

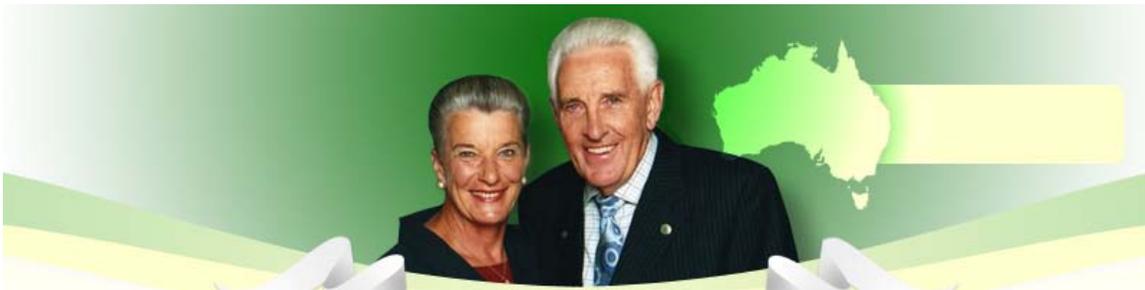
BOWEN THERAPY



Where did the Bowen Technique originate?

The late Tom Bowen from Geelong, Australia, developed the Bowen Technique in the 1950's.

Bowen became a celebrated therapist, regularly treating over 13,000 patients each year. In 1974, he invited Oswald Rentsch and his wife Elaine to study with him and document his work. Honouring their promise to Bowen, they began to teach the technique in 1986. Since then, over 25,000 therapists worldwide have taken Bowen training. Dedicated to preserving the technique and ensuring that it is taught in its original form, they founded the Bowen Therapy Academy of Australia in 1987.



What is it? How does it work?

Bowen Therapy is a gentle form of body work in which very subtle moves performed over the muscles and connective tissue send messages deep into the body, retrieving cellular memory of a preferred, relaxed, balanced way of wellbeing. Results can be remarkable, even from the first session; often only a few sessions are needed to correct the presenting problem.

There are frequent but very essential pauses throughout the session that allows the body time to respond and begin the healing process. The practitioner can target a specific problem or address the body as a whole.

Unlike many other hands-on therapies, the Bowen Technique does not use forceful manipulation. A unique skill of the Bowen practitioner is 'tissue tension' sense, meaning that practitioners are able to discern stress build up in muscles and other soft tissue, enabling them to perform specific Bowen moves to assist recovery.

The technique address not only the musculo-skeletal framework, but also the fascia, nerves and internal organs. The body's integrated response improves circulation and lymphatic drainage and aids in the assimilation of nutrients and elimination of toxins.

The Bowen Technique can help clients on all levels, Mr. Tom Bowen said that any or every condition could be addressed by this technique.

Can the Bowen Technique help me?

The original Bowen Technique is extremely gentle and is considered appropriate for anyone from pregnant women to newborn babies, the frail and the elderly.

It can assist recovery from many conditions, from traumatic injury to chronic illness, depending upon each individual's capacity to heal. No adverse side effects have been reported.

The technique should be considered for:

- ◆ back pain and sciatica
- ◆ digestive and bowel problems (including IBS)
- ◆ ear-ache, ear infections, migraines, TMJ syndrome
- ◆ fibromyalgia, chronic fatigue syndrome
- ◆ knee, ankle, and foot problems (including shin splints)
- ◆ menstrual and hormonal irregularities (including PMS & infertility)
- ◆ neck and shoulder problems (including frozen shoulder)
- ◆ groin pain, pelvic tilt, uneven leg length, and postural problems
- ◆ respiratory problems and hay fever (including asthma & allergies)
- ◆ carpal tunnel syndrome, RSI, and tennis elbow
- ◆ bedwetting
- ◆ arthritic pain
- ◆ scoliosis
- ◆ gait disorders
- ◆ hemorrhoids
- ◆ hernia
- ◆ prostate problems
- ◆ sports and accident injuries

Can I use other therapies?

A Bowen session initiates a cascade of beneficial changes that continue for several days. Applying other manipulative therapies during this time can interrupt this process and undermine the overall effectiveness of the Bowen work. It is therefore recommended that the client wait a week before commencing any other manual therapy.

What do I expect during treatment?

During the Bowen session, the patient will lay on a bed, wearing loosely fitted clothing, or if comfortable, wearing underclothes and covered with a sheet. The patient relaxes, and focuses on breathing, while the therapist applies a carefully orchestrated and specifically located series of gentle movements on the body.

The therapist applies the moves using thumbs and fingers in a rolling motion on the muscles and connective tissues. After a series of moves, the therapist leaves the room for a minimum of two minutes, allowing the impulses to reach the targeted areas of the body and allowing the adjustments to take place.

On average, sessions last between ½ hour to 1 hour. Treatments are scheduled at 5-10 day intervals. Generally a person requires anywhere from 2-7 treatments.

Where can I find a practitioner?

Ensure your Bowen practitioner is accredited. Accredited practitioners are registered with Bowen Associations, which are affiliated with the Bowen Therapy Academy of Australia. A strict code of ethics applies to all accredited practitioners.

Please contact the coordinator of the Bowtech office in Canada;

Pierre Saine

Telephone 514-831-5545

pierre.saine@bowenworkregistry.ca.

You may also check online at www.bowtech.com.

For more information, please call

306-765-4321.

Dr. Lucy Ormerod graduated from the Canadian College of Naturopathic Medicine in Toronto. In 2004 Dr. Ormerod founded Quest Clinic with the goal of bringing the highest quality of naturopathic medicine to northern Saskatchewan. She has been practicing Bowen Therapy for 6 years. She has more recently been trained in advanced Bowen Therapy, and has trained directly under Ossie and Elaine Rentsch.