

BOWENWORKS Tenth NEWSLETTER

Spring 2007



Clinic News

Spring greetings! The clinic in Covent Garden is going well and has now increased to two days per week, but because of problems in booking evening appointments in the week, I am now offering a Sunday evening clinic at The Meeting Rooms in Covent Garden. I am also looking at some new clinic rooms in Warren Street so that I can do evening clinic sessions there as well to support the demand.

Evening Appointments

Because so many people try to get an evening appointment, please do not expect to be able to get one quickly, especially if it is an emergency appointment. Remember that your Bowen treatment is a medical appointment in its own right, and so you should not feel guilty for leaving work a bit earlier, or forgoing your lunch hour so that you can improve your health.

Bowen for Dancers

Look out for the March 2007 issue of *The Dancing Times* where there will be a big article about Bowen, and me. You can obtain Dancing Times from Freed's, 94 St Martin's Lane or the Opera House. Both in Covent Garden.

Bowen for Post-Operative Recovery

I have just begun an enormously exciting project with Consultant Urologist Mr Hiten Patel of University College Hospital. He is an advocate of The Bowen Technique and wanted to improve his patient's post-operative recovery time. We will work as a team with me giving Bowen treatments to certain patients, initially as part of a trial to see what difference the Bowen will make. We will then hold a larger research trial including control patients and patients for whom we do nothing. We are hoping that of course the Bowen will improve patient recovery time, not just physically, but psychologically as well. We will then open this model of treatment up for other Consultant Surgeons in the future. Watch this space for further news!

Bowen for Gynaecological Complaints

I have used Bowen to treat some gynaecological disorders. The following conditions have responded very well to Bowen:

Amenorrhoea – (Irregular, or absent periods)

Example – one woman who hadn't had a period for over a year – periods restarted straight away after only one treatment.

Dysmenorrhoea – (Painful periods)

Example – Many women who have bad period cramps find Bowen helps and in some cases means they no longer need hot water bottles or painkillers.

Menorrhagia – (Heavy periods)

Example – a patient I had with fibroids found that her bleeding was hugely reduced post-Bowen

The condition '*Endometriosis*' is more difficult to treat well and is caused by cells from the lining of the womb (endometrium) escaping and attaching to other parts of the pelvis – e.g. ovaries, bladder, bowel etc. It can cause severe pain, heavy periods, painful sex and cause infertility, and many other difficult to manage symptoms.

In trying to help women with this chronic condition, any improvement in sleep/pain-levels/energy/digestive symptoms can be seen to be an improvement and perhaps help them to manage this disease.

National Endometriosis Week is 5-11 March 2007, and I am offering any women with Endometriosis treatment for £20. I will donate £5 per person to Endometriosis UK. For further information visit: www.endo.org.uk

International Bowen Week

In honour of Tom Bowen's birthday on 24 April, and International Bowen Week, to celebrate I will be offering some special offer 'taster' sessions as well as some talks. Look out for these on my website.

I am happy to give formal/informal talks with practical demo on Bowen. Please ask me!

Email

My email address is now bowtherapy@gmail.com



2007 Bowenworks Clinic Schedules:

Please note that I do work for another project on Mondays and Wednesdays and so I am not available on those days. For the latest information check the website – www.bowenworks.org

Day	Clinics (Contact me directly)
Sunday	Clinic at The Meeting Rooms, Neal's Yard, Covent Garden, London from 5pm-9pm
Tuesday	Clinic at The Meeting Rooms or Private Clinical work with Mr Hiten at UCH
Thursday	Clinic at The Meeting Rooms until 4pm and then at Warren Street from 5-9pm - TBC
Friday	Private Clinical work with Mr Hiten or clinic in Camberwell

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www.bowenworks.org