



BOWEN THERAPY

Bowen is a non-invasive, drug-free, hands-on holistic therapy. As a holistic therapy, it follows the philosophy of medical care that views the physical, mental and emotional aspects of life as closely interconnected and equally important aspects of an individual when considering treatment. To a Bowen practitioner, this means allowing the body to make the changes that it needs to make. It means trusting that, with the right kind of stimulation, the body can be prompted to make changes on any level – whether that be physical, emotional or psychological, in order to bring about positive improvements in health. When we allow the body to make the changes that it needs to make, rather than imposing our own judgement as to what needs to be changed, then we are being truly holistic.

The Bowen technique consists of a series of gentle, rolling movements with the thumbs and fingers over certain muscles, tendons and other soft tissue at specific locations around the body. The precise location, order and rolling action of these moves stimulate the body, via the brain, to make what can be rapid changes in health, thus alleviating pain and discomfort which may have been present for years.

There is no manipulation; the Bowen moves stimulate the brain and the brain decides exactly which changes it needs to make, in what order and to which system. Clients very often report after a treatment that, as well as their discomfort alleviating, they felt happier or more positive or they suddenly had clarity about a decision that they needed to make. Sometime they can't explain in which way they feel different, they just know that something is happening, something is changing within the body. The bodily system knows which changes it needs to make and in what order it needs to make them in order to bring itself back to a position of health and well-being.

How does Bowen work?

Bowen is comprised of a series of gentle movements over the muscles and other soft tissue which create a wake-up call in the brain which in turn, triggers a neural response in the body. A particular Bowen move sends information to the brain and the brain processes this information. Every sequence of moves is interspersed with periods of rest, during which the therapist leaves the room for a few minutes, to allow the brain time to absorb the information it has just been sent and to make the necessary adjustments in the body to bring about changes in health. This unique modality is...

Gentle... The recipient feels no discomfort or pain as the therapist's touch is gentle yet firm. The effects of the treatment are non-intrusive making it ideal for use on anyone including the elderly, pregnant women and babies. There are no conditions for which it cannot be used.

Fast... Most pain and injuries will respond within just a few visits. The body heals itself fast once the stimulation of the energy flow is set free in the Bowen treatment.

Lasting Effects... Two to three sessions spaced one week apart is generally enough to achieve lasting relief from long standing pain. When you consult your Bowen therapist they will discuss your treatment plan with you.

What makes Bowen successful?

In contrast to many other physical or psychological therapies, drugs or surgical intervention, the lasting pain relief, physical balancing or return to homeostasis experienced by the client is self-administered from within, rather than being imposed from an external source. The key principle of Bowen is that the body is capable of repairing itself, given the right time and conditions, and Bowen is a treatment which creates a set of parameters whereby the body's own restorative ability is accessed.

As a result, as mentioned earlier, its embrace often extends beyond the presenting symptom to the healing of the underlying physical, chemical, emotional and psychological causes of acute and chronic illness.



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Stress? Dizziness? Headaches? Migraines? Chronic fatigue?	Sore neck? Sore shoulder? Sore back? Tennis elbow? Muscle cramp?	Indigestion? Constipation? Respiratory problems? Menstrual irregularities? Pregnancy & childhood disorders?
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Nothing helped? Call your qualified and registered Bowen Therapist

Sally Filmer

Client Instructions

After treatment the Bowen Technique will continue to be integrated over the next 5-7 days. Following these instructions will allow the integration to proceed unhindered.

On the day of treatment:

- Drink plenty of distilled water to help the body expel waste products and aid detoxing.
- Strenuous exercise should be avoided; gentle exercise such as walking or swimming is advised.
- Have only brief warm showers, avoid hot showers or baths.

Following treatment:

- Other hands-on therapies such as chiropractic, massage, acupuncture, physiotherapy should be avoided; these may interfere with the effectiveness of the Bowen treatment.
- Remember the three W's (Water, Walk, Wait)
- Drink lots of water to flush toxins.
- Walk half an hour each day to increase circulation.
- Wait for the Bowen to work, and for the next treatment. You may experience reactions from a Bowen treatment that may seem negative eg. tired, sleepy, hungry, sore etc. But these are signs of the natural healing process, which are indications that your brain has responded the messages of the Bowen treatment. Your body is resetting, adjusting and healing itself.
- Please note that if there is an improvement from the first treatment, the second treatment will reinforce and lock the benefits of the Bowen into the body.
- Listen to your body's responses to the treatment. Have a rest when you feel like doing that during the day. This will help obtain better benefit.
- Call me if you have any questions about the responses your body is experiencing.

Bowtech – The Original Bowen Technique has been acclaimed as the most exciting healing modality in the world.

For more information on Bowtech, please visit either:

www.bowtech.com or
www.bowen-technique.co.uk