



# ABOUT THE BOWEN TECHNIQUE

What this incredible technique can do for you

Winter 2008



## Understanding the Bowen Technique

The Bowen technique is a safe, powerful therapy that helps many conditions.

It is suitable for almost anyone. The technique is gentle and stimulates the body's own natural healing process. It can be used on babies, the elderly and very sick as well as on sports people and the 'man in the street'.

The technique is deceptively light, non-invasive and non-manipulative - often it feels like very little has happened - yet in fact it addresses the whole body, working on many levels including the physical, chemical, emotional, and psychological well-being of each client.

From muscular pains and strains, to digestive imbalances, from migraine and headaches to respiratory problems the technique is successful at restoring your body to the balance and harmony of its original 'blueprint'. Often it only takes two or three sessions to get you there.

Your local Bowen Practitioner will be pleased to talk to you about the technique and your particular problem. They will be happy to advise you on treatment and the improvements you can expect.

This information is brought to you by your local Bowen Practitioner

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For more information see [www.bowen-technique.co.uk](http://www.bowen-technique.co.uk) or telephone the Bowen Association office on 0700 269 8324.

## Had enough of the back pain, neck ache, shoulder discomfort or frozen shoulder etc .....

Bowen releases the tension in muscle tissue amazingly fast - often with long term and permanent effects.

Tried everything else? Fed up? Don't be ...

Bowen is incredibly effective - many people with long standing or apparently permanent problems have been helped.



The Bowen Technique is complementary to conventional medicine and can safely be used in conjunction with other medical treatments. We will always consult your general practitioner where appropriate.

Our experience tells us that even after a minimal number of treatments, painkilling drugs and some other medical treatments can often be discontinued (in consultation with your medical advisor), and surgical intervention has often been avoided altogether.

## What happens when I see the therapist?

They'll talk to you first – and take a brief medical history on your first visit. Then your treatment session usually lasts from 45 minutes to one hour. During treatment there are periods when the client is left resting alone for a couple of minutes allowing the body to rebalance itself and start its healing process.

A Bowen treatment consists of a series of gentle rolling type movements on skin (or through light clothing), with the client resting on a comfortable treatment couch (or sitting, if lying down is difficult for you).



Two or three treatments at regular intervals are usually enough to achieve lasting relief - although further treatments may sometimes be required. To receive maximum benefit whilst receiving Bowen it is recommended that other physical therapies are not received at the same time, eg massage, reflexology, physiotherapy, etc.

Treatment usually results in a deep sense of overall relaxation, allowing the body to recharge and balance itself. There are many theories as to how the Bowen Technique works, however, none completely explain its holistic effect and often outstanding results.

### How does it work?

Bowen treats the whole person. The practitioner uses rolling type movements which activate specific muscles, soft tissue, nerves and energy within the body.

Bowen treatments interact between brain and body. Simply stated, the Bowen Technique allows the body to reset and heal itself. The Bowen practitioner is a catalyst, setting everything in motion for the body to do its work. The human body is amazing - self healing can often be achieved with minimal outside influence.

## Boosting your immunity

Wintertime brings coughs and colds. Your immunity is at a low ebb. Bowen sessions will raise your body's ability to cope and deal naturally with many of the germs that seem to be particularly prevalent in the winter months.



## Fertility Problems?

The Bowen Technique can help. We have an excellent record in this area by balancing the body and reducing stress, thus increasing your chance of conception without medical intervention.

Speak to your local Bowen Practitioner for more information about our track record and advice on what help is available. A series of our specialist 'fertility aid treatments' could set you on your way to a positive result.

