

Star Trek healing arrives in the 21st Century

By Chris Wheeler

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The other day I limped up the hill through suburban Sydney on a mission to check out what I'd recently seen billed as a "Star Trek device", for dealing with the very type of chronic joint condition I am plagued with. My mission wasn't specifically targeted on myself as much as finding out a bit more about a device called a ENAR, about which I'd been reading some tantalising references in the healing and medical media without ever coming across anyone in possession of the actual instrument itself. ENAR technology is one of those intriguing developments arising from the former Soviet Union's participation in the "Space Race" of the Cold War 70s era and owes its origins to that peculiar open-mindedness and curiosity which marked a period of genuinely pioneering research when Russian scientists, in Star Trek terms, "ventured where no man had gone before."

At a time when Western establishment medicine was actually trashing the work of its own medical innovators like Max Gerson, Gaston Naessens, Stanislaw Burzynski and Wilhelm Reich, here was the Soviet Union, heart of the beast as it were, actually carrying out a serious investigation into every aspect of energy medicine, with a deal more freedom and state funding than was being offered by the best of Western-style democracies.

The ENAR explained

The ENAR (short for Electro Neuro Adaptive Regulator) was Soviet science's pragmatically researched answer to the question "How best can we return a dysfunctional element of the human body to a state of healthy, dynamic equilibrium?" Their research - free of friend or favour - indicated that the human body in the range of electro-energetic phenomena; that disease and structural malfunction produced corresponding, readily measurable, electro-magnetic phenomena; and correction or healing could be successfully carried out by a relatively simple, hand-held device transmitting corrective interactive electro-magnetic frequencies within the range recognised by the human body. All perfectly logical and at peace with dialectic materialism!

The specific unit that resulted might best be described as a non-invasive biofeedback device electronically modulated to produce a pulsed signal in response to the body's signals from its own meridian energy system. Localised energy blockages, often caused by past trauma, create a corresponding pulsed feedback signal from the ENAR, which stimulates the body's own immune system to identify and correct the condition, a process which in many cases creates an immediate effect in the reduction and eventual correction of localised damage. I've recently seen a large muscle lump on a friend's arm disappear after just half an hour's treatment with a ENAR on its medium setting, so results can be dramatic.

Chronic pain relief and correction of muscular dysfunction are two of the most frequently mentioned benefits derived from use of the technology in our part of the world, where the regulatory environment and newness of this approach to healing limit claims of efficacy. In the Russian medical system, however, it is routinely used to treat trauma of all varieties, allergic reactions, cardiac arrest, and endocrine, nutritional and metabolic disorders as well as stress and depression.

The two models of the SCENAR device, currently being promoted in the Australian and New Zealand media as the ENAR Personal Healer and SCENAR Professional are marketed and supported by Enlightened Therapies (Email: <info@enlightenedtherapies.com>, <www.enlightenedtherapies.com>), and are developed on the original Soviet device.

In size and weight very similar to the average mobile phone, the “ENAR personal healer” model I have recently been experimenting with fits into an ordinary spectacle case and is powered by a nine volt battery, producing an output through an angled delivery head made up of bi-pole stainless steel sensors at its operational end. An array of four push-button switches and five light diodes control the four operating modes of the device in its basic form.



The larger ‘Professional’ device is the size of a conventional remote control hand-piece with a comprehensive digital read-out screen. The SCENAR Professional has been produced for the practitioner medical market and this more precisely guides and manages the treatment process and provides the therapist with data for entry into a patient’s records so an accurate track can be kept of a treatment’s progress.

Training and Support

ENAR models come with informational and instructional DVDs and manuals plus an optional therapist certificate training program. Training seminars are held regularly at venues in all of Australia’s main cities, with help-line and Web-based support centred at Enlightened Therapies main office in Sydney.

Development History

Paul Keetley, CEO of Enlightened Therapies, came across the SCENAR technology a few years ago and recognised straight away how it fitted in with his own ideas on the physics of the body’s own natural healing mechanisms. “I’d already been studying virtually the very same principles via my interests in yoga and Oriental concepts of the bodies own energy fields, channels and chakras,” he says. “And I also knew that the Russians were way ahead of us in bringing some revolutionary new techniques and therapeutic devices to the natural therapeutics market.

“So, with my business background it was a logical step to secure the licensed rights to produce what we now call the ENAR Personal Healer and to introduce this revolutionary healing system to the Southern Hemisphere.”

Paul Keetley was aware that he would have to deal with scepticism about any claims he might make for the ENAR, particularly from Australia’s Therapeutic Goods Authority, so he took early steps to get Macquarie University’s Centre for Health & Chiropractic to carry out a randomised control pilot study using a patient group suffering from chronic neck pain, a common problem with 25 percent of the population and one ideally suited to the ENAR’s particular strengths in pain relief and functional improvement.

Research Outcomes

The Maquarie University research team, reporting back earlier this year, noted that the ENAR was successful in “providing both short and long term reductions in neck pain intensity”, “providing short and long term improvement in patient specific function”, “causing clinically observable reductions in neck disability” and “providing both short and long term improvements in both physical and psychological parameters.” In every case the ENAR proved markedly superior to competing treatment protocols generating both dramatic and sustained results..

Therapy in Practice

When the ENAR is switched on and applied to an area of the body which is painful and/or not functioning correctly, there is typically a marked feeling of what could best be described as “stickiness” with an accompanying prickly sensation at the point of maximum damage or dysfunction. In my case, Paul demonstrated on the source of my limp - a fortyyear- old chronic condition running down my left calf muscle to the ankle caused by too many skiing falls and dropped motorbikes. In my case there is a good bit of referred pain and locked up tissue in the ankle, but some of the problem was identified by ENAR “stickiness” as lying high up in the calf muscle.

Years of ineffectual treatment by a range of practitioners has failed to get to the seat of the problem, but the ENAR stroked and held over the major sticky points during the course of a twenty minute treatment entirely eliminated the pain caused by my four mile hill climb and subsequent treatment has maintained a steady improvement in the mobility of the ankle joint with an accompanying marked reduction in pain. The “stickiness” aspect of the ENAR, held over an area of specific trauma, particularly interests me as I’ve experimented with the device on a range of problem areas suffered by people I know. Paul Keetley describes the effect as an essential part of device’s biofeedback feature and its intelligent response to what the ENAR detects as problem areas or “asymmetries” in the body’s normal response to the output signal.

“The biofeedback response is analysed as part of the function of the device itself,” explains Paul. “The “stickiness” is a normal feature of the ENAR in response to any asymmetry it detects in the body and in that respect our “Personal Healer” model is no different to the Professional version with its advanced read-out feature. What you’re receiving is an indication about a probable problem the ENAR is detecting in a specific area. By allowing it to dwell on that particular point for a period of time you may find the pain and problem recedes and also find that pain may disappear in another area of the body which is associated, sometimes along the same acupuncture meridian line. The best news is however you don’t need to know about meridians to find or treat problems. The body itself will tell you where it ought to be treated. You just guide the device to the problem area.”

I’ll confess, I’m impressed with what I’ve discovered so far. ENAR technology puts space age medicine within reach of the ordinary person in the street and that’s got to be good, perhaps we could call it a new type of therapeutic communism!