

BOWENWORKS
FOURTH NEWSLETTER
Spring 2005



Dear Client

Welcome to the Fourth Newsletter. Once more, there are changes to clinics, with some new clinics starting. Please see the new schedule below, and do use the vouchers for a treatment for yourself, or give it to a friend in need. Introduce them to the remarkable Bowen Technique. In this issue there is a focus on migraines, and a summary of the response to the questionnaires some of you completed.

Life Coaching Re-branded

In response to the fact that I am now doing more student training for Life Coach School International (LCSI), I decided to re-brand Cambridge Life Coaching, and it has now become, 'The Life Coach Trainer'. This means that there will no longer be a problem of geographical restriction (e.g. just Cambridge). The new site is www.lifecoachtrainer.com

Care Consultancy UK

I am in the process of setting up the above company to encompass all that I do. In addition, I am now developing workshops of my own on health/stress/time management issues to take into corporate companies. If any of you would be able to help me with contacts, or if you think that your own work or Human Resources team would be interested, then please do contact me for further details about the workshops.

Questionnaire Analysis

I would like to thank those patients who returned the questionnaire send out in December. It seems that lots of you were very impressed with the Bowen Technique, but the most common complaint lay in the difficulty you have in explaining the therapy to others. Sometimes it is not always possible to explain the workings of something. Think of electricity. We know it works, but it is hard to understand exactly how and why. Tom Bowen maintained that he was able to 'crack the body's healing code' and that his therapy worked by making gentle rolling moves in a very precise way and order.

For further more detailed information on Bowen, please visit www.bowenwork.com or my site, www.bowenworks.org or have a read of '*Understanding Bowen Technique*' by John Wilks (£1.99) ISBN 1 904439 36 5

Focus on Migraines

Do you suffer from migraines, or know anybody else who does? Bowen can help with this often debilitating condition. As well as Bowen moves on the upper-back and neck, the Bowen-work which is most commonly used to help with this condition is the 'Coccyx procedure'. The coccyx is the tail-bone, or last few bones of the spine. The coccyx procedure is also used to help with menstrual problems and can even help with fibroids. As with all moves, the procedure is very gentle, and there is no need to remove any underwear. This particular move can help with migraines, as often it is something at the opposite end of the spine causing a problem at the top. As another example, doing work on the sacral area of a patient with restricted neck movement, can improve range of movement, where just doing simple neck work may not always be enough.

As well as migraine sufferers often being medically advised to abstain or avoid alcohol, cheese and chocolate, one interesting issue that has come up upon discussion with other Bowen therapists, is that patients who wear G-strings, or thongs, are much more likely to continue having bad period pains/migraines than those who wear 'big pants'. The reason for this is that the thong continues to make continuous and undesirable vibrational moves along the coccyx. So, motto of the story girls is to: wear big pants!

Holidays

I will be on holiday from 16 June to 2 July 2005. If you require assistance during this time, please contact one of my clinics or send me an email (therapy@bowenworks.org) as I will not be taking calls on my mobile during this time.

2005 Clinic Schedules:

Day	Clinic	Telephone
Monday	Napiers 44 Goodge St, London	020 76371610
Tuesday	Central for Health 68 Exmouth Market, London, EC1R	020 76893717
Wed	(CCHC), 8 Rose Crescent, Cambridge	01223 355344
Thursday	Therapy Room, Cobbles Yard, Cambridge	01223 315400
Weekend	By special arrangement	07947 475082

Isobel Knight

07947 475082 or 01223 423506