

Lasting pain relief...

HOW IS BOWEN THERAPY  
different?



THE BOWEN THERAPISTS  
FEDERATION OF AUSTRALIA



# Bowen Therapy is Holistic

- Focuses on causal factors rather than symptoms
  - Is a non- manipulative & non-invasive soft tissue remedial therapy
  - Embraces physical, chemical and emotional dimensions
  - Allows & stimulates the body to heal itself
  - Penetrates to a deep cellular level
- intellectual property of BTFA



# Bowen Therapy is Australian

- Developed by Tom Bowen (1916 – 1982 ) who lived in Geelong Victoria
- Tom treated thousands of people from all over Australia. Up to 13,000 a year with over 80% resolution of presenting problems usually with lasting results.

# What is Bowen Therapy?

- The therapist performs a series of specific and sequenced rolling movements or transverse muscle fibre moves that include tendons, ligaments and nerves.





# Bowen Therapy Moves

- Moves can be performed holistically re-balancing and relaxing the whole body initiating a cascade of beneficial changes  
and/or
- Specific moves are applied for particular injuries or problems

# How Does Bowen Work?

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- Nerves, muscles, lymph, vascular structures and organs are enclosed in fascial connective tissues.
- The moves stimulate thixotropy relaxing rehydrating and restoring homeostasis
- Blood and lymph flow, nerve responses and musculo-skeletal integrity are improved
- Healing commences



# Treatment Experience

- Typically gentle
- Subtle and relaxing
- Unique

# Why have Bowen?

- Positively affects the body in many complex ways
- Typically promotes lasting healing, pain relief, stress relief and recovery of energy.
- Excellent remedy for many problems





# Conditions that respond well

- Sports + accident injuries
- Frozen shoulder
- Neck + head tension
- Shoulder tension
- Musculoskeletal pain
- Respiratory complaints
- Digestive problems
- Fatigue
- Stress disorders
- Carpel tunnel
- Menstrual problems
- Hyperactivity
- Fibromyalgia
- Colic
- Hormonal disorders



# Bowen Therapy Treatment

- Bowen Therapy can be performed on the skin or through light clothing.
- It is client and therapist user friendly
- There are important pauses in between moves which are essential for the treatment.

# Bowen Therapy is the key

- Bowen Therapy is the key to unlocking and resolving other problems
- We take a client history



## How Often?

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- Statistics have shown that most acute or chronic problems are resolved or improve with 3-4 treatments.
- Some chronic or long lasting conditions need more
- Treatments are usually given weekly

# Bowen Treatment

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- Usually takes 30 -50 minutes per session
- Follow up will include water, walking
- Report any reaction to therapist



# Reaction?

- Tiredness
  - Emotional changes
  - Stiffness
  - Headaches
  - Flu like symptoms
  - Dream activity
  - Frequent urination
- Usually transitory, 24-48 hours and improved by drinking water

# What do they indicate?

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- Initiation of :-
- Body's healing processes
- Restoring balance





# Response

- Pain eliminated or reduced
- Restored balance & function
- Increased energy and well-being

# SAFETY

- Safe with all medications and nutrients
- Enhances nutrient uptake & toxin elimination
- Very few contra –indications
- Leave other therapies for at least a week

# RELAXATION

- Bowen Therapy stimulates energy flows, resulting in a deep sense of overall relaxation

- Falling asleep is OK

- Intellectual property of BTFA

# Let Bowen look after your body. It is more important than your car!!!

- So if you are living with pain, low energy or stress & feel like you are always racing through life



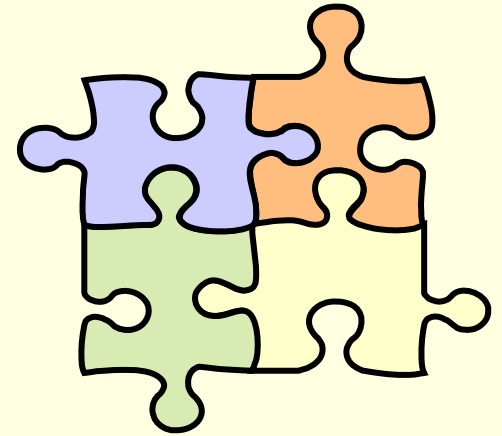
- Take time for repairs & maintenance with a regular Bowen

- Before you

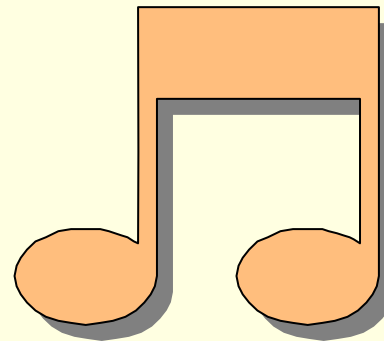


# Bowen Therapy

unlocks the puzzle



Stimulates  
Your body to





# Therapist Members

- Find a qualified therapist
- Rebates are available through registered therapist members



# Finding a therapist



- Website

[www.bowen.asn.au](http://www.bowen.asn.au)

1300 4 Bowen  
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