



THE ORIGINAL BOWEN THERAPY

UNDERSTANDING THE BOWEN TECHNIQUE



A BRIEF HISTORY

- TOM BOWEN –GEELONG, AUSTRALIA,- 1950s.
- 1974- OSWALD (Osteopath) and ELAINE RENTSCH (Homeopaths), then worked with TOM BOWEN & documented the technique.
- 1986- started teaching & established THE BOWEN THERAPY ACADEMY OF AUSTRALIA.
- It has spread over 30 countries in the world latest being India by FARIDA IRANI who is a recognized Bowen Therapy Practitioner & Instructor.

What is Bowen Therapy ?

- The Bowen Technique (also known as Bowenwork) is a very non invasive state of the art technique.
- The Bowen Technique embodies a truly Holistic approach to Health Care.
- It is sometimes called the “ Homeopathy of Bodywork”. It utilizes small but measured inputs to the body, stimulating the body to heal itself.
- Bowen helps to fine tune our body, it is like catching a “frequency “for the body to function at its optimum best.
- In Bowen, specific MOVES are made on ligaments, tendons or muscles which most likely activate the Golgi receptors & send signals to the Brain ,the Neurological Pathways, the Fascia, also activating the Meridians & the Electromagnetic field of the person.

HOW BOWEN WORKS?

- Bowtech is neither derived from nor similar to any other hands-on modality. The mechanisms of action are not completely understood, but it is generally agreed that it works primarily through the nervous system on both structural and energetic levels. Healing most likely occurs through the response of the body's autonomic nervous system to the Bowtech moves.
- Simply stated, Bowtech allows the body to reset and heal itself. The work consists of several series of gently rolling, connective tissue moves. There are frequent important pauses between sets of moves, which give the body time to benefit from each set. By selecting appropriate combinations and sequences of moves, the practitioner is able to address the body as a whole, and/or to target one or more specific problems. The practitioner discerns stress build-up in muscle groups and utilizes Bowtech moves to release that stress.
- Bowtech addresses the body as a whole unit rather than just the presenting symptoms. The physical, chemical, emotional and mental aspects of each person receiving Bowtech can all respond as needed.

During A Session.

- Your practitioner will ask you about your health history and reason for the visit so as to find out if there are any moves or procedures that are contraindicated for you, the best procedures to apply, how much of the work your body is likely to be able to assimilate without overloading you.
- The hands-on work usually lasts between 15 and 45 minutes.
- The pressure used by the practitioner is almost always less than you would expect. On occasion, you might feel a momentary twinge. Be sure to tell your practitioner if you are uncomfortable at any time.
- Application of the technique involves stimulation of precise points on the body, in groups of 2 - 8 points at a time.
- Your practitioner will leave the room between groups of moves, to allow your body time to assimilate the work.
- Points generally progress from the torso/core of the body outward. In most first sessions, the points used are on the back, buttocks, hamstrings, shoulder, neck, and knees.
- Additional points may be added in areas where you have symptoms and/or elsewhere throughout the body.
- The most common reaction to Bowtech is a deep sense of overall relaxation and lessening of muscular tension and pain. These result from the body's balancing and improved flow of internal energy. The restorative process begins once the body is relaxed. It is common for people to fall asleep during a session.

After A Session.

Each person's response to the Bowtech continues for several hours or days, as his or her individual body allows. The benefits will be enhanced by following simple guidelines given by the practitioner. The most common include:

- not overdoing things for the rest of that day, with regard to exercise or exertion
- when getting out of a bed or chair or car, having the weight transfer equally onto both feet
- increasing the intake of pure water, to encourage the body's ability to eliminate toxins released by the muscles and connective tissue during and after the Bowtech session
- in some cases: not remaining seated for longer than half an hour at a time (in the case of lower back pain and other conditions related to lower back imbalance) not overworking the jaw after jaw imbalance is addressed .

What Can You Use Bowen For ?

- Anxiety & Stress-related conditions.
- Back pain, Sciatica & Spinal problems.
- New born Baby & Children problems (colic ,feeding, bedwetting, fears learning difficulties etc)
- Digestive & Bowel Problems (irritable bowel syndrome ,acidity)
- Chronic fatigue, Headaches, Migraines ,Eye problems.
- Gynecological conditions, Hormonal imbalances
- Respiratory conditions, **Asthma**, Sinus, Ear infections, Tinnitus.
- Joint problems, Tennis Elbow, Frozen Shoulder, Ankle & Knee injuries, Carpal tunnel syndrome.
- Post Dental Trauma, TMJ & Jaw Problems.
- General Muscle Stiffness, Sports Injuries.
- Post Operative Recovery.

DOTOXIFICATION REACTION.

- **Detoxification reaction** Bowtech encourages proper functioning of all body systems, including those responsible for eliminating toxins. If your body has stored unnecessary materials, you may experience one or of these detoxification sensations for a day or after a Bowtech session:
- Occasionally people feel detoxification reactions, which can include sensations of:
 - aching muscles
 - mild nausea
 - mild headache
 - changes in sensation of temperature
 - minor changes in elimination
- Your body will function more effectively when the toxins have been released. During the detoxification, the best way to minimize discomfort is stimulate the lymphatic system to increase the elimination of toxins. You can do this by:
 - increasing your water intake, and taking distilled water (for a few days only)
 - walking 30 minutes each day in fresh air

HOW MANY SESSIONS?

- **How many sessions** This varies greatly from person to person.
- Many conditions are effectively — and lastingly — changed in fewer than 3 - 5 sessions.
- Musculo-skeletal symptoms generally change the fastest, neurological symptoms the slowest.
- Some chronic or organic conditions may require ongoing maintenance sessions.
- Many people choose to have monthly or quarterly maintenance sessions (“tune-ups”) once their initial complaints are addressed.