

# BOWENWORKS FIFTH NEWSLETTER



Summer 2005

## Dear Client

Welcome to the fifth 'Bowenworks' Newsletter. The weather is finally turning warm, and at the last AGM (June 2005) of the UK Bowen Association, I was elected on to their Committee. I am proud to be involved in the cutting edge of change and will continue on my mission for getting Bowen better known within our healthcare system.

## New Clinic in Ipswich

A new clinic called, 'Wellsprings' will begin in Ipswich in mid-July time. The clinic is being managed by colleagues I worked with in Napiers in Cambridge, so I am sure it will be a successful enterprise. It might suit some of the Cambridge clients who live nearer to Ipswich better.

## Cancellations/Missed Appointments

In light of the recent episodes of inconsideration by some people, I will be strictly enforcing a 24 hour cancellation policy, extenuating circumstances permitting. Please remember it only takes a quick phone call to cancel an appointment if you cannot make yours, and someone else might urgently need it. The full fee will now apply as of 1-7-05.

## Indian Head Massage

I am now a qualified Indian Head Masseur, and will be delighted to offer you this half-hour treatment if you just want something short and sweet for relaxation purposes. The charge is £20 in Cambridge/Ipswich, and £25 in London.

## Focus on Stress and Anxiety

- Do you sleep badly?
- Feel restless and twitchy?
- Overworking?
- Are you relying on stimulants?

If the answer is yes, then it is time to take immediate health action. Long-lasting feelings of stress and anxiety can increase blood pressure and your chances of heart disease and stroke in the long-term.

Look at your diet. Avoid excessive sugar highs, fast-foods and excessive caffeine.

Try and exercise more – for example, a walk during your lunch hour. Take up meditation or yoga. Go swimming.

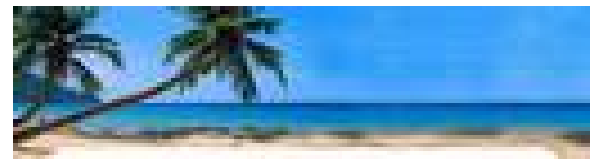
Look to having a relaxing treatment to help your body to cope with the excessive demands it is being subjected to. You might want to also consider Life Coaching. Look at your time management skills. What can you change today to ensure a healthier future?

## What are holidays for?

Apart from rest and relaxation, sun, sand and sea; holidays are a useful time to review personal goals, rethink where you are going in life and whether anything needs to be changed or improved. This is because for once, you have the luxury of some quality free time. Use this opportunity to creatively day-dream and discover what it is you want and how you are going to achieve it. Enjoy the process!

Consider the '**FEAR**' Model to help you:

- **Focus** on what you want to achieve
- **Energy** – use the generated energy to create a realistic plan of action
- **Act** –take the necessary action to achieve what you know is a better option
- **Result** – by using focus to clarify your true needs and harnessing the energy of your emotion, you'll act in a more productive way to give you a positive result. (LCSI © 2004)



## 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
Friday	Wellspring, 20-22 Lower Brook St, Ipswich	01473 222290

## Isobel Knight

07947 475082 or 01223 423506

[www.bowenworks.org](http://www.bowenworks.org) or  
[www.lifecoachtrainer.com](http://www.lifecoachtrainer.com)