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### **SCENAR and OLM-1 – The basis for recovery of athletes after training**

**This report is the result of 5-year SCENAR-therapy practice applied at both training camps and home.**

SCENAR and OLM-1 healing blankets were used for everyday recovery of leading athletes of the Luch Club. Athletes that were given this therapy recovered faster and their training was more efficient.

A 17-year-old athlete became a Champion of Russia among the juveniles in the 400-meter hurdles and rated eighth at the First Juvenile World Championship. At the same time other athletes that were injured during their training and that were not given SCENAR and OLM therapy didn't recover and showed low results.

**Natalia Khrushcheleva, a World-Class Athlete**, showed low results (pain in the right heel tendon didn't let her train), and after 6 sessions of OLM-1+SCENAR (the treatment was given according to a standard pattern) she could resume training and achieve high results.



**Julia Nosova** usually trained 6 times a week but when she was preparing for the Olympic Games in Sydney she had to stop on the 3<sup>rd</sup> day. She just couldn't do it. OLM and SCENAR allowed her to resume training. She felt revitalized and didn't feel any fatigue. She could do everything her coach told her without any effort. By the Championship of Russia she was in a good shape. She successfully made a standard for 400-meter hurdles that became her ticket in the Olympic Games.

**It can be said with confidence that using OLM and SCENAR right after the training sessions promotes faster recovery and revitalizing of the body and makes it possible for sportsmen to have sports season without injuries and always be in a perfect shape.**

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