

T. has "always" had an ache in the lower back but had had severe pain there for at least a month and in the few days before coming for treatment, the pain had been "unbearable". She probably injured it doing heavy housework. Years ago, her doctor told her there was a partially impacted disc on the right side, but surgery was not worth it. In the week following her first treatment, the pain virtually disappeared. When she came for her second treatment, she said "it's 99% gone - I can't believe it!" This resolution has held for several years now.

CASE HISTORY - MANUAL WORKER

man, aged 55 2 treatments & occasional 'top-ups'

J. had injured his back at work 12 years previously and was off work a few weeks at that time. Since then, the back pain would flare up about every 3 years and he would be in pain and off work each time for a few weeks until it slowly settled again. J. had been in the throes of another episode for two months when he came for Bowen. He was astonished that, after the first treatment, the sharp pain eased considerably and he was able to move much more freely. After the second treatment, the problem was gone and his movement completely restored. He continued to have a Bowen 'top-up' about every 4 or 5 months to keep any problems at bay and because the treatment is so relaxing and generally health-promoting.

For some, the reactions to Bowen are very surprising, considering the gentleness of treatment. Common reactions following a treatment can be a few days of stiffness, soreness, headache and feeling like "I've been hit by a steamroller!" These are all excellent signs as they demonstrate that the body itself has started the repair. This process is generally rapid and it is not uncommon for even longstanding pain to be reduced or resolved in two or three treatments.

Although muscular skeletal problems such as back and neck pain are the main reasons that people come for Bowen treatment, it is also effective with more organic problems. Bowen is used with asthma, migraines, irritable bowel syndrome and chronic fatigue with good results. And, happily, hayfever in most people responds brilliantly to Bowen treatment, especially if the treatment is given about a month before the hayfever season begins. .

It is important to remember that there are no guarantees in life, but it is heartening to know that Bowen can and does consistently give a significant improvement or a complete resolution to around 80% of the people who come for treatment. Not bad odds at all.

For treatments in the FROME AREA contact:

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