly bruised in the areas that were

more damaged. I noticed that the ache had moved from my lower back to the upper right hand side of my back and again this is a symptom to be expected as the pain may be originating from another source.

I had three treatments over three consecutive days and I noticed a substantial change in the restrictions in my back. I was able to paint my toenails without my



10% DISCOUNT

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Call to book on: 020 8501 6265 and download a full brochure from: www.panaceavitae.com

Panacea Vitae have a range of gift hampers, gift vouchers and pamper packages to spoil your loved ones with this Xmas! Please enquire

