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# THE BOWEN TECHNIQUE

## Ménière's disease

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by Janie Godfrey

Ménière's disease is the name given to a condition that has the following four symptoms, after thorough testing has established no other cause for them:

- episodic hearing loss
- episodic rotational vertigo (a form of dizziness)
- episodic tinnitus
- episodic sense of pressure in the middle ear, as if descending in an aeroplane, without it being actual pressure in the middle ear.

Ménière's disease can also cause the sufferer to experience nausea and vomiting as a consequence of the dizziness. Some people also report forgetfulness, memory loss, feelings of confusion, disorientation and/or sensory overload. "Brain fog" is a term used by many Ménière's patients.

Ménière's disease affects each person differently. It is 'episodic', meaning that patients experience flare-ups of the various symptoms that vary in intensity and duration. As to its cause, it is unknown. Most researchers believe that the collection of symptoms that are called Ménière's disease in most, but not all, patients are the result of an excess of endolymphatic fluid (one of the two inner ear fluids) – for a reason that is not known!

One thing that is known, is that Ménière's disease can have a devastating effect on a person's life. Therefore, anything that has a chance of helping, especially if it is non-invasive, is to be welcomed and explored and several people have written about the effect that Bowen treatment had on Ménière's.

Mrs McC., 46 years old, was diagnosed with Ménière's disease. She had very severe tinnitus in her left ear (she said it sounded like a low flying jet at times), was constantly light headed unless she took Serc tablets (betahistine) three times per day and had severe vertigo attacks every two months or so. It took about three hours before she was able to stand unaided after such attacks and about three days before she was back to what was normal for her. Additionally, she had problems climbing stairs and whilst driving her in the car, her husband had to be very careful especially on corners and braking. Their favoured pastime of walking was also severely curtailed.

About eighteen months after her diagnosis, she went once more to see the specialist at the local hospital who informed her that the disease had slowed right down in its advancement and there was nothing more he could do for

her unless the condition got worse. Basically she was told to carry on with her medicines (Serc and diuretics) and unless she got worse he did not want to see her again.

Shortly after that, Mrs McC. went to see Bowen therapist. The practitioner noticed that her jaw was not aligned properly and he also discovered that the drainage canals on each side of her jaw were badly congested, the left more so than the right. He also advised her to stop drinking coffee, coke, and eating chocolate. No dairy products and no wheat, which apart from two weak coffees per day she has stuck to. Her first treatment was on a Wednesday and by the next day her balance was much better – climbing stairs was easier. On the Thursday evening after several loud pops in her left ear the hearing in that ear returned.

She had her second treatment a week later and this was followed by the return of normal hearing in both ears. She runs up and down stairs and she did not take any medications after the first week of Bowen treatment. Apart from a slight tinnitus in her left ear she is almost free of the symptoms of Ménière's disease.

Mrs McC and her family agree that the change in her health is absolutely stunning. As a bonus, Bowen seems to have got rid of her sciatica and irritable bowel syndrome as well.

The McC's are not saying they have found the cure for all ills in Bowen, but are very inspired by what they have seen with their own eyes. They urge everyone who suffers with Ménière's disease not to simply accept that they are incurable but to seek other treatments beyond what is offered by the doctors. It is important, as always, to keep the doctor fully informed of what other treatments one is having, but to look, nonetheless. And judging from this case history and others from people using Bowen for the symptoms of Ménière's, Bowen certainly seems to have much to offer in treating this condition.

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