

Bye Bye Backache...

- Four out of 5 adults experience back pain at sometime in their life
- One search engine has 16 million hits a year for back pain
- Back pain is responsible for millions of lost working days each year
- **The Bowen technique is one of the most effective treatments for back pain**

Bowen is a neuro-muscular treatment from Australia. It is a gentle, non-invasive, but highly effective approach to relieving backache, frozen shoulder, ankle and knee problems and sports injuries.

Recent research shows that it increases recovery rate by 40%. Rolling of the muscle, ligament or tendon stimulates the nervous system allowing the brain to talk more efficiently to the body. This releases areas of tension, reduces inflammation and eliminates pain and stiffness.

The Bowen Technique looks beyond the obvious. The cause of the problem can be tracked along a tension line and may well be away from the area of pain.

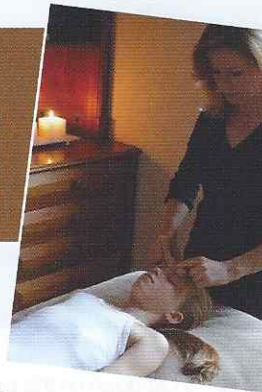
Using the gentle and non-invasive rolling movements of the Bowen Technique to unwind the stress and tension, the 45 minute treatment leaves you feeling lighter, taller and more relaxed – resulting in a natural face and body lift.

By reducing stress and tension, Bowen allows the body to recover more effectively from the causes of high blood pressure, migraines and headaches, sinusitis, hay fever, asthma, and IBS.



BOWEN FOR CHILDREN

Members of The North London Bowen organization regularly offer a few hours of their time to treat babies and children for childhood ailments: such as colic, asthma; cerebral palsy, autism; growing pains; Dyspraxia and Dyslexia, ADHD and undiagnosed conditions. A course of treatments is offered free of charge for children from 0 to 12years, but in some situations a room rental cost maybe applicable.



Q&A's

Q: How many treatments will I need?

A: Most acute conditions respond favourably within 3 treatments however, further treatments may be required for certain chronic or long term ailments.

Q: What if I am already having other treatments?

A: It is advisable to leave a period of 7 days between Bowen treatments and other physical therapies.

Q: Is it okay to continue going to the gym while having a course of treatments?

A: Unless otherwise advised it is okay to take gentle exercise while having Bowen treatments.

Q: What clothing should I wear?

A: Bowen can be performed through light, loose clothing or directly onto the skin.

Q: Who can receive Bowen treatments?

A: Anyone from babies to the elderly can benefit as there are no contra-indications to Bowen.

CURRENT RESEARCH

The Bowen Therapists European Register is looking for people with knee and ankle conditions to help with their current research programme.

If you wish to participate please contact your local Bowen practitioner.

Research has been done to verify the response of the Bowen Technique on Frozen Shoulder, Migraine, Asthma, and Lymphoedema. The results and case studies can be found on the ECBS website. (see useful links)



IMPROVED PRODUCTIVITY IN THE WORKPLACE

Bowen is often used in the workplace to reduce stress and lost working hours, thereby improving productivity. Further information is available from your local practitioner.

For further information and to book an appointment please call a practitioner local to your area.

Belsize Park	Caroline Kremer	07738 470555	Swiss Cottage	Branka Mason	07886 954348
Finchley	Debbie Felgate	07743 162379	Totteridge/Highgate	Fros Sheena	020 8445 6251
Potters Bar	Jackie Matlock	07905 789089	Winchmore Hill	Effie RaHS	020 8245 0958
Southgate	Sunayana Clark	07515 561514			

All of the above practitioners are fully qualified and recognised members of the Bowen Therapists European Register.

Useful Links BTER www.bter.org ECBS www.thebowentechnique.com You Tube www.youtube.com/watch?v=10fyZHbcDsY