

**How does Bowen Therapy Work**

There are several theories as to how Bowen Therapy works, however, the actual mechanism remains somewhat of a mystery. As with Acupuncture, the effectiveness of the treatment is shown in the results. It is only a very small percentage of people who do not respond to Bowen.

A Bowen move is made by gently rolling over muscle, tendon or ligament. Many individual movements are made at specific points all over the body in a pre-determined, systematic manner. One working theory is that the movement created by the gentle (superficial) Bowen activity is transmitted through to deeper layers along the facial covering of the muscles and relayed back to the brain. The body is networked by fascia and recent anatomical studies have revealed that the fascia is a continuous system. It surrounds muscle and bone and is developed in the embryonic period of life i.e. at less than 10 weeks gestation.

This theory goes someway to explaining how an injury or problem in one area may be created from or linked to problems in other (seemingly unrelated) areas. In short your ‘ankle bone is connected to your knee bone’ etc., right through to your head. Rather than viewing the system as being made up of muscles which are surrounded by fascia, it may one day be proven to be a fascial system containing muscles - the muscles working as a pulley system within.

Working with this theory, you can begin to understand why the body needs to be viewed as one unit and not as separate/isolated parts. This also applies to any problem or issue that presents. It then becomes easier to appreciate how, the gentle Bowen procedures can be transmitted through the muscular level to the deeper organ level within the body. This means that Bowen can also help with lymphatic, digestive, kidney and respiratory problems, to name a few. Other responses that can and sometimes do occur, relate to the release of emotional tensions and anxieties. Bowen can create a feeling of profound relaxation and calm. This may be part of the emotional release process but again, the mechanism for this remains a mystery.

The role of the therapist is similar to that of the starter motor in a car – that is, the therapist introduces Bowen to the body which triggers the self-adjustment and healing process. Short rest periods incorporated into the treatment, are fundamental to this change. The body-wide application of moves means that the brain has a lot of additional information to assimilate at each treatment. The rest periods provide time for the brain to respond to the new information and begin the subtle process of adjustment and repair. An event which can continue over several days.

**Bowen is not an emotional release discipline -** The intent of a Bowen session is not to effect emotional releases but many report that the most striking result of the work is a lightening of their spirits and subtle but pervasive refocusing of troublesome emotional patterns. Many other types of therapists consciously focus on this interface between the physical and the emotional, trying to touch on what is hidden behind a protective wall of tense musculature. In comparison, Bowen confirms that the best access is gained by the least threatening approach.

**Client Instructions**

The Bowen Technique is a specific series of muscles and connective tissue movements designed to treat a wide range of problems and injuries. Bowen addresses every system in the body: internal organ systems as well as the musculoskeletal structure. These gentle, powerful moves send neurological impulses to the brain. The brain processes and feeds impulses back to realign the body. Respecting this feedback loop is essential for allowing the body to restore its natural balance.

The Bowen Technique will continue to be integrated over the next five days. Your awareness in following the instructions below will support this process.

**Day of Treatment**

* Break up your sitting periods within each 30 minutes—get up and walk around for a few minutes before sitting back down. This is important even if driving – do stop within 30 minutes to get out and move. However, you may lie down today to rest or nap without getting up. The Bowen work will set further into the brain’s hemispheres tonight while you are sleeping, so you do not need to observe this practice tomorrow.
* Stand up with your weight evenly distributed on your feet, as you did after the treatment. This helps to maintain the balancing effect of the treatment on the body.
* Strenuous exercise should be avoided, though gentle exercise such as walking or swimming is beneficial.
* Drink plenty of water to help the body expel waste products.
* No hot baths, hot tubs, heating pads or ice packs. A brief, warm shower is fine.

**During the week**

* Please avoid all other forms of bodywork – massage, chiropractic, acupuncture, etc. Also avoid hot tubs, hot or cold packs, long hot showers, or dental drilling. Homeopathic medicines, essential oils, and flower remedies may be used; they will not interfere.
* Continue to drink plenty of water, at least 2 quarts a day.
* A gentle walk each day is recommended.
* Call me if you have any questions about the process your body is experiencing.

**Follow up**

* Return one week following the first treatment. The second session is essential for setting the foundation of the work into the body.
* We will assess your condition at that time, and discuss a treatment protocol. Once your condition is resolved, you may schedule Bowen treatments either for maintaining general well being or as needed.