

# Which disorders can Bowen Therapy address?

Bowen Therapy balances the body across physical, mental and emotional planes. This is evidenced when clients report resolution of chronic problems in addition to those for which they sought therapy. Conditions that may respond well include:

- Sports and accident injuries
- Frozen Shoulder
- Stress disorders
- Neck and head tension
- Neck and shoulder tension or whiplash
- Musculoskeletal pain and imbalance
- Respiratory and asthma complaints
- Acute and chronic fatigue
- Digestive problems
- Menstrual problems
- Carpal tunnel syndrome
- Colic
- Hormonal disorders
- Lower back pain
- Sciatica
- Fibromyalgia
- Headaches / Migraine
- Fluid retention/Oedema
- Impaired Circulation

## Tom Bowen



Tom Bowen (1916-1982) developed the original technique in Geelong, Australia. In a 1975 government report he was found to be treating some 13,000 people a year and achieving over 80% resolution of all presenting problems. Most clients experienced long term or permanent resolution after just a few visits. He was especially known for his dedication to treating the young and disabled.



Your Registered Therapist is:

Ask about possible health fund rebates.

BTFA: PO Box 395 LEETON NSW 2705

To find more information and a therapist near you visit our web site [www.bowen.asn.au](http://www.bowen.asn.au) or phone **1300 4 BOWEN** (1300 426936)

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## Lasting pain relief...

HOW IS BOWEN THERAPY  
different?



# Bowen Therapy is Holistic

Bowen Therapy may very well be one of the single most important complementary therapies to facilitate healing of the whole body. Bowen is a non-manipulative, non-invasive holistic treatment and soft tissue remedial therapy. The Bowen moves bring about profound and often remarkable results. They penetrate to a deep cellular level, stimulating the body's unique ability to heal itself.

## How does Bowen Therapy work?

The Bowen Therapist acts as a catalyst, removing barriers and setting different stimuli in motion enabling the body to heal itself. Because the human body is so amazing, self healing can often be achieved with minimal but effective outside influence.

People who try Bowen Therapy are continually amazed at the effectiveness of this simple form of 'hands on' therapy. Simply stated, Bowen Therapy allows and encourages the body to heal itself.

The work consists of a series of rolling movements or 'moves' over muscles, fascia, tendons, ligaments and nerves using a varying touch, retrieving cellular memory of the body's preferred balanced way of being.



## What does a treatment involve?

A Bowen treatment takes around 30-45 minutes with the work performed on the skin or through light clothing. Three to four treatments at weekly intervals are often sufficient to achieve lasting relief from even long-standing pain, though more are sometimes required. The Bowen treatment initiates a cascade of beneficial changes that unfold over a few days. After care advice given to each client will include any transitory reactions, recommendation for follow up treatments with emphasis on the importance of movement, particularly walking, drinking water and outcome or reaction feedback to the therapist.

Bowen Therapy as a complementary modality will enhance not interfere with any other medical treatment. However, other manipulative therapies after a Bowen treatment can undermine the ongoing effectiveness of the Bowen work. Waiting a week before other body treatment is therefore recommended.

## Bowen Therapy for Animals

**Bowen Therapy** is also very effective for horses, dogs and other small animals too!

Originally developed as treatment for humans, ongoing research and development of the technique has allowed trained practitioners to offer effective Bowen treatment to both small and large companion animals such as dogs and horses.

