

Caroline uses a sequence of gentle moves made at specific points on the body, which stimulates an effect on the organs, the muscular-skeletal and emotional states through the nervous system

**TOP TIP**

The Bowen Technique is not meant to replace medical treatment, but may help speed up your recovery time

# Hands on

How a gentle, non-invasive, alternative therapy, The Bowen Technique, can be a godsend for relief to sufferers of all manner of uncomfortable ailments including back pain

**F**or those of you who regularly suffer from pain, from that of a diagnosed asthma sufferer perhaps to someone experiencing uncomfortable back problems, you may have tried to mentally block out your constant aches and pains as you attempt to brave the world with a smile and continue with your daily routine.

However, for some additional relief, which could complement your medical treatment, why not try a little-known, non-invasive therapy, which is so gentle that it is suitable for anyone, regardless of age or sex?

The Bowen Technique is a treatment which involves manipulation of the soft tissues in the tendons, muscles and ligaments of the body using minimum pressure. Through a series of movements using the thumbs and fingers in a rolling method, the practitioner targets specific points to move these tissues, which your practitioner will tell you triggers a response in the brain via the nervous system allowing it to kick-start your body's own healing process.

First developed in the 1950s by an Australian,

the late Tom Bowen, this complementary medicine arrived in the UK back in 1992. However, if you were to ask a friend or neighbour their opinion of this technique, the chances are that they may have never heard of it. Even though it may not be as well-known as other alternative therapies, it is likely that in the future this will become much more widespread as it seems that the proof is in the pudding and for many who have used this treatment, there are suggestions that sufferers of all sorts of aches and pains, from migraines to chronic asthma, report vast improvements after only a few treatments.

According to Caroline Kremer, who runs local Bowen Technique clinics in Arkley and North Finchley, knowledge really is power, as she explains the results in terms of back pain for local sufferers: "Nearly every Bowen therapist can point to examples of a relief that the technique has provided for people affected by back pain, sometimes with a significant effect on their lives. We believe that there are potentially thousands more people whom it could help, if only they knew about it."

**CASE STUDY**

For Anne Jarvis\*, early 50s, from Totteridge, she'd suffered from back pain for 20 years, which impacted into the knees giving her limited movement. She explains: "I became very depressed and my future was a horrible thought. I saw my doctor and was referred to a consultant. X-rays showed no reason for the pain. Over the years, I've seen an osteopath and a chiropractor before I was referred to a physiotherapist. After three months, they sent me away saying there was nothing more they could do for me."

However, a chance meeting at a dinner party meant that Anne was told about the Bowen Technique after a fellow guest explained how it had relieved a muscle spasm in her back. So feeling desperate, Anne was willing to give it a try. "I had four treatments initially and I went back five months later for another couple of sessions because I fell over and twisted my back," Anne adds. She now has sessions every six weeks to keep her feeling healthy. "I feel fantastic now – I sleep well at night, can do all the things that I want to do and I don't feel like my world is coming to an end. I recommend Bowen Technique to everyone – it's the most gently and relaxing treatment I can think of and it works. My husband has seen Caroline for his back and my son for his hayfever and it's worked for both of them too!"

This technique concentrates on treating the whole body and, according to Caroline, can have an instant effect on body alignment. The treatment relaxes the muscles and allows the skeletal structure to correct itself, which is achieved by releasing areas of tension that are holding the skeleton out of alignment, and can be used on all manner of aches and pains.

**“The reason why Bowen has such a good success rate with pain is that we treat the whole body not just the part in pain.”**

It is recommended that you have three treatments when experiencing Bowen for the first time and the first appointment is likely to take up to one hour, with subsequent treatments from 40 to 50 minutes. Caroline adds: “The success of the Bowen Technique for all manner of pain is down to the body taking responsibility for the natural healing process and we treat the whole body not just the part in pain. The belief that the injury or illness has caused a break to the circuit of the nervous system, and therefore blocking any natural healing, allows a Bowen Therapist to stop after a few moves and refrain from doing any further moves for a minute or two. This makes the brain sit up and think - it spurs it into action to connect the break in the chain and in turn stimulates the natural healing process including natural pain relief.” ●



Caroline Kremer runs local Bowen Technique clinics in Arkley and North Finchley

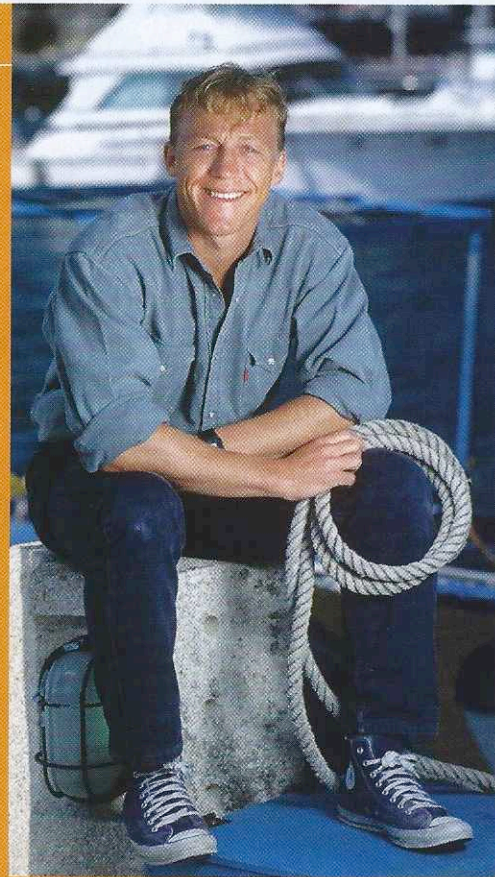


If you suffer from back pain, the Bowen Technique could help to relieve this

#### CELEBRITY CASE STUDY

Actor Jerome Flynn reveals how he fulfilled his dream of running in the London Marathon with the help of the “Bowen Technique:

“I first came across the Bowen Technique whilst at a crucial stage of training for the 1998 London Marathon. With about two months to go before the race I was passionately looking forward to running, when disaster struck. Suddenly, under the weight of an unfamiliar amount of miles pounding around Hampstead Heath, an old twisted pelvis injury reared its head...Hardly able to walk I entered a local health clinic willing to try anything just to relieve me of my agony. By chance, the little known Bowen Technique was all they had to offer (given by Julian Baker), so I decided to have a go. One hour later, I was astonished to find that the pain had all but gone. I could walk straight and, further more, running the marathon wasn't out of the question. Two months later after further treatments, my dream came true and I completed the race in a time I couldn't have hoped for even before the injury. Since then, whenever I've had any back or neck problems, Bowen has always successfully put an end to them as well as aligning my body and increasing my energy. So I can't recommend it highly enough.”



\*This extract is from *The Bowen Technique* by Julian Baker, by Corpus Publishing. Try [www.amazon.co.uk](http://www.amazon.co.uk) for a copy.

You can contact Caroline Kremer, a qualified therapist of the European College of Bowen Studies (ECBS) with an Anatomy and Physiology diploma, and member of the Bowen Therapists European Register (BTER), to book an appointment on 020 8440 0388. Or for details of your local practitioner, visit [www.bter.org](http://www.bter.org)