

BOWENWORKS Ninth NEWSLETTER



Winter 2006

Clinic News

The new clinic in Covent Garden is going well and has now increased to two days per week, with a third being considered shortly. It is particularly rewarding for me seeing patients from the past who are still doing well and have just come for a top-up treatment. Thank you to those of you who do such a good job in spreading the Bowen word. It is a great compliment to be referred to from a previous patient. Do feel free to write or email in with any Bowen news.

Bowen Forum

Bowen, along with Reflexology and a number of other therapies are working towards National Occupational Standards, in liaison with the Princes Trust. This will mean that any Bowen Therapist you visit will be fully regulated and training standards will be more uniform. I hope that you will agree that this is a very important step forward in ensuring that standards of treatment remain high, and most important that the public can trust who they visit. My hope is that this will have a positive knock-on effect onto the medical profession generally and also onto insurance companies who will recognise Bowen as a treatment of excellence in it's own right. For further information please visit:

www.bowenforum.co.uk

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

Focus on Upper Digestive Complaints

As the festive season kicks in, so does indigestion, heartburn and acid reflux. Avoiding smoking and excess alcohol can help with this, but also avoiding eating late at night, excessive stress and overindulgence. All this goes out of the window at Christmas just when you want to enjoy that extra mince pie or glass of wine. Peppermint tea can aid digestion along with ginger. Needless to say Bowen can help with these complaints, particularly if they are long-standing rather than confined to the festive season! Pass me a mince pie!

Bowen for Babies

Christmas is the Christian festival celebrating the birth of Jesus Christ, but whatever religion you come from, the birth of a baby is always a celebration as we wonder at the marvel of a new life. Babies (and children) respond particularly rapidly to Bowen as they have no pre-conceived ideas or mental barriers to receiving the work. Bowen can be especially

helpful for reflux (see above!), colic, TMJ/neck problems due to the stress of the birthing process. Do not hesitate to bring your little ones along for some Bowen. I charge £10 for babies and on a sliding scale for children, depending on their ages. Please ask me for further information.

Bowen for Dancers

Look out for the January 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 Back-Pain Project Results

BTER (Bowen Therapists' European Register) ran a research project on Bowen for back pain. In summary, the results are: 95% of sufferers experienced either complete relief or a significant improvement. There were 88 volunteers, 37.5% experienced a full recovery, 58% felt they had made good progress. Only 4% said their condition had not changed. Overall, Bowen can provide significant relief for most back pain sufferers, sometimes with a dramatic impact on their lives (Article abridged from the full report in *Backcare*), with thanks to BTER for the research.

New Year's Directions

Do you know which direction you are heading for in 2007?



Throughout January, I am offering Life Coaching at a **SPECIAL RATE of £60 per session (Normally £80) and three sessions for £200 (saving you £40, normally £240).**

Life Coaching can help you to realise your dreams and full-potential, as well as helping with time management skills, work/life balance and relationship issues. Life is precious, invest in yours and reap the benefits.



2007 Bowenworks Clinic Schedules:

Day	Clinics (Contact me directly)
Monday	No Clinic
Tuesday	Clinic at The Meeting Rooms, Neal's Yard, Covent Garden, London
Wed	No Clinic
Thursday	Clinic in Covent Garden
Friday	Clinic in Camberwell

Isobel Knight

07947 475082

www.bowenworks.org

www.lifecoachtrainer.com